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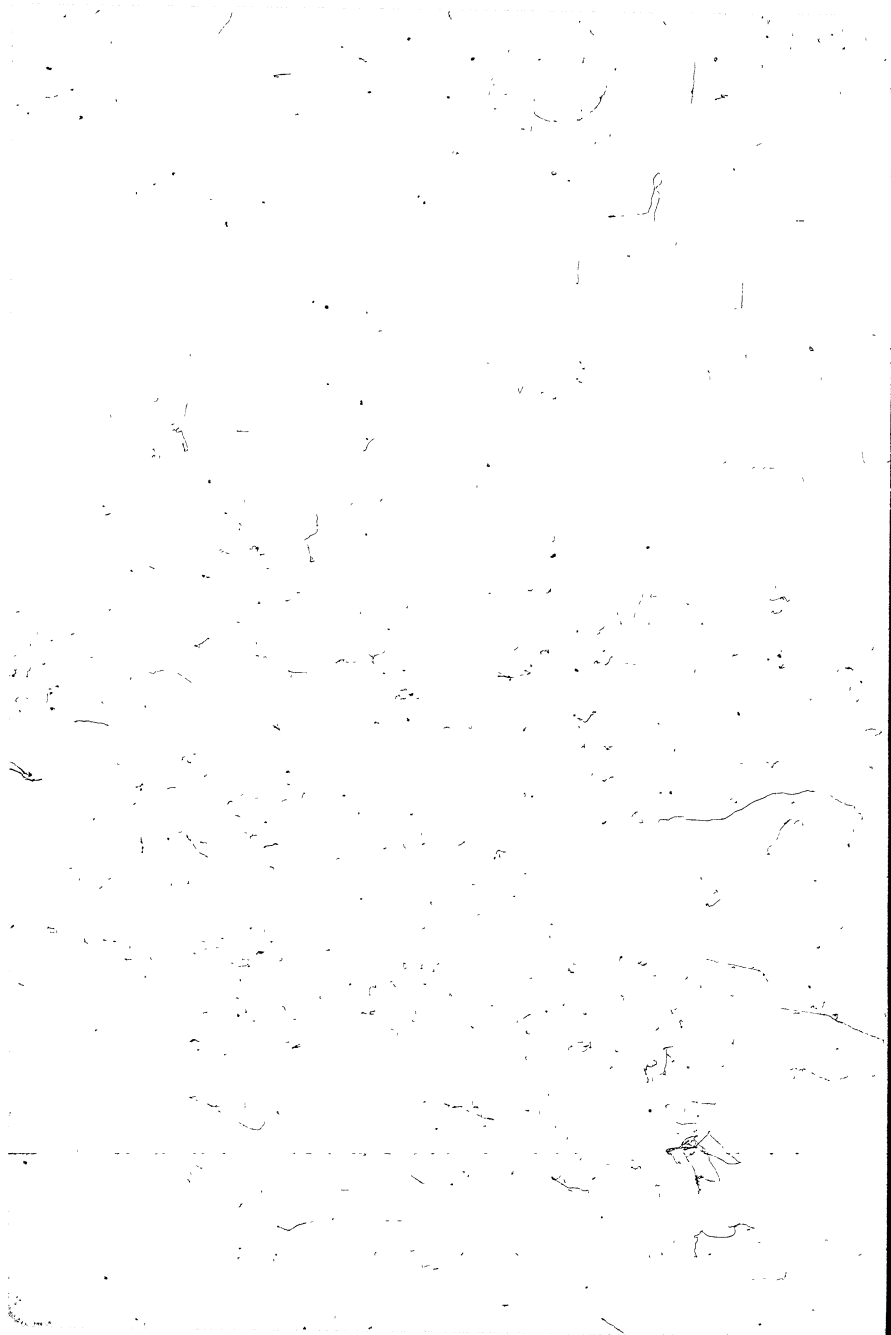
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CONSUMPTION. CURED

BY ONE WHO HAS COME THROUGH IT

MRS. ELIZABETH KUCHENMASTER,

FOREST, ONTARIO.

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1897.

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PREFACE.

My object in introducing this little volume to the public, is to try and place before the people the way they are misled in the treatment of consumption. Previous to this, nearly all the treatment for this disease is used wrong end foremost, placed on the front of the body of the poor sufferer in place of the back, and everything else accordingly, as the perusal of the pages of this little volume will show you.

Knowing what I know about this disease and how to manage it, for I have come through it, I think I would be committing a great sin in the sight of my Maker, not to try and bring it before the people in its true simplicity, when the remedies are so simple and so easily attained, and not far to seek.

Hoping this little volume will get into every home and prove a blessing to every family, I send it forth to enlighten the people and to try and drive that much dreaded disease, consumption, from our land. If the people will only take hold of this little volume and adhere to the rules laid down in it for the cure, and for the prevention of that much dreaded disease, consumption, in the course of time, our successors will not need to dread that now much dreaded and too often fatal malady.

ELIZABETH KUCHENMASTER.

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LESSONS ON HEALTH

CONSUMPTION.

There is no form of disease of greater importance in our country than that which passes under the name of consumption. We do not know that there is any form of equal importance. It will, therefore, be well to consider it in a few lessons, so as to have it before us in a good variety of aspects. In this lesson it seems natural to look at it in the light of what is called hereditary disease. No other illness is so often said "to run in families," and yet, perhaps, in no other ailment is the meaning of that phrase less understood. The popular idea is, that some seed of disease is transmitted from parents to their offspring, which in course of time develops itself into this form of illness. We can regard nothing as farther from the truth than this, and nothing as more fitted to mislead in the treatment of the malady in its earlier or later stages. The idea fixes the attention on something that requires to be killed out of the infected system, when the requirement in reality is just the very opposite. We shall see this more fully as we go on with our subject.

There can be no reasonable doubt that certain qualities of physical constitution are hereditary. The "family likeness" which is so universally observed, involves externally and internally a great deal which distinguishes one person from another. The size and shape of every organ in the body is affected by that which determines such a "likeness." It determines the thinness and thickness of every membrane, its softness and hardness, its every characteristic, so does it determine the character of texture in every portion of living substance which goes to make up the body. Now, eminent pathologists who rightly repudiate the notion of "seeds" of disease such as consumption, speak of "a predisposition" to such a malady. This they say is inherited. But the word conveys no idea of any practical use unless it is explained, and that somewhat fully.

We are constrained to inquire as to what it really is in one person which accounts for his falling into consumption under conditions under which another person shows no tendency to do so. There are two things that enable us to give the explanation which is required. The force of life in one person is not equal to that force in another person. Take two infants newly born, there is the force of life in the one by which it will outlive that under

A LESSON ON CONSUMPTION.

which the other will die. The cold, for instance, which will kill the one of these infants will only inconvenience the other. There is a vital force in the one much stronger than in the other. This difference is hereditary. It is a marked difference which is traceable back to, and even beyond, the commencement of separate existence in the children. But, now, this force of life shows itself not only in resisting what we call cold, but in resisting other external influences by which the bodies of living creatures are acted on and dissolved.

A person with a certain amount of this vital action, for instance, will breathe with health and advantage an atmosphere which will consume even the outer skin of another. The membranes of the throat and lungs in the one will thrive under the influence of that which will melt those of the other entirely away. This difference is hereditary. It shows itself in parents as compared with parents, and in the children of both classes. It is not a difference which can be truthfully called exclusively hereditary, inasmuch as difference in amount of vital force in the bodily system arises in other ways and after birth, so that a child born ever so strong, actually becomes one of the very weakest. So we know beyond all possible doubt that children born with the weakest vitality are brought to be men and women of the most vigorous and enduring constitutions. We take for example, a family of twelve persons—father, mother and ten children. The father died of consumption. One after another, nine of the children died of the same disease. The tenth was to all appearances going also, but she was taken in time, and her vital force nursed till its power became adequate, and now, for a number of years she has been a strong, hardy woman.

What was there "in the family" in this case? Nothing more than just such a measure of vital force as was inadequate to resist certain extremely unfavorable influences which were allowed to do their work in the cases of all but the last survivor of the family. Under moderately favorable conditions the whole of that family would have had such health that it would never have been suspected that consumption had any relation to them whatever. For instance, employed in a wool factory, and well smeared daily with oil, not one of them would ever have shown a symptom of chest disease. Or, if because of sufficient hereditary good sense descending from father to son, or from mother to daughter, these somewhat tender people had had even a weekly application of olive oil such as is used in the wool factories, there would have been no such thing as consumption in the family. The slender vital force would have been so preserved, and, like money in a savings bank, it would have so grown in amount that even somewhat unfavorable conditions, as those of climate and clothing, would have been overcome.

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I wish to dwell upon this true idea of consumption running in families. Because a slender framework, usually the most beautiful and symmetrical, and even mentally the most desirable, is inherited, it is an infinite pity that whole families should be condemned to regard themselves, or to be regarded by others as somehow possessed of the taint of incurable disease. In another lesson we shall show more in detail what the wasting agent and influences are that need increased vital force to resist their action. In this, our aim is to concentrate attention upon the truth that there is no good reason why those born with the very finest possible texture, and with slender vital energy, should be regarded as requiring more than a very easily accessible amount of good nursing in order to their being among the most healthy of human beings, though otherwise they would be set down as belonging to consumptive families.

There was a time in Edinburgh, when so far as we remember, a medical man in one of our wool manufacturing villages, observed that there were no cases of consumption among the wool workers. It occurred to him to think of the olive oil with which these workers were liberally supplied from the nature of their work. Some of our highest medical men took up the idea, and we know that hundreds of tender children and young people were made strong and healthy by the simple use of oil in the saving of their vital force. It took some little attention (more than is required to swallow a powder) to use this olive oil remedy, and it would not hide under a few Latin scribbles, so it fell a good deal out of fashion. But from the experience of the writer myself, I know that nothing more is needed to banish consumption out of families, in many cases, than just this same olive oil. Already so many of those families have all the food, clothing and comfort that is needed; but with all that the vital force is allowed to run off from their centres, through their thin white skin when it might be saved by even once a weeks good oiling. One can easily see when there is a chilliness or a dwindling in a child or a young person and, at least, in all such cases there should be a good warm wash at bedtime, and nice rub all over with sweet, fresh olive oil. This would of itself, go far to put consumption out of the family.

CONSUMPTION AGAIN.

In our last lesson on the subject of consumption, we considered the various degrees of vital force characterizing various persons from their birth. This led us to lay the chief stress upon nursing the centres of that force in those who, from the very outset of their being, have less than a full share of it. We come now to quite a different aspect of our subject, in looking at which, we are led to think of the varying degrees of wearing force brought to bear upon different persons in their circumstances of life. Here we have much that is just as truly hereditary as we have in the degrees of vital force with which different persons come into life. What makes this part of our subject peculiarly interesting is, that a child may inherit a place in society which calls for a strong power of life, at the same time that he is born into circumstances of great hardship, or, which is worse, born into dangers arising from ignorance and luxury of the most fatal character. But we must confine our views at present to those influences that bear hard upon the tender frame, and tend to wear, or to waste it when its vital force is not of a high degree.

One of the most important influences of this nature is found in the will of the individual person on whom it tells. From this will, in cases in which no other influence is unfavourable, there proceeds that which gives rise to exertion far beyond that of which this slender vital force is really continuously capable. It is in the very nature of our bodies that up to a certain measure exertion cultivates vital energy, beyond that measure exertion hinders that cultivation, and at the same time draws upon the centres of that energy. The resolute youth who scorns to take that degree of rest which is absolutely necessary to the frame which he has inherited, and continuously draws upon the resources of that frame beyond its capacity of healthful resistance, is now actually consuming himself, though nothing conventionally called consumption has as yet shown itself in his case. That same consumption will, by and by, show itself with perfect certainty, and perhaps when the centres of force are so wasted that they cannot be revived. This is no reason why the resolute ardour of youth should be lightly esteemed, but only reason why it should be directed towards resolutely resting when that is required, as well as to resolute action when that is in order. The man who would make the most of his life

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must be as determined to sleep well as to work well. He must, in fact, be careful not to draw upon his life centres so as to weaken them, as he must be to take advantage of opportunities of work when they occur. But there are other influences than that of the will in causing such exertion as consumes the life.

One of the next in order of importance is that damp, cold air which we so often breathe in this climate. With a certain very full degree of vital force one will live and thrive where those who have less must gradually die in consumption. That only shows that a set of nerve centres may be so vigorous that they can supply vital force faster than a very bad climate can take it away. It is on this simple principle that one will live and thrive in Egypt, who could not live in Scotland. We have seen a young man in whose family a number had died of consumption, showing the strongest signs of the same disease, taken from a cold, damp place, and shut up in a smoky, dirty inland town, and he recovered health speedily, and kept it too. The air was vastly purer in his native village, but it was not so dry or so warm. It is not infrequently thought that the amount of oxygen in the air when proportionally high, makes it a wasting breath. But no one, we should think, imagines this except in connection with membranes that are already in a wasting condition. The amount of oxygen in any air on the earth's surface would be a benefit rather than an evil to any actually healthy set of lungs. It is the damp cold that we should fear the most, and not by any means the damp cold air drawn in in breathing, but that abstracting from every part of the body its much needed vital force. When cold, damp and keen air is breathed into bronchial tubes and lungs in which vital force is already low, its natural action is to consume.

Let us now look at a young person who is born in perfect health, and nursed in the most healthy way, only having a very fine skin, and correspondingly fine membranes covering all the inner surfaces. The centres of vital force are perfectly adequate if they are not unreasonably drawn upon, only they are not those of what are called the "hardiest" of human beings. Now comes the question of work and climate. Is this finely constituted frame to be drawn upon by unreasonable exertion in comparatively sleepless toil, while the body is ill-clad and unprotected? If so, what may be counted on as the result? Consumption will, perhaps, have gone beyond all human remedy in such a case before its presence is suspected. It is long after this point is passed that medical men are thought of in the case. And what can the best of them do then, except smooth the closing stages of the all too short journey?

But now, let us suppose another treatment. The infant is known to come of a finely constituted ancestry. It can easily be guessed, to say the least, that its centres of vital force are not those of an Alpine goat or Chamois, nor yet those of a very hardy child. If this youngster is to live at all, he will need to do so in this somewhat damp, cold inland home of ours. Well, well, we say he must have a cap on his head to begin with. If you begin with his head bare, even in winter, you may just as well go through with all the rest in your own way, and take the consequences. If you are prepared to put a nice cap on his head, then make him comfortable with flannel, so far as he needs it, as we say, to keep out the cold—that is, to keep the cold, damp air from stealing away his too small stock of vital energy. Before you put him to bed have him well washed in good warm soap and water, dried, and his back, at least, well rubbed with fresh olive oil. If you nurse the child, see that you abhor porter, and live on good wholesome food yourself. Nothing better as a groundwork than good Scotch oatmeal. As the young man grows up in schooldays, let him have a childhood, as long a one and as free as possible. When he goes to school, or college, or apprenticeship, don't care one straw whether he takes prizes or not. It is not those who take prizes, who, as a rule, shape the world's ways, or make the most of it in any way. Give your son wise counsel as to overdoing in every way; only do not worry him with advice. Drop in on him as it seems needed. Still as long as you can, see that he has a clean and well oiled skin, now and then at least. If he should be wayward, and damage his own health, do your best to get it back again, but do not condemn him too much for doing what he probably deemed the best.

So far, we sketch out the line of some useful hints. If we could only make some good impression as to the wise and careful upbringing of those who are liable, more or less, to fall into this disease, it would be a truly great matter. The treatment necessary for them is only good for all others. It can do harm to none. Even when one is too far consumed to be saved for this world, the system of treatment mitigates suffering and keeps the mind clear for the gospel of immortality.

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CONSUMPTION STILL.

There is one aspect of what is called consumption which it would be well that all studied as far as possible at the present time. That aspect is seen when we consider the effect produced by certain drugs especially, and also by certain modes of dealing with those slight affections of the chest, out of which consumption so often comes. For many years calomel, or some other preparation of mercury, has been the most popular drug. Now potassium, especially its bromide, is becoming the great refuge of the afflicted, for whom ordinary medical treatment is called. When drugs get into the position which these occupy, the mass of people learn to use them immensely beyond the limits of medical advice. Like alcohol and tobacco, they become fancied necessities of life. It is, consequently, a matter of great importance to know the actual nature of their action in such relationship as that of consumption to common modes of living.

Let us, for instance, take a case in which the whole of the tissues of the body are peculiarly easily dissolved. Instead of being what is called "hardy" or "wiry", the very bones are of a softer texture than those of many other persons. The nervous structure, in all its three great divisions of organic, sensitive, and motor nerves, is easily melted away under the action of substances fitted for such melting. Look at an infant of this kind of constitution, and notice that for some little ailment it has a calomel or potassium dose. This is given on the idea that the "liquefacient" drug shall "liquefy" some obstruction that is giving the infant trouble. There may be such obstruction, or there may be none, but this will happen all the same, the living and healthful substance of the infant's body will be so far "liquefied."

Into the very inmost centres of life there will be a certain degree of dissolution of all that lives. This is the principle on which the drug is given, if it is really given on any principle at all. But all up through childhood and youth this same principle is followed, and it is surely not to be wondered at if the result should be a wasting, sooner or later, of one or other of the vitally important parts of the body so dealt with. There can be no doubt that it seems to save mothers and others a great deal of what is called "trouble" to secure temporary relief by means of simply giving something that can be swal-

lowed, even if it is necessary to hold the nostrils till it is sent down the throat. It is even somehow much more "orthodox" to give drugs, such as those we have in view, than to give a little hot water. It is easier to get a young gentleman or lady to swallow any number of pills, powders, or tablespoonfuls of mixtures, than to take half a dozen spoonfuls of this "nasty hot water," or to be rubbed with this "shockingly greasy oil!" So they go on swallowing fashionable drugs as they wear fashionable dresses, however ugly and absurd the fashion may be. But all this has to be paid for at a terrible price. Certain hardy individuals live in spite of it. Those in the community who know what really good health means, escape such treatment, but many thousands go down to an early grave. No doubt our inland home has a climate which is trying on all tender frames; but that is next to nothing in its fatal results to the powerful system of error in medicine to which we are referring.

There has been a medical man of more than average ability, and in first-rate practice, heard to say lately: "That if all the drugs in the world were annihilated, the gain would far exceed the loss." But even he had probably scarce a notion of the vast extent to which health is undermined by "liquefying" agencies. Professional men know a little of what comes under their notice professionally, but they are in many cases profoundly ignorant of what is going on all around them. We observed lately, that a minister had said in a presbytery gathering engaged about intemperance, "that certain educational influences would make all drunkenness cease as they had done with swearing." Here is a man who evidently fancies that swearing in profanity has ceased among the people. That is a man with the care of the souls in a whole parish who knows as little of their real state and habits as if he lived in the moon! If that man only spent half an hour in a single workshop, or even at the kitchen fireside of some of the farm houses, he would hear swearing enough from the lips of women as well as men, to make the hair stand on his head. If he cared to listen to even the boys he passes on the streets he would hear a profusion of mature profanity from very young swearers. But he travels first-class, wears his dignity superbly, fancies he knows everything, but is more ignorant of the real state of men, women and children as they are, than almost any other man, except men of his own stamp and class.

They who know the actual facts of social habit, know that the amount of "liquefying", that is, life-consuming, substance which is sold as medicine, is simply incredible. It is consequently of vast importance that all who really care for the health and life of others should be alive to such a fact, and set

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their faces and hearts against that which is a thousand times more consuming than any other cause of consumption.

Then we have modes of treatment which remarkably correspond with the character of fashionable drugs. For example, a porous plaster is placed on a tender chest. This is, perhaps, just as good an example as we can take up of gross mistake. The idea is that of keeping in the heat, and consequently keeping in the vital force of the lungs and breathing organs while the perspiration escapes through the pores of the plaster. Now, the roots of the nerves on which this vital force of all these organs spring are at the back between the shoulders, and not in the front of the chest at all. To put the plaster on the front while the back is exposed is like making the windows of a house secure against the thief, while the doors are all left open. Consider a person with slender structure going on swallowing "liquefying" drugs so as to melt the very life centres of his body, with a plaster over the parts that need no such thing, and those parts which certainly do need it, left exposed.

The best porous plaster of which we can well conceive, is a piece of good soft flannel, new, or nearly so, placed up and down the whole back so as to keep that thoroughly warm. But this is used on an idea too profound for such as fancy that a thief may come in at a window, but certainly never at the door. This same sort of thing follows us all through such fashions as "chest protectors," "bosom friends," made of hare-skins and such material. If it could only be understood that the "bosom" most valuable in such relations is between the shoulders, at the back, some good, perhaps, would come of the "friendliness" so cultivated, but that most important of all parts is left to the mercy of the atmosphere. Even a "Highland cloak" is made so as to button double in front, but to be only single over the really important part that is to be sheltered from the dreadful storm.

Then, if there is just a little giving way of prejudice, and olive oil is to be used instead of potass, or some similar poison, the oil must be rubbed "on the chest" that is, on that side of the chest which scarcely needs it, but not on the back of the chest, at which, almost exclusively, the life heat is stolen away. I am certainly not pointing out any errors of treatment that may not be easily and conveniently remedied. It is within the reach of very humble ability to eschew all "melting" drugs, and to make sure to have the best protection from cold and damp on the back rather than on the breast. Then consumption will not likely commence in the stomach as it so often does, nor yet in the lungs as it does also, but not so frequently.

I have other aspects of this same disease yet to consider. There are those who fall before it who are not affected by liquefying drugs, nor yet by such treatment as I have described. They are, as I was myself, exposed to circumstances over which they have no control, and their life action is taken away before it is imagined that they need to be looked after at all. In my present lesson my anxiety is chiefly to impress the minds of those who have it in their power to do their utmost to put away errors that destroy so many precious lives

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When we come to study what is taken for actual consumption, we meet first with a state of health in which there is no real wasting of any of the bodily organs. There is only a failure of the centres of vital action in their momentous functions of supplying all the other organs with life. Such cases as are illustrations of this occur in very favourable circumstances, but, as a rule, when young people have been subjected to greater toil and privation than their nerve system is capable of sustaining. They have, for instance, imagined that if they were to get on in the world they must sleep very little—sitting till two, and getting up again, perhaps, at five in the morning. They are placed also where far too little covering is deemed necessary for their beds, and far too low a temperature for their rooms. Their food is not equal to their wants; and that on which they can keep most easily awake is preferred to that which may best supply the nourishment that is needed. Under such treatment as this it is perfectly natural that the very foundations of vitality should become incapable of sustaining the superstructure.

Though there is no wasting of the tissue of any organ, and no symptom of anything but weakness over all, there is decline marked in everything. Sound as he will, the medical man hears nothing to indicate that there is any disease going on, nor can he tell why there is such weakness and thinness of flesh on the bones, neither does any of them tell, for they do not test in a proper manner. It is a great mercy if, in such a case, he is wise enough to give no medicine whatever, and only to leave the patient alone so far as ordinary physic is concerned. There has been a case of this kind in the hands of one of the first of our medical men, and he gave absolutely nothing in the way of medicine. Rest in superabundance, plenty of good blankets, olive oil, rubbing all over the body pretty often in the course of the week, plain but good food well cooked, and time. These were his remedies, and though the sufferer had declined to a mere skeleton and no one expected recovery, full recovery was secured, and robust health was the issue.

Now, there are cases of this kind in which there is bleeding from the lungs because of sheer weakness in these organs. Yet there is nothing beyond weakness. The blood escapes through membranes that are not broken, but

weakened, so that they allow the blood to ooze through. Most people conclude when such a symptom appears that blood vessels have given way, and that death is certain. But it is not necessarily so. There are quite a number of cases on record, in which men are now in good health who had declined till the blood came in this way. If they only escape that medical treatment by which weak life is made greatly weaker, and get rest, with nursing and good food, patients in whom decline is very marked, and blood has come freely, will get all right in time. Not a few who have been known to be given up as hopeless cases, are now healthy and strong. There was with them a decline of vital force so serious that it seemed as if the vital ganglions would never rally. But there was no irreparable organ wasting, and the vital centres were nursed into full vigor again.

The greatest danger escaped in such cases, was that involved in drugs such as act only in the way of lowering the vital flame. Alcohol, for example, on which, we are told, so many live "for weeks;" and even "for months," must be sacredly avoided if decline is to be reversed. Every atom of it is against the patient's recovery. It is put, for example, in the shape of rum and milk, and given to the declining sufferer. If he recovers it is in spite of this. Nothing can be more certainly established than the truth that alcohol lowers life, and never raises it. It is narcotic in the smallest doses just as it is in the largest. A small quantity of it, in milk, has been known to close the scene in a few seconds after it was given. In that case life was low, and the drug just made it a little lower, so that the lamp went out. Claret is a favorite form in which alcohol is given in decline. It is always in spite of such giving that life is spared, if it is so. We succeed with cases in which medical men who give alcohol have not the least idea of succeeding; we see men and women raised from their beds in three weeks or so, for whom such men predict months of helpless weakness, and most of this is accounted for by the fact that we keep all forms of alcohol away.

There are other drugs which we keep equally away, all the forms of mercury and potass, as well as all the vegetable poisons. When there is very little wrong, and plenty of vital energy to spare, such substances give relief, and suit lazy dispositions; but when life is really at a low ebb in its inmost centres, they hasten its end; that is all. When the medical man has gone so far that one or more of the natural functions are suspended, and he imagines that only some "obstruction" has occurred, he will order some "liquefying" drug to remove this fancied "obstruction." The very first teaspoonful goes a good way to increase the general weakness; and as the stuff is taken day by day, an

amount of mischief is done that can never be undone. Hence it is of such importance that people should understand for themselves the real state of every case as far as they possibly can. It is of no use to say that ordinary persons cannot understand such cases, for thousands of mothers know them infinitely better than medical men in general do, and they act upon their knowledge too. They require only to be helped in such understanding, by having the explanation of that which they often see, but cannot explain, pointed out to them.

A mother, for example, has a son or daughter sent home to her in declining health. Why should she not be enabled to judge for herself as to what is wrong. There has been loss of appetite, and of all interest in active pursuits. Weakness and languor have stolen over the body and mind. The bowels do not act well, and other functions are suspended. It is all well that a medical man should be consulted; but it is not well that he alone should be regarded as knowing the nature of the case, and that all should be swallowed that he prescribes. There is nothing more certain than that medical men in their writings and conversations speak of cases in which they make fatal mistakes. There are scores of instances in which a very little knowledge on the part of parents, saved patients from death through such mistakes. At least, when life is low, everyone who has charge of such a life should know enough to keep it from being put further down.

Now rest of body and mind is easily understood. Plenty of warm clothing by day and night is easily understood. Easily digested food in small quantities, and not too far between the meals, is also easily understood. Half a teacupful of hot water always before taking food, is also easily understood. Once a day rubbing the back all over for two minutes or so with good white vinegar is not very difficult. Drying this off, and rubbing gently all over the body with good fresh olive oil, can be managed easily. Then once a day, say at bedtime, it need not be difficult to pack the lower part of the body in a strong blanket fomentation all round, for forty or fifty minutes, and to give a good oil rubbing when that pack is taken off. If the feet are cold, it need not be difficult to redden them in hot water, rub them with oil, put on good cotton stockings to sleep with, and so mend that matter. Some such treatment as this, with good hearty cheer of the soul, as well as those things for the body, will work wonders in reversing a decline. The glorious gospel of God's love in Jesus will always supply life for the heart, and that is not costly either.

CONSUMPTIVE FEVER.

The symptom which is the most serious of all in chest disease, is the rapid pulse. It may be that in a particular case there is really little or nothing to indicate that dangerous disease has set in, if you keep off this one thing, that the heart beats at the wrist a hundred and twenty times in a minute. This may so far yield to cooling applications round the heart itself, so that it will, at times, come down to eighty-five beats, but it speedily rises again, and defies every effort you can make to keep it down. It is a needful inquiry by which we search for the explanation of this rapid pulse. Perhaps we may not be able to throw very much light on this subject, and it is most important to try to do so.

One curious thing is that there is a loss of strength all over the body and yet an appearance, at least, of a great increase of force in the heart's action. The state of things in relation to the heart, is like that when alcohol is used. That drug lowers life always, yet the heart's beat is increased when it is taken. No one can doubt that in every organ of the body there is weakness when what is called "the hectic fever is going on," yet the the heart's action is greatly increased. So no one, who has examined the recorded facts, can doubt that alcohol uniformly reduces vital force, yet its administration restores the working of the heart. How can these things be accounted for? We think they may be so in this way: when the blood, from any cause, fails to be of that quality which it receives in the healthy lungs, it produces an increased effort of the heart to drive it through these organs. That effort shows itself in the more rapid pulse, or in the increased force which the heart's action indicates. There is no increased strength given to the heart. It is only made to act more urgently by the quality of the blood which is passing through it.

We know that alcohol lessens the amount of oxygen in the blood. So does the loss of cells in the wasted lung. The blood in both these cases, is more venous and less arterial; it is therefore fitted to increase the heart's effort, so as to remedy its condition, by driving it faster through the amount of lung that is left to purify it. So long that there is life left in these centres that supply the heart, its contractile force will be exerted to give the life quality to this circulating stream, and to give that amount of such quality as is required

for health. But it is easy to understand that such exertion wears out in a short time all that life which there is to be so drawn upon.

Such an explanation as this, places before us the foundations of some lessons of great practical importance. For instance, there are certain drugs which poison the heart. These will, in certain quantities, reduce sensibly the rapidity of the pulse. Antimony, for example, will do so. Digitalis, also, will do the same. So with other poisonous substances when taken into the stomach. Even in extremely small quantities they will do this. But they reduce the action of the heart by so far deadening its nervous energy. They do not lessen the need that there is for increased rapidity and force of circulation, they only reduce the vital force which there is to give such action.

The giving of such drugs might be illustrated in some such way as this:—A flood is coming in on a low-lying village, and all the villagers are summoned to shut it out. There is great stir in the village. Some one professes to allay the excitement by killing half the people, so that they shall cease their share, at least, of the hubbub. There is no effort to lessen the flood or to help the workers, but a poisoning of them so as to lessen their working. It is of immense importance that men should ponder the truth which I am thus stating in my own imperfect way. If poisonous substances are employed to reduce the rapidity of the pulse, there can scarcely be a doubt that their effect is, not to render such rapid action of the heart unnecessary, but to render it impossible, by reducing vital action in the life centres. If this same poisonous agency is employed to combat every symptom, it is, I think, impossible to doubt that unless there is superabounding energy in the constitution, the patient must die of the drugs, even if he did not die of the disease. This is specially clear, in view of this rapid pulse in consumption. If it is persistently lowered in rapidity by poisonous substances, while nothing is done to lessen the fever that causes it, the result must be that the poisoning will issue at length in the destruction of life in its very foundations.

This urges upon us the momentous question as to whether there cannot be a better way of lessening this consumptive fever. If, in the case which we happen to have in hand, there is still life enough left to turn the balance between disease and health, in favor of the latter, we should think it possible to act so as to turn it. If the case is one of the kind which we have in view in this lesson, it will be well not to be anxious in the first instance for the lowering of the pulse. It will be better to see whether we may not lessen that which is calling on the heart to beat so rapidly.

We may promote the purifying of the blood by freshening the skin for one thing. A sponging all over, under the bedclothes, with good white vinegar, will have a good effect in this direction, as it has in all fevers. If the skin is made to act so as to lighten the circulation of a considerable quantity of waste matter, the pulse will lower itself at once, then a good large bran poultice or a hot bag, with moist cloth placed over the kidneys, will go a good way to make them act more freely and relieve the circulation more fully. This, too, will lower the pulse, if it is not too hot when applied; test the heat by trying it on the back of your own hand, if you can stand it there it will not be too hot for the patient. Every such application as this, lightens the work called for from the heart's action, and so moderates that action.

Then something may be done in the way of that which is to be turned into blood. The acid in an orange, or, if very much diluted, in a lemon, when taken as what is called a cooling drink, and moderately, imparts a healthier character to the food and through that to the blood. That again lightens the heart's work, and lowers the pulse too. Again you may help the circulation and so lighten the heart's work, by pretty strong fomentation of the feet and legs, and at the same time cooling cloths all round the upper part of the body. In this way you take heat from where it is likely to be somewhat abundant, but you give it where it is not unlikely to be deficient. By the careful use of fresh oil, too, you can keep what advantage you get in these ways. Now there may be actual organic disease of the lungs, and it may be removed. This has been done so that the cavities have been filled up and healthy tissue has even grown round and enclosed substance, which, had it gone on growing, would have caused death. This has been discovered in the examination of persons after death from other diseases in after years. If you can only be kept from ruinous drugs, and have a little real help to the labouring heart, much more may be done than is imagined by those who look on the surface of all such matters. The expense is not great. God works with simple means, and specially blesses that which suits the poor as well as the rich.

INFLAMMATION ON THE LUNGS.

A great many lives are cut short by what is called inflammation on the lungs. It is not a disease that ought to have such fatal results. It would not have them if it were at all rightly handled. It is one of those states which are both highly dangerous in themselves, and yet manageable in a high degree if the right means are used.

It may be well, at the outset, in considering this state of inflammation, to try to give some idea of the action of the breathing organs, especially so far as the lungs themselves are concerned. To do so, we may begin with the remark that a strong voice, or even a strong capacity of breathing, does not necessarily imply strong lungs. It is the diaphragm and muscles of the chest that draw and drive out the air used in the voice or in breathing, and if these muscles are strong, though the lungs are weak, there will be a strong voice and also strong breathing. We see a young man with every evidence of a powerful chest, and of great muscular strength altogether, laid down helplessly ill by a failure of the lungs. Even when he was at the worst, there was no lack of power in the muscles of the chest which were lifting powerfully, but in a great measure in vain, so far as getting air into the lungs was concerned.

The lack was in the lungs themselves, which were allowing the blood to flow in and to remain gorging the vessels so as to forbid, in a great measure, the entrance of the vital air required. When all is going well, the air vessels of the lungs on one side, and the blood vessels on the other, keep time, so to speak, with the motions of the breathing muscles: this is allowed on good authority. So also is this—that as the diaphragm closes upward, and the muscles of the chest press inwards, so as to expel the breath that has got charged with carbonic acid, the blood vessels prepare on their side to receive the blood which is in need of the oxygen that should meet it in the next breath. The air vessels also prepare to open to that air, when the muscles expand the space in which the lungs act, and allow that air to flow in. The moment that space is expanded, blood and air flow in and meet so as to exchange elements and promote the progress of life.

Now, we are taught to look at the state of the lungs which produces inflammation. In this condition, instead of acting as I have described, the

vessels of the lungs give way to the pressure of the blood, and fail to open to the air in a sufficient degree. When the inflammation is extensive, they fail almost entirely to open, to that air. If you can listen with your ear close to the chest over one of the lungs, you may be utterly unable to hear the sound of air entering the lung as you easily hear it in the healthy state. The fact is, it does not enter at all. The blood has filled the vessels and does not leave them so as to allow the air space to enter. The lung becomes swollen in such a case, and presses upon nerves in its neighbourhood so as to cause great pain on the drawing of a breath especially, and terrible distress on anything like coughing. Under the shoulder-blade that pain may be so intense as to lay the sufferer perfectly prostrate and helpless, yet in agony. But all that has occurred is nothing more than this, the vessels of the lungs have lost their elasticity and allow themselves to be swollen and gorged with blood, which at other times they would send on its course in the general circulation. There is no loss of power in the external muscles of breathing, but there is sad loss of elasticity in the vessels of the lungs themselves, and if that is not soon restored, life will be extinguished for lack of the exchange between the used up gases of the vital system and the atmosphere.

It is not only the swelling of the lungs which causes pain in such a case as this. The stagnant blood soon sets up the fiery action of its destructive combination, and this gives great distress and brings about imminent danger. This spreads itself through the whole circulation, and fever is soon the result. But all this is to be traced to this one condition of relaxation in the vessels of the lungs. If these only admitted and expelled the blood and air as they usually do, nothing else would be wrong. That my reader may bring this home to himself in the most homely way, he has only to take a few good long refreshing breaths, and consider what goes on in his own breast while he does so. The diaphragm or muscle which forms floor, so to speak, of his chest pressed downwards and leaves a space above for air to enter and fill. The muscles that spread themselves over his ribs on either side and lift these in a full breath, lift them now, and make room for more air than could be admitted by the mere action of the diaphragm. These two actions of the chest cause the air to flow in by his nostrils, or mouth, as it may be, and the space within the outer chest is filled.

But now, if he is in good health, something much more interesting takes place in these long breaths. His lungs have opened and allowed one set of cells to be filled with blood laden with a poisonous gas, and in need of vital air. They have at the same time, opened their air cells and allowed the

atmospheric air to meet that blood and to carry off its poisonous gas, giving in exchange its oxygen. If it is in fine fresh air that he draws his breath thus thoroughly, it sends a feeling of new life all over him, and at the same moment makes him feel that he loses a load that would depress him sadly. Now let him remember this, that if his lungs relax so that the blood gorges the vessels in such a way as to shut out the air from the cells through whose walls it vitally affects the circulation, he will draw in the same breath and yet feel no benefit from it. He will also soon feel a burning fever coursing his veins and firing up his brain. Yet there is nothing wrong but that one thing of relaxation in the vessels of the lungs.

It is important to see how this may have been brought about. It may not have been so by anything acting directly on the lungs. These may only be the weak points in the man or woman, as the case may be. If so, a cause acting on the person in a very general way, may account perfectly for this particular effect.

In this lesson we are thinking chiefly of the cases of young men who appear most healthful and strong, yet die of inflammation on the lungs even before that is developed in consumption. Now, here we shall say is one of these who has got himself drenched in rain or in water, one way or the other. He has to spend a long time, perhaps, in a railway train, or in some inactive condition. The vital energy of his whole system is drawn off till, as a matter of necessity, it ebbs all over, and ebbs far enough to leave his shallowest part without its supply. That shallowest part happens to be his lungs, not his chest at all, any more than his legs or arms. To see what happens, you might take for illustration a glass case filled so far with a good variety of insects of various degrees of power to resist cold; let a stream of icy air be passed through this case; which of these insects will become helpless first? Certainly the one which happens to be most dependent on a fair supply of heat. So it is with the organs of the body, and of one body as compared with another. In all cases there is one organ which must, from its very constitution, be the first to give way.

In the cases under consideration, one lung is simply the part of the body capable of bearing in the least degree the abstraction of vital energy. It is not at all necessary that this abstraction should take place directly from the lungs; it generally takes place as a general abatement of vital force. Indeed, it is difficult to think of it as taking place locally and directly. No doubt cold

air in a damp state passes into the lung with every breath, in certain circumstances, but that air is very considerably heated before it reaches the lungs, and if the general supply of strong heat is good, it more than makes up for anything that may be done by the mere breath that enters the lungs. When the whole surface of the body is made to throw off heat, and in that the vital energy that passes with it, there must be a vastly more important drain going on, and reaching the weak part, whatever that may be.

All this throws most important light on how the disease in hand is to be treated. One very narrow point presents itself on the surface, and it is not without its importance. The fire and fever which have set themselves up, call for attention at the outset; they must not be by any means thought of exclusively, yet they form that narrow point to which the most superficial observer may be expected to look. If the case is a very simple one, that is, if the inflammation in one lung is the only important symptom, you may do all that is necessary by simply cooling down the inflammatory heat that has arisen. If all the other organs are so strong, and now so full of energy, though they had been chilled severely, that they will readily send an abundant supply of vital force to the weak lung as fast as you make way for it, by taking off the inflammatory heat, then you need nothing but cooling in order to effect a perfect cure.

There has been repeatedly cases of this character. Young strong men, whose lungs were their weak part, had got under inflammatory action in one or both of their lungs; an abundant supply of vital energy pervaded all the rest of their systems. You could safely draw on their general store to any required extent. So we have merely got two good towels and plenty of cold water. We have wrung out, folded, and gently pressed over the affected lung, one after another of these cooling compresses, till all distress was actually removed. Nothing else has been required. Such cases have been treated by bleeding from the arm, and the congested lung relieved, only at the expense of long weakness afterward; but the persons had sufficient energy to stand even the drain of bleeding, and blistering too. They had consequently a great deal more than enough to enable them to stand the very slight drain of merely cooling down the inflammatory fire of the diseased organ.

But it is far from well to be prepared only for such cases as these. The supply of vital energy is generally much too low for treatment by cold alone. There generally needs to be, at least with our population, on the average a supply of heat, and in that of vital energy, more than that which is drained off in cooling the lung, hence you must foment as well as cool. This can be done

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effectively in various ways. Oil the feet and legs well; then wrap them in a warm fomentation, but take special care that it is not uncomfortably warm, only it must be warm enough to give a sense of help, and to balance the cooling of the cold cloth over the inflamed organ. When you have used this to the feet once or twice, it will be well to place a large bran poultice across the lower part of the back, taking care again, that this is only comfortably hot. When you have had the benefit of this once or twice, you may place a similar poultice between the shoulders, but this is only after you have so far succeeded in cooling down the inflamed lung, or lungs, as the case may be.

If this treatment is really well carried out, all evil effects of the illness will be very soon removed and strength will not be very long in being fully restored. During the whole of the treatment, it will be well to watch as to what is agreeable to the feeling of the sufferer. The very nature of the system involves more or less of an index to that which is healing, in the niceness which is felt from all that is in the right direction. It is not only that a certain treatment, or degree of treatment, comforts, but that it comforts because it heals. The moment you do just the right thing it is accepted as such, expressly in the feeling to which I refer. Keeping this in view, and following out the lines I have briefly sketched, you will not do so in vain.

BLEEDING FROM THE LUNGS.

One of the most alarming illnesses, and one occurring not infrequently in such a climate as ours, is found in serious bleeding from the lungs. This comes generally so suddenly, and is in itself so very distressing to those who witness it, that it is of the very greatest importance that as many as possible should know exactly how to apply an effective remedy. The usual idea of it is the breaking of a blood vessel, but this idea is in very many cases incorrect. In these cases the blood rather "sweats" from the lungs rather than flows from any one considerable vessel that has been ruptured, and the disease is easily overcome. It is very generally regarded as a sign of hopelessness in a case of chest affection, when blood appears in considerable quantity, but it is not necessarily such a sign.

An excellent authority says: "Hemorrhage from the lungs by exudation rarely proves fatal of itself, though at times the amount of blood lost is very considerable." A certain doctor quotes the case of a patient who lost one hundred and ninety-two ounces of blood in twenty-four hours and recovered. I mention this because it is of such immense importance that relatives and neighbours, who are at hand when a person begins to throw up blood, should not be frightened away from doing what is needed to relieve him by unfounded alarm. There are certain states of the body, in which a very little stress will cause such a symptom as that of bleeding from the lungs, and no harm will follow if this is met with a proper remedy, and especially if it is met without any great delay. This is not less true that the vomiting of blood will come on in certain cases of wasting of lungs, and prove a fatal symptom. Even in these cases it is not the bleeding that proves fatal, but that which has brought on the bleeding by reducing the contractile power of the small blood vessels, or eating in upon one or two of larger dimensions.

For example, in the case of a particular person there is a general tendency to slackness in the blood vessels; this shows itself sometimes in swelling of the face, hands, feet, or other parts of body; it characterizes the lungs as well as other parts. The vessels of these do not contract so firmly as could be wished, and so tend to get overloaded with the circulation.

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Such a person, we shall say, overstretches just a little, and the overstretch takes effect at the back part of one of the lungs. Some time after he spits up a good deal of blood, and feels more or less sensible of the part from which it comes. The idea that a blood vessel has burst gives rise to exceeding alarm, and probably two medical men are soon in attendance. The case is too serious for one to have the responsibility. To us the amazement is that both these are so helpless.—They prescribe some astringent mixture for the stomach when it is far away from that organ where the evil lies.

The patient lies on his back, perfectly still, for dear life. He is kept incredibly quiet, but the wonder of wonders is that no one seems to know or to guess at anything by which he may have instant relief and be perfectly safe to turn on his side, or to lie in any position that may be most comfortable. One night, as it were, see the part from which the blood has been oozing, and probably is oozing still. You may see, too, that it is oozing from small hair like vessels that are slack and need to be tightened so that no such quantity of the crimson stream may gorge them. How is this to be done so that good and no harm can possibly come of the process. The answer is easy.

The nervous system, of which the nerves of these small vessels are a part, needs to be stimulated; in other words, its vital action needs to be increased. Exactly the opposite effect which alcohol produces needs to be produced. That relaxes nerve substance in every case—it never does otherwise. Hence the least alcohol in such a case as this is directly the opposite of that which is wanted. It is destructive of force, not stimulative. We fall back on moist heat as our sheet anchor, and at once we have the feet and legs of our patient packed nicely in a small blanket soaked and wrung out of boiling water. This remedy is not far to seek generally nor is it costly. As soon as the sufferer is comfortable in this strong fomentation and the heat has a few minutes, perhaps three or four, to pass over the general system, another question arises. How shall we now take advantage of the new power brought into the nerves of the small vessels in the lungs so as most quickly to tighten them and expel the overcharge of blood, sending that on its proper course? The answer is here also very easy.

If a surface is cold, and you apply cold to it, the vessels do not sensibly contract; when cold it is comparatively dead, and dead matter does not contract like the living by the application of cold. But if a surface is hot and gorged with blood and you bring cold to bear upon it, the contractions of the vessels is instantaneous and striking. Have your hand, for example, heated

in hot water and made red with the blood that rushes into it, when in the night, only state apply cold to a single finger and it becomes white at once. The vessels required are contracted and the blood expelled from them. Well apply this same truth will need to the gorged part of the bleeding lung. The whole nervous system has gone repeat the fresh action from the strong fomentations on the feet and legs, and you take should be moderate sized towel tightly wrung out of cold water and folded in four, you nourishing place this over the part of the chest in which the sense of soreness, or the feeling of deficiency, whatever that may be, is felt. Press the towel gently with Such a true nurse's pressure, in which the soul seems in the arms and hands. In things. Th few moments this cold will have reached the oozing surface, and relief will be doing any experienced. Continue the cooling applications until all pain and uneasiness is gone. No more blood will come. No harm will follow in any form, for patient. V is gone. No more blood will come. No harm will follow in any form, for this is sup you have poured no poisonous substance into the stomach : you have done no damage by blistering any part of the surface; you have only added vital force. The to the nervous system, and made the relaxed vessels contract where they had language, got extended and incapable of sending their contents onward in the circulation. The purpos

If the doctors are profoundly ignorant of what you have done, they will let no go be rather astonished that their remedies have taken so speedy an effect, and is no one they will conclude that the case has not been very serious. But all that may be allowed to pass without remark when you have the great satisfaction of may be m knowing that the sufferer is relieved, and that if the same process is continued thing of g for a short time, there is not very much reason to fear any return. There remedy it. will listen no reason why a case of this kind should not be perfectly cured. I have been they are fe told that a ruptured vessel in a lung cannot heal, because of the continuous on, and g movement of the part ; but the notion has no foundation in truth. Provisio Beyc is made for healing in a moving lung just as in anything else, so long as fresh uch men nerve action reaches it, and that action can be utilized as I have shown. in seir

Now comes the point of taking the legs of the patient out of the bed sometime. blanket. Before you do this dry the chest all round and rub it nicely with ten to s warm olive oil. Place a good piece of new flannel, if you have it, round the their tong patient there. Then take the legs and feet out and dry them thoroughly possible. Rub them gently and well also with warm olive oil. Put on a pair of socks may be u cotton stockings, and let the sufferer rest. Squeeze an orange in a teacup of water, adding sugar enough to make it palatable, and let him drink this. he wishes something to drink.

We shall assume that this has happened in the morning, and that no further bleeding has occurred. Let something of the same kind be done

ight, only for half an hour instead of a whole one, which may have been required at first. Once will do the second day, if all goes well, and the third will need only once to finish with. If bleeding returns at all, it will be well to repeat the process then: but it will not likely do so. Hot food or drink should be avoided, but it is not necessary that it should be cold. Plain, nourishing material, not in large quantity, will do best.

Such has proved a perfectly successful treatment in bleeding from the lungs. The greatest difficulty to be overcome is the superstitious dread of doing anything in such a case unless you have a doctor, and the equally superstitious idea that you must follow what he prescribes even if it should kill the patient. What is the use of calling a doctor if you do not follow his directions? This is supposed to be unanswerable. We venture to reply to the unanswerable.

The true medical man will tell you what is wrong; he will do so in simple language, perfectly intelligible to the ordinary mind. If he talks gibberish for the purpose of bamboozling you, he is worthless, dismiss him at once, you can get no good from him. But if he is a true man, he will tell you what is wrong and no one not trained as he has been will possibly be able to tell you. He may be mistaken, no doubt, but he will not usually be so. And it is surely a thing of great use to learn what is wrong, even if you cannot be told how to remedy it. You may be able to find out the remedy yourself. A true healer will listen to your suggestions and give effect to them. Some first-class (but they are few) physicians will adopt instantly a suggestion from a common person, and glory in the cure that is the consequence.

Beyond all question, it is of use to call such a man, and there are a few such men among the doctors; men who really live to heal, and whose delight is in seeing sound healing done by anyone. Such men have hard work of it sometimes because of their brethren. It must sometimes be dreadful for such men to see patients killed by ignorance, yet compelled by etiquette to hold their tongues. Not that they always do so, but they have to try as much as possible. Well, we need not pursue that further. My prayer is that this book may be useful to many poor sufferers and also to those to whom they are dear.

A DRY, HARD COUGH ; OR COLD SITTING DOWN.

The changeable character of the climate in which we live, in this inland home of ours, gives commonness to what is called a cold. Hence the expression, "a common cold." Mistaken treatment, or the want of any treatment when such a cold has been caught, leads in many important cases to that cold "sitting down," that is, without any apparent intention of rising again.

At the outset it is well to refer to a symptom with which almost everyone is more or less familiar. That symptom is called a dry, hard cough. It is in this form that the cold sits down. It may not keep this character, though it refuses to rise and leave, but it is in this form that it first of all makes its quarters good. This has a very intelligent meaning. If the cold soon rises it does so by the cough loosening and ceasing to be dry ; if it does not rise, it continues long in the hard, dry state. This cough is the natural effort to rise the membranes of the air vessels of whatever irritates. All that is required to cause a cough is to irritate any of these membranes. If the irritating cause is loose on the surface of the membranes, the cough readily throws it off, and the irritation ceasing, the cough ceases ; but if the irritating object adheres in spite of any amount of coughing, that coughing continues, till, for the time, the nerves irritated are exhausted.

In a temporary cold, the accumulated mucous is loose on the surface and is easily coughed up and got rid of. In a cold likely to sit down it is not so, if even it is there at all ; the irritation is rather from the state of the juices or of the nerves in the membranes, and so cannot possibly be got rid of by coughing. The inflammatory heat set up in the small blood-vessels causes violent irritation and dries up what would moisten the surfaces. This cannot be got rid of by any amount of coughing, and hence the sufferer coughs and coughs again, night and day, in a very distressing manner. It may be that there is nothing serious, but this distressing cough for a long time, and hence nothing is done to remove it, at least nothing that can touch it in reality, so as to have that effect.

If inflammatory action is set up, so as to swell the lungs and press upon some important nerve, the pain which this causes leads to severe measures

and these are apt to be such as will lead to still worse consequences. But it is only the dry, hard cough that is all the apparent trouble, it is apt to be allowed to go on. If it is allowed to do so, it is not difficult to see how it becomes by and by a sitting-down cold. The finer vessels are gradually injured and even destroyed by the inflammatory action and the wearing influence of the cough constantly going on. The wasting of these gives rise to irritating matter on the surfaces of the membranes and in the air vessels. When that begins to be coughed up, the cough may sometimes loosen, but not so as to rise and leave. It is not a healthy substance that is coughed up, but the waste caused by diseased action that is beginning to destroy the organs in which it has continued so long. If this still goes on it will end in consumption, or if it is only temporarily relieved by bleeding, blistering or opiates, and the general force in the body is reduced, without the inflammatory action in these vessels being removed, the case will get beyond all cure.

Anyone who has had much to do with this trouble, knows that it is rarely in the very early stages of such disease that relief is sought. It is only after some serious damage has been done,—only, too often, after complete cure is out of the question. But it is well to be ready to face the difficulty of any case, however great that difficulty may be. It is best of all to be ready to urge remedy on the sufferer while it is not yet too late.

Now it is easy to know when a cough, coming after a chill, is dry and hard. You have cough and cold, but not in the form of stuffed nostrils, nor in that of a running nose, nor in that of quantities of thickened mucous in your chest, which is readily coughed up and got rid of. It is only a dry, hard cough that distresses you. There can be no difficulty in understanding such an attack. Perhaps you use some cough mixture containing chiefly some opium or other narcotic substance, and that soothes the irritation for a time, by deadening the tender nerves; but the dry, hard cough returns and soon shows that it has not risen to take final leave. There need be no mistake as to your position now. A week or two passes over, and your cough is worse, rather than better, and still dry and hard. It is evidently from something in the wind-pipe, or a little further down; it is clearly in the breathing organs that the distress is arising. Still, after even two weeks, there is no loosening of the cough, nor any cessation of the dry irritation. There can be no room for doubt that you are in a state of body that should be attended to without delay. An inflammatory action that will do serious damage to the vital organs is going on, and ought to be made to cease. If this has gone on even for many weeks, the case is all the more urgent.

How then should you proceed? The first thing is to secure an increase of good vital energy to the general system. It is well to begin this in a case that has gone on to full sitting down in such a cold, with the feet and legs. On the first evening at bed-time, rub these gently, with warm olive oil, pack them for three-quarters of an hour in a good large blanket fomentation, open them out and dry well ; oil again ; dry that off, put on a pair of cotton stockings and put the patient to bed. This will have a good effect to begin with and will moderate the cough probably from the first. In the morning after this evening, it will be excellent to adopt a hydropathic remedy called the "damp envelope," which is simply an ordinary towel wrung out of cold water, tightly wrung out and put tightly all round the back and breast of the upper part of the body. This is covered well with a dry towel, and the patient snugly tucked in so as to keep all comfortable. The envelope is soon heated, but it is well to let it have a full softening effect on the skin before it is changed. After three-quarters of an hour or so, this is taken off and the patient rubbed gently all over with good olive oil ; that again is dried off, and good ordinary clothing put on. The second evening it would be well to pack in the warm soapy blanket. I never saw anything that had so powerful an effect in such cases as this. A small single blanket, as soft as can be had, is wrung out of soap suds, and the patient is tightly packed in this from head to foot, for an hour before bed-time ; a good thick sheet is put over, and the bed-clothes nicely tucked in all round : after lying in this for an hour, not more nor quite so much, if any discomfort is caused, the sufferer is taken out, sponged quickly over with warm water, dried, rubbed with oil if there is no feverishness, and allowed to go to sleep. Next morning the towel envelope should be repeated.

I am giving these directions, assuming that the cough is one which has been sitting down for a considerable time. The third evening you should put a large bran poultice, as hot as to be comfortable, at the back, between the shoulders again, an hour or so before bedtime. While the patient is lying quietly upon this, it will be well to press a towel, wrung out of cold water, and folded say four-ply over the front of the chest, and specially over the parts from which the irritating feeling seems to arise. When this has been done as far as to give some comfort to the patient, it is well to take it off, and rub with olive oil. Always dry that off, not wash it off, but dry it with a dry cloth, as that gives a much greater sense of comfort than leaving it wet.

It is not necessary as a rule to carry this treatment much further. The cold rises even before so much as this is done. As to medicine, a teaspoonful

of vinegar usually. of it was linseed F they usual hot water taken even cure the

of vinegar of squills, taken in a little hot water twice a day, has a good effect usually. I have seen it have such an effect within half an hour after the first of it was taken. Something like this same amount of boiled liquorice and linseed has also a good effect ; but if the outward remedies are well applied, they usually do all that is required. I have found it good also to take sips of hot water frequently, when the cough is troublesome, during the day. When taken every ten minutes it is wonderful what this does in such cases ; this will cure the cough itself.

INJECTING MORPHIA.

I feel that I would not be doing my duty to those into whose hands this little book may fall, without giving you my experience with Morphia, or Morphine as my medical attendant was pleased to call it.

Some thirteen years ago last September, I had been ailing for some time and one afternoon I was taken very suddenly ill with a pain at the bottom of my stomach; it was so bad that I could neither sit, lie nor stand with comfort, in other words, I was in perfect agony. The physician was sent for, and when he arrived he said it was inflammation of the leading tube from the stomach to the bowels. He went right to work and injected what he called morphine through the skin in two places. It gave me speedy relief at the time, but long continued trouble afterwards. My opinion to-day is that he killed some of the nerves, for whenever I would get tired or weary, that spot would feel just like an old sore when I would bend, or if my clothes would rub over it and continued so until I got a remedy that brought it to a head, and then it broke out and ran matter for over three years, just where he injected the morphia. At first when I began to use the remedy, it would break out and run, and then heal up again, and in a few days it would break out again, but latterly it ran constantly for about one year and a-half, and now I am thankful to be able to say that it is all healed up and perfectly well, and does not bother me any more now. My opinion is that the old nerve rotted out and raised a new one. So I think that thirteen years of trouble and suffering, what my firm belief is now, with the experience I have of heat and cold, have been cured in a short time with a cold cloth.

This has opened my eyes as far as disease is concerned, and as it is always of importance that the afflicted should, as far as possible, understand the principles on which relief is given them in their afflictions; if for instance that relief is given at the expense of life itself, it is well that the patient should know that his ease is purchased at such a cost. Then if present comfort is procured by means that ensure a greater measure of distress in the future, it is best that this should be clearly understood. All such knowledge on the part of a sufferer tends to wake him up to inquire as to whether it is not possible to relieve him on some better principle.

We shall see the force of such remarks in considering the relief given in so many cases by the injection of opium in one form or other, under the skin, or even more deeply, to the sensitive nerves, as mine were, when these give great pain. Many of my readers will be only too well acquainted with the operations which I have in view. Others will be all the better to have some knowledge of their nature, in the way of anticipation.

It should then be clearly set down that the injecting of morphia or other form of opium, so that it shall reach the nerves, can have no other effect than that of deadening those organs for the time. All pain is the result of something wrong, and affecting the nerves of sensation, so as to induce us to put that wrong to rights. The injection of morphia does not in any case right the wrong; at the very utmost it only silences the nerves which indicate the wrong. This drug, while it does not cure or put the wrong right, causes such injury to the nerve system as constitutes, of itself, a very serious disease. A nerve that has been silenced by means of opium, when it returns to activity, does so in a somewhat disordered condition. This has the effect of adding to the distress of the sufferer, often very seriously; the addition too, goes on increasing, as the operation is repeated. It is thus that disease takes a mental form of the most dreadful character. The poor sufferer is made to endure horrors that never arise except through the use of some nerve destroying agency. But the all-important matter here is to know how to act when it is proposed in any case to inject any form of opium or any similar poison. The first thing to be understood clearly in all such cases is this: the medical attendant knows no real remedy for the pain, or its cause; when he proposes to relieve in this way, you may as well dismiss him at once. Any how, mark this well. It is of immense importance to understand the ignorance of your adviser in relation to cure in your case.

You must remember that it by no means follows, because your physician shows no remedy, that there is none. There have been cases in which such a remedy as this was proposed, in which all pain disappeared in half an hour, and did not return, by nothing further being done than a cold cloth being promptly pressed over the root of the nerve which was giving terrible pain. The medical man did not know that a gentle cooling of a particular spot would cure his patient; he only knew that a little morphia injected would deaden the sensibility and give temporary relief. I could not imagine his doing as he proposed to do, if he had known how actually to cure his patient at first. In other cases he would visit day by day until his bill rose to a very heavy sum

indeed, while if he had only known, one visit or two at the utmost would have been amply sufficient. His ignorance was lucrative, perhaps you might be disposed to say; but it is the least that can be said, that such ignorance is confessed the instant a medical man proposes to inject morphia. He confesses that he knows nothing that can put the wrong afflicting you, right, and that he can only silence the poor nerves that are complaining. If he is alive to this truth, and sees that you are alive to it also, it may stimulate his intelligence, and possibly lead him to seek about a little for a real remedy.

For example, you may be in torture by a pain in some part of your body. The medical adviser knows the nerve that gives this pain, and proposes the injection of morphia. He is ignorant of anything better than this miserable subterfuge in the way of cure. Suppose that you try a very hot application, say a hot bran poultice, to the roots of the nerves affected, if you can guess where those roots are. The doctor should help you to know this much. The hot poultice is put on; we shall say it fails to relieve. Well, you put on a cold application at the same place; that relieves slightly. The hot one may have done so, or this may have done so; that will turn upon the nature of the wrong which is causing the pain. Observe this, that whichever of the applications relieves, should be followed up vigorously. Do not say, O, it gives relief for a little, and then the pain returns. Follow up the little relief, and change from heat to cold, as the pain or relief indicates; you can do no possible harm by such process, and in multitudes of cases all will soon be right, and no opiate required.

But you must not think all remedies at an end, when you have tried one or two singly, and relief does not yet come. The large hot poultice may be put on the roots of the affected nerves, and ice-cold cloths placed on the branches at the same time; then ice-cold cloths, but never the real ice, as that tends to freeze, may be placed on the roots of the nerves, and the hot on the branches. The doctor, perhaps, has not thought of such things, he has only confessed his ignorance of all remedies, but that is no reason why you should not think of them. It seems to me rather a strong reason why you should think of something yourself, when one who ought to know confesses that he does not. But remedies are not exhausted by any means, when you have thought of two or three applications of heat and cold. The whole nerve system can be influenced by the rubbing of the head and spinal region, so as to wake up a strong increase of vital action in the nerve centres there.

have seen a patient who had been for months under medical treatment, and in agony, except when deadened with narcotics, rendered independent of all such things by a little skillful rubbing alone.

Perhaps you object that these remedies are very simple. Well, that would be no great harm; but if they are so simple, you are surely a simpleton if you let your poor nerves be killed with morphia, while such obvious remedies are at hand. It would be a great comfort and relief to the writer, if I was never to hear of people again allowing their friends to be put under the influence of morphine, and sending them into eternity in an unconscious state. Who will have to answer for this, the doctor or the friends, or both? For if ever we require our full consciousness, it is when we are going into eternity. Perhaps you say, if we call a doctor, we must do as he orders; so, we suppose if you call a priest, you must risk your soul on him, as you risk your body, and sometimes soul too, on a doctor. No, that is not reason. If the priest tells you that he knows no cure for your soul, see if you may not know better for yourself, and for him too; if a doctor confesses similar ignorance, try a similar course. But always be quite sure that your Father in heaven has not left you to remedies that only go to make your afflictions ten times worse than they would otherwise be.

CONSUMPTION CONTINUED; AND HOW TO HANDLE THE CONSUMPTIVE.

I will just here inform you how to handle a consumptive after the disease has got a start. If the patients wish, they should always be allowed to sleep entirely alone, especially in cold weather, and to manage their own room just as they see fit, for I know if I had been deprived of this privilege, I would not be living to-day. The room should be well aired and ventilated in the daytime, if the patient is able to rise and go to an adjoining room, where it is comfortably warm, and when the weather is real cold it is a good plan to warm a brick in the oven, do not make it hot enough to scorch anything, and keep a cotton cloth to wrap it in, and if it will not scorch that when you wrap it around, it will not scorch the bed. Put this brick in the bed about an hour before the patient wishes to retire, and when the sufferer is ready, then remove the brick, and the bed is comfortably warm to receive him. This is one of the great secrets in the cure of consumption, to keep yourself warm between the shoulders, in the back. You should never allow yourself to take a chill in the back, and if you have occasion to rise in the night, you should keep a shawl or a blanket close by, and throw it around so as to keep your lungs warm until you retire again.

I remember well how I used to suffer, until, to my great astonishment, I found out that it is in our backs we take cold. I was always told to keep my chest warm, for fear of taking cold; but I have discovered to my own satisfaction, that the chest most to be protected, is in the back, between the shoulders. If you keep your back thoroughly warm, and oil it occasionally, say every night, it is a great help for the invalid, and to those who have not yet got this disease, it is a sure preventative; but they only require to oil the back once a week, and what is more simple than this and perfectly reliable. There is a knack in putting on the oil—it should be always well rubbed in, and then you can take a fine cloth and rub the rest off, for you must never leave the skin wet, for you can give cold with oil, and it is one of the greatest cures in the world for a great many diseases, when handled properly.

Another great help for those who are troubled with their lungs is to take a strip of flannel six inches wide and the whole length of the back, tack it on

to your undershirt and you will find it a great protection to the back, as it keeps the nerves warm, and my firm belief is that it is warmer—that is it keeps you warmer than another whole under-garment. You would find it also a good preventative against taking cold. If those who are exposed to the cold weather and compelled to be out in cold weather would keep a piece of flannel ten inches wide and the whole length of the spine, and put it on their back in the morning and wear it all day, even this would go a good way to keep you from taking cold when you are compelled to be out in cold weather.

Neither should a consumptive sleep in a room where the air is allowed to go down to a freezing point, this of itself would injure the lungs in the course of time if there is nothing else wrong, for the lungs in a healthy individual are always somewhere about ninety degrees or more, and to sleep where the temperature goes down to freezing, as the freezing point is lower than forty degrees, this is too great a change and will of itself injure the lungs if persisted in, but these things are often neglected until it is too late. I have found it to be an old saying and a true one, “that an ounce of preventative is worth more than a pound of cure.” It is also a great help in the way of cure for the consumptive to stay within their apartments in the winter time as much as possible. I have seen people urge the poor invalid to go out when I knew perfectly well they were not able to go. I knew a young man that did go to please his pretended friends, and the result was he never saw the following spring, when if he had stayed within his apartments and got the proper care, he would have come all right in the course of time.

And there is pleurisy also which comes of taking cold. When extreme cold prevails in the atmosphere, as it does in some of our winters, many opportunities arise for seeing and treating such a thing as pleurisy. It is not very difficult to understand how such an illness is produced, especially in such a season, though it may not be easy to answer every possible question that might be asked regarding it. For example, it is the result of cold and yet it shows itself in extreme heat, as well as in severe pain. How is this, may be asked. It may not be easy so to answer as to how it is, as to make all understand the answer, yet it need not be difficult to make as much clear as is necessary to give full confidence in the reasonableness of a particular mode of cure.

The pleura is the tender double web or membrane which lines the inside of the chest on the one side, and covers the lung, or rather incloses the lung with its other fold. Each of the two lungs has its pleura in which it works, and on each side of the chest is lined by one side of this sensitive organ. The slender

lining passes round the greater part of one whole side of the body with one hour of the fold, and round the whole of the lung with the other. Let us suppose, which cases in w often takes place, that the front of the body is defended with what is called a turn on the "chest protector," but the sides and back are exposed to a chilling atmosphere. mustard o Part of the pleura, and that part which is farthest from the surface, is sheltered. patient as! but the greater part of it, and that nearest the surface, has no such protection. ion. Wh In the case, especially of women, this is the state of things. In almost all poisoning cases it seems as if people thought that if they only keep a few inches of the Here the breast warm—that is, keeping the chest all right—though the sides just under poor suffer the arms, and the back under the shoulder blades, is of far greater importance. The nurse The throat is even muffled, and a respirator worn, so that the chilling air is folds it in not allowed to get inside the lungs, while it is freely allowed to get at the bre pleura from the outside. The consequence of this is that vital action is so the bre abstracted from the pleura that the tension of its small vessels are relaxed, and presses it blood is admitted as it is not intended it should be. well. It i

This very serious result may have happened only by the patient sitting out on and with the feet towards the fire, and the side or back exposed to a cold draught cold water from the door. It may not be suspected how it has happened, but it is soon way, the f known that a very severe illness has come. Severe pain is soon felt in one side one the s at least, and round to the back under the shoulder blades—it may be on both the second sides of the chest and the back also. Breathing within a pleura, or within two and now of them, giving distressing pain, soon becomes a very trying matter. It seems the cold as if there was a band tied over the breast, and a load lying upon it. Cough promising ing, such as gives sore pain with every effort is set up, and the sufferer is Two min indeed to be pitied if no efficient help is at hand. three min

It is of immense importance now that mistaken remedies should be until the f avoided. A plaster of mustard is probably the mildest measure thought of the case and that on a sensitive breast is no joke as an increase of distress. The hat ion. A of ful cantharides are more likely to be prescribed. These will actually destro to have a the very skin which it is so very desirable to treat effectually, with a view to cur This the malady. Bromide of potassium will be nearly sure to be ordered, with the body gene sure effect of a great aggravation of the illness. state here

I speak of these things in order to induce men to think for themselves necessary and their helpless ones, so that the more obvious and accessible remedies may properly body is c not be despised in the choice of palpable absurdities. It is not only possible the feet a but perfectly easy to relieve the patient in pleurisy, without so much as the feet a very least disturbance or inconvenience, and to have all pain gone within a does on

in one hour of the time when one is made aware of the disease. There have been which cases in which the patient could not sleep, could not rest awake, dare not lled a turn on the affected side ; with the pulse high and pain and coughing intense, where mustard only making matters worse ; and yet all the trouble gone and the tered patient asleep, lying on the affected side, within two hours of the first applica- tion. When this may be done, why should the horrid system of irritating and ost all poisoning go on ?

of the Here is a case—it is inflammation of the pleura of the left side. The under poor sufferer is fevered and in sore pain laboring to breathe. What is wanted ? g air is The nurse takes a large towel, dips it in cold water and wrings it out ; she at the folds it in four, so that it will just nicely cover the side from the spine round n is so to the breastbone. Gently she puts this on the side of the sufferer, and ed, and presses it as if her soul were all in her arm and hand, she does it so gently and well. It is heated in a minute or so, but it feels delightful to the patient when out on and pressed as a true nurse will do it. She has another towel in the sitting cold water, and quickly that is wrung out and placed on the side in the same draugh way, the hot one is thrown into the water to cool. She gives this new cold is soon one the same gentle pressure all over again. This is warm in about a minute one side also. She wrings out the first one, which is now cold enough, and takes off on both the second throwing it into fresh cold water. She has the third application in thin two hand now, and from the very spine itself over every inch of the skin she makes t seems the cold cloth come close in contact. The pain is not gone yet but it is Cough promising to leave ere long. The heat does not so quickly warm up the towel, sufferer i Two minutes may pass without any change, but not much more. Gradually three minutes may pass but the pain must be fought till it leaves entirely, and ould b until the patient can easily turn and lie on the bad side. If this should not be ought o the case within half an hour, then the feet may be packed in a hot fomenta- tion. A small blanket is taken and some boiling water poured into it, so as he hat to have a steaming hot wrapping for the feet and legs. y destro

w to cur This is a matter of very great importance. In many cases the heat of the with th body generally fails so that the pleura cannot be safely cooled. I will just nstate here, that in all diseases where the feet and legs are habitually cold, it is nself necessary to get them warmed up. In fact, they have got to be warmed up edies m properly to effect a cure, and where the patient is cooled as aforesaid, his y poss body is chilled by this cooling before it has done its proper work. But with uch as the feet and legs in effective fomentation, such as I have described, the cooling within aoes on with perfect comfort and safety till its work is fully done. I cannot

too strongly remind the reader of its importance. With this fomentation on, the cooling of the side, till that cooling gets fairly into the pleura and has put all right, should be carried through.

Usually, now the pain is entirely gone, the patient wishes to sleep. This may hold good for hours, especially if it happens to be bedtime. On awaking the pain may in some degree have returned. It requires to be met in the same fashion. On ceasing such operations, it is well always to rub gently all over with a little vinegar; but not while feverishness is near, with oil. In a case in which both sides of the chest are equally bad, the remedy will be the same, only doubled. It will be necessary to bring the cold cloth round the back and over the sides, and almost at once to foment the feet, so as to promote circulation and keep up the supply of action to the body generally, when taking so much off at the chest.

This mode of cure is not only quick in the relief it gives, but it leaves the patient not one whit the worse for anything that has been done. With tender constitutions, in which there is little to spare of hardy energy in any part of the body, and in which such poisons as potassium do fatal damage so often, it is of immense importance to know how to relieve in these simple and harmless ways.

As I have said I may not be able to answer any theoretic questions that may be asked in reference to such cases, how, for instance, it is that a cold relaxes the pleura at first and yet contracts its vessels when in a state of relaxation. The reply is probably this. The cold in the first instance is so long continued that it partially destroys the vitality of the nerves in the pleura. That is restored to superabundance from the other part of the body in an effort to restore the gorged vessels to their proper state. To modify this superabundant action is to cure the sufferer. Be the explanation what it may, such is the seen and felt effect of the right treatment.

BATH

It should; that is t a sore. efficacie and also own.

Yc clear ar an old s bering person, rag will a week, good he there is it has t away w once a and by bath. affect th ening t

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BATHING THE ENTIRE PERSON, AND HOW TO DO IT.

It is my firm belief that if people would keep their skins as clean as they should, that fevers would be entirely unknown in the land ; except the fever that is the result of a hurt, or what little fever that may arise from the heat of a sore. So I purpose inserting here a simple manner of bathing that is very efficacious and within the reach of all ; the servant as well as his master ; and also for those who are boarding and consequently have no home of their own.

You can easily procure a bottle of good white vinegar, by this I mean clear and not too dark in the color ; you can get a quart for ten cents. Carry an old saucer with you, pour out about half a saucerful and warm it—remembering always to use it warm in cold weather. Then sponge all over your person, rubbing briskly. If you think you cannot afford a sponge, a piece of rag will do. If people would give themselves a bath of this kind at least once a week, they would find that it would go a long way towards keeping them in good health, and perhaps many times keep the doctor from your door ; for there is a great deal depends upon keeping the pores of the skin open, in fact it has to be done in order to be truly healthy. By this I do not mean to do away with soap and water, for if you would give yourself a soap and water bath once a month, the vinegar would do between times all right in cold weather ; and by experience I know it is far better by a good many times than the water bath. Because when properly rubbed it will go through all sweatiness and affect the skin far better than soap and water, and is very cleansing and sweetening to the skin and freshens it greatly.

Another good quality it has is that it evaporates quickly, so that you rarely need any wiping off. You can take a bath of this kind in the coldest weather in a warm room, having the wash warm also, without the slightest danger of taking cold, so that the pores of your skin will not get clogged up in the winter, as a great many do, and consequently have a sick spell in the spring before they get their skins thoroughly cleansed up. My opinion is that if this manner of bathing was attend to all through the winter that it would alleviate a good deal of the spring sickness, and your doctor's bills consequently would be a great deal smaller.

Then there is that disease called night sweats, which some people get so alarmed about and think they are going for sure into consumption. Now, when that sets in, it also comes from a filthy skin, as I will show you before I get through with this lesson, and it is also one of the commonest symptoms of weakness in the whole vital system, is the profuse perspiration which breaks out in the night and early morning, and so sorely distresses many a poor sufferer. There is nothing that is more easily cured. Even when disease has gone too far to be finally arrested it is very easy to take away entirely this night sweating, and so give the patient very great relief. As I do generally, it may be well in this also to give some idea of what this night sweating really means. The difficulty in the way of such an explanation lies in the fact that this perspiration occurs without any immediate cause. If a person is subject to great heat, as in Turkish baths, we have no difficulty in understanding, or in at least thinking we understand his experience in this respect. Or if he is exerting himself in some bodily labor by which the sweat pours, as we say, from his brow and all parts of his skin, or even if a patient is under great pain and perspires profusely as the consequence, the case excites no surprise. It is in the absence of everything, such as usually accounts for it, that the night sweats we have now in view seem so mysterious. With no extra heat, no exertion and no pain the sufferer is drenched with perspiration. It is this apparently causeless outpouring of the substance of the body that needs to be explained.

To understand it we must see clearly, at the outset, that what we call the "pores" in the skin are vessels so constructed that they shut in as well as allow to escape the juices of the vital system. It is their function to close tightly up in certain circumstances, and to open out in others. Nothing is more essential to good health than this same ready power on the part of these minute organs. For example, when the atmosphere is cold it is of the greatest importance that the skin should be dry and not damp. To secure this dryness therefore, the healthy pores close up and keep in that which would otherwise exude and make the skin too good a conductor of heat for the necessity within. When the atmosphere becomes heated and it is well that evaporation should cool the body, the pores relax and allow a moisture to come on the surface. When from lack of exercise the waste of the body is less than it might be, the pores comparatively shut their openings, but when from increased exertion, the waste is rapidly produced, these pores open and throw it off. In proportion to the vigor of the vital action of the nerves of the pores, this shutting and opening of the organs go on and keep exact time with all the changes that effect us from without and from within.

Nothing is more closely related to good health than this same vital action in the nerves of the pores. All, one would think, may easily understand the matter in hand so far. Now, if these nerves supplying the pores with vitality lose their tone, and so fail to be capable of acting, they will naturally allow these pores to be open when they ought to be shut. They will not, as in certain cases, close tightly with over action, but they will fail to close tightly enough. In whatever way it is to be done, we must in such a case restore vitality, and consequently activity to these organs in the skin, when untimely and unnatural sweatings come on. This can be done in a very direct way by the use of a remedy prepared and put up by the writer, which will be mailed to any address on receipt of price. To those living where it will be convenient for them to come after it themselves, they will please bring their bottle or bottles along as the quantity is somewhere between a pint and one quart, so one bottle might not hold it all. Full directions for use will be wrapped around the bottle.

From my experience with it I feel quite safe in saying that the one quantity will effect a real cure. The night sweats usually disappear on a single application of this remedy, but it is well to continue it for three or four evenings, even when the cure is so rapid as this, and to repeat it for five or six if the relaxation of the skin is not sooner removed. Even if the case is one of the greatest weakness, this application will only refresh, and if at all kindly and carefully done, will cause not the slightest inconvenience. In this case the change required is superficial. The sponging may be done under the bed-clothes, so as to give the least possible disturbance or fatigue to the patient.

To a great many persons all that seems needful in directing them in such matters is only to tell them what to do. It suits such folks admirably when told to shut their eyes and open their mouths, so as to be ready to swallow without even the sight of what they take in. But experience teaches us that mankind cannot dispense with the understanding which God has given them in such a way as this. The clear and natural faith of the soul is indispensable in that very touch of the hand which does so much in all healing. When one so sees the relaxed pores and their flagging nerves, allowing the juices of the body to flow out through the skin in these terrible night sweats which I have been describing, and then sees how the stimulating remedy that I have prepared acts on these relaxed organs, while the ingredients that it is composed of keeps the heat from passing off in vapor, he will apply the remedy as he cannot possibly apply it whose mind is a confused mass of ignorance on the subject.

There is no way in which we can secure the wide spreading of healing skill among people at large, other than by making knowledge on the subject of healing easily accessible to all who will care in the least to possess it. When either man or woman has that experience in which one sees, as it were, with his bodily eyes the action of a remedy in a case of illness, and that illness comes in his way, such a person not only feels as if he must proceed and heal, but he does proceed, and the sufferer soon feels that he has got into the right hands. Oh, that is nice! exclaims the poor sufferer. Yes, that must be the very thing I was needing. Oh, what a blessing you came. All such exclamations, with others of gratitude to God for sending you, are the natural fruit of knowledge on your part. If you will not know, you cannot heal and help as you might do. If you will only know, you will find yourselves healing, come what will.

I do not wish to close this lesson without mentioning the bathing of the feet, which is one of the most important things in the cure of almost all diseases. People in general think they understand it thoroughly, and others think any way will do to wash the feet. Now there is no part of the human frame needs greater attention in the process of bathing than the feet, especially after disease has set in. If the feet and legs up to the knee are cold and clammy, you cannot cure a patient until you get their feet warmed up so they will be habitually warm. Nothing is more to be remarked in leading people to help themselves and one another in the way of healing, than the need of the most minute and repeated instructions as to the details of the most obvious appliances. Volumes of general statements may be written, and all may be true and important, but they go for nothing with the great majority of mankind. Let us try to look a little carefully to what is supposed to be so simple a matter as that of bathing the feet.

We shall suppose that there is manifestly a lack of vital energy in the body, and that we wish to increase that energy by infusing more in the form of heat, and through water by the feet and legs. The foot bath is given for ten, twenty or thirty minutes. It fails to give effective help, because in the great majority of cases it will give no sensible aid in less than forty minutes. It begins to tell in about thirty-five minutes if rightly gone about. It should be given for a full hour.

But here a most formidable difficulty occurs. Some patients are ready to faint when their feet are in very hot water for five minutes. Many are unable to continue bathing for half an hour. It might occur that in all such cases the

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water is too hot, at least to begin with, and that is not ill to remedy. Get a vessel that will hold the feet easily, and be as deep as to reach nearly up to the knees. Put water into that about an inch in depth, and just as near as possible only blood warm, that is, just warm to the feel of a hand at an ordinary temperature. Let the feet be bathed in this, and have plenty of hot water at hand. Let the patient be comfortably covered and seated, and wait two minutes or so. Now add a little, some degrees hotter than that used at first, and every two minutes or so creep upwards in temperature, but only very slowly. There will be no sickners or tendency to fainting. If the heat is raised too fast, give a little cold water to drink, and hasten more slowly.

In half an hour the patient will be able to stand a good, strong heat, but it need not be raised too strongly. He will be quite able for an hour of this careful work, unless unable to sit that long in a chair. Then, as we shall see, there is another method of dealing with the case. Anyone can see what is called the philosophy of all this. If you desire to restore vitality in any starved body, do not put it into a fire at once, any more than you would think of doing such a thing at last. The process of revival must be gradual in all cases. In certain cases it must be much slower than in others. The reason is simply this—heat is movement. One wheel will stand to be driven at a velocity at which many other wheels will go to pieces. One wheel will stand to be driven off at greater speed instantly; another must come to such speed only very slowly, though it will stand a pretty high rate of motion if brought up to it with sufficient care. So one set of nerves differs from another in the capability of bearing and transmitting vital movement or heat into that movement. The same principle holds in cooling as in heating, but we are concerned with the hot bathing chiefly now. In repeated bathing of the feet and legs, or of the knee, which is of such importance, for example, in reducing disease of the knee joint when it is necessary to bathe for an hour thrice a day, the skin is injured by the constant friction of the water, and the process becomes painful and irritating.

Nothing is more simple than the remedy for this. If there is any open sore on the limb, first of all dress that with some cold cream or healing ointment, then if the skin has got troublesome, or even reddens, as it would do so, dip a soft cloth in weak vinegar and water, and dress the whole gently in that; now go to work with the bathing, and no harm but good will come. The moist heat will pass in through the dressing, and that entirely without friction of the skin which will heal ere long. Many who are sore sufferers from "bad legs" may be relieved in this way with only a little attention and perfect

rest. When the bathing has gone on for its proper time—not less than an hour—take off the wet dressing, dry the whole gently with a soft cloth, dress again with dry cloths above fresh ones, having simple ointment and weak vinegar.

Then, however, I must notice cases in which it is out of the question to ask the patient to sit upright, or to do anything but lie flat on the back from weakness, or it may be from the danger of bleeding from the lungs. Nothing is of greater moment than giving a good increase of vital energy in such cases at the same time at which you cool down the diseased parts.

For example, there has been a case in which bleeding from one of the lungs had occurred somewhat severely. The patient dare not move from his back from fear of bringing the blood anew, as it had come twice already in considerable quantity. There was pain in the chest that could only be soothed by a decidedly cold application, and the rapid pulse required to be brought to a slower pace. The feet and well up the legs were wrapped in a hot blanket fomentation. The comfort of this spread over him at once, and then cold cloths were applied to the chest over the pain, which soon left entirely. This fomentation, allowed to remain on for about an hour, supplied abundant strength while the pulse fell at least ten beats in the minute; at another application it fell twenty. In such a case there could be no bathing in the ordinary sense, but the same thing could be accomplished in another way. It is true of this infusion of vital energy by the feet, and of many other remedial measures that we often have exceedingly little capacity to deal with. It is nearly sufficient to kill one patient to do that which would be delightful in the experience of another whose bodily system is vigorous, and who can rejoice in even somewhat rough handling; while it is also true that a great deal must be done by degrees in some of the weakest cases.

We were a good deal amused lately to hear that one of our remedies was tried in a case and it did a little good. "The doctor who was attending the case tried the remedy in another case, and there too it did a little good;" it was tried a little. If I had had the cases in hand, as we have had others, it would have been tried probably twenty litters, and it would have done forty times as much good. You are shut up with frail creatures to relieve and remedy by "littles," but you must not stop with one little in such cases. Some people who have faith in homœopathy have wrought by simple globules or atoms, if they could have got these, but they always used a good many of these "littles" in the course of time. All you need care for in any case where

a remedy is applied, is the feeling that it is "nice," or "soothing," or "cool," or something however little that is in the right direction. Then you have only to follow it out, and cure is certain, not followed out in a hurry, but as good sense regulates. There has been a case of erysipelas in the head cured by an unceasing application of cold cloths for sixteen hours, the operator never ceasing for many minutes all that time. It was weary work, but it saved a precious life by littles, only a sufficient number of them. I trust my readers will, by the help of God, gather something useful from these remarks.

BATHING THE FEET; OR HOW TO CURE COLD FEET.

There is a degree of coldness in the feet and legs which refuses to be overcome by the short hot foot baths, olive oil rubbing and cotton stockings in bed, which effectually remove that trouble in a great majority of cases. To meet this, the use of hot bottles packed around the cold person is not at all a desirable remedy if a better can possibly be applied. There are cases in which it seems impossible to do anything else than this from the extreme weakness of the patients, but these cases are the exception to the rule of those which come fairly into view when I come upon our present subject.

In many persons who are capable of even treating themselves with very little help from others, this coldness very seriously prevails, and it is their cure in many other respects when they are cured in this. From the waist downwards, in many cases of weakly health, there is a damp coldness which it seems all but impossible to remove. When this is the case it is exceedingly difficult to deal effectually with troubles in the chest and head, on account of the concentration of an action in these which should be diffused over the whole body. Now this can be easily and thoroughly removed; if you have a bath in which the feet can be placed, and the water be allowed gradually to rise till it comes well up towards the knees, you have the chief thing needed. You have as much comfortably warm water as will cover the feet over the ankles to begin with, and a kettleful on the boil near at hand. Place the feet in this bath, and cover yourself and bath all up in a blanket. Make sure that your feet are comfortably warm, just as hot as you have the very feeling you would most like to have in such a bath. The heat with which you commence is the standard to which you must keep it up, and all will depend on that being all just right so as to be thoroughly comfortable.

Well, the water is very soon cooler, and you must add some that is hotter. Be careful in doing this to raise the heat just so as to give the feeling of comfort still. Now you can easily know what is meant when I say that you are to keep going on in this way for half an hour at least; if, when that is over you still feel as if you wished for longer comfort in the bath, continue it for a quarter of an hour longer. But be careful, watch that you do not raise the heat so as to cause discomfort in sweating or sickness. If any discomfort of

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this kind comes on, then you are heating too fast. It is the long continuance of the gradual communication of mild heat to the circulation, and also to all the tissues of the weakly vital parts, that works the remedy required. Now, when you feel as if you had enough of the bath, you dry all carefully and thoroughly; then you rub well with hot olive oil, taking care not to put on too much at once. This will take you only two or three minutes. You now put on soft cotton stockings, and go to bed for rest. You will not need more than three such baths, till your cold feet are cured of their coldness.

This remedy for cold feet is one of very great importance. It is not only that the circulation is determined downwards in the body, so that the chest and head are relieved, but a great and healthful addition is made to that vital action by which the nerve system is really alive. The very slender help in this respect given us in a foot-bath for five or ten minutes, which is allowed to pass off in the cooling of the limbs when there is no oiling or stockings used after, is a feeble matter compared with that which I here describe. It is this large addition to the very life force of the system that makes it of such value.

For instance, when there are symptoms that the life action is lower than it ought to be, such as occur often in such weather as we have towards the close of the year, it is clearly evident that, if we can easily and greatly increase the supply of the life action we shall remove these symptoms. And so I find the truth to be. All that lives is made to show its revival when a good addition like this is made to the life power. It is delightful too, to think how very cheap all these remedies are. Very few are so situated that they may not get all that is needed for a long foot-bath, say thrice repeated, even as I advise. And even the poorest are within reach, as a rule, of some one who would willingly help to such a remedy as this. What an immensity of ingenuity and money are spent on the pretended discovery of drugs, and often on mere fancies, which are both saved in the use of a few quarts of hot water and a little olive oil. If the patient ever takes a chill after these baths, give him hot water to drink, just as hot as he can drink it, and wrap him well up in good blankets. But we must not fail to be thankful for the light that is showing itself in the darkness. Some others like myself are coming to that light.

HOW TO CURE A RESTLESS AND UNEASY FEELING.

It is necessary sometimes to consider symptoms that more or less belong to all diseased states of the body, and of the mind as well. Whatever the evil may be which is making itself felt in the experience of a patient, it is well to endeavour to mitigate, if we are not able to remove, these present symptoms. When, for instance, one cannot find out a position in which he can lie for more than a very few minutes at a time, it is well, altogether apart from the question as to whether he is capable of cure or not, to see whether it is not possible to subdue this restlessness. It may be that the sufferer is in comparatively good health, or it may be that he is actually dying, whatever is his state in these respects it cannot but be a humane and blessed thing to exert ourselves to give him real rest, and that in a way that can do no harm in any direction.

Let us first of all take a very light case in which there is not much wrong in any way, only the person affected cannot lie still in bed. It is not that he cannot sleep. If he could lie quietly and comfortably still, it might not matter so much that he should lie longer awake than he could wish, but he cannot lie still. He changes his position and for a few moments is at rest, but it is only for a few moments. An indescribable uneasiness creeps over him, and very shortly he must change again. This goes on sometimes till it becomes exceedingly distressing. A very natural and important question arises when we only begin to study such an experience as this: how is it that a change of position gives rest for even a few seconds? It might be a matter of mere heating and cooling. If the internal heat is high, it requires only a little time's heating of the surface over any particular organ, so to increase that heat as to produce discomfort and restless feeling. If that internal heat, however, though high, is not very high, it requires only a little cooling of the surface over that organ to lower its temperature so as to give a feeling of relief and rest.

It is of very great importance to be alive to such simple explanations of such states. But it is better to know how to remedy even such comparatively trivial affections. A towel wrung out of cold water and folded so as to be easily placed all along the spine, will cool the whole system in one or two changes as to give perfect relief. It will not do, and it may not be at all safe

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to chill the whole surface of the body in an effort to get relief. It is better and always perfectly safe to cool the nerve centres along the spinal region, and from these centres to relieve the whole frame. Instead of tossing about in miserable restlessness it is a very simple matter to dip a towel in cold water, wring it out, fold it narrow and about the length of the back, fold a dry one rather broader, and cover the damp one with it to keep the clothes dry, then lie down on this most soothing of remedies. The towel will, in most cases, heat soon the first or second time it is put on, but it can be changed till perfect rest comes. If it is merely a case of temperature, that will not be long delayed. A little oil may be rubbed on the back before and after such an application; but it will do no harm if sleep comes and there is no further thing done till the patient wakes up long after, and finds the towel and back quite dry and all right.

There is one modification of this simple and lighter form of restlessness which requires a modification in treatment. • The extra heat may be chiefly in the head; in this case the change of position will not give even temporary rest. The irritation in the brain will pass along the spinal marrow and cause constantly recurring change of position, as that does not cool the brain, even momentary relief may not be secured. Still the case may be one of heat only. Say that you now wring the towel out and bind it around the whole head, taking care to cool chiefly the back part of the head up to the crown. It does not take near the effort to do this which it takes to keep tossing in bed for a quarter of an hour. Do not spare the cooling, but let it be carefully and thoroughly done. It will not be a matter of two or three seconds, nor will it be done by an application that scarcely cools the outside of the hairs on the head, but it will be done with what is very small trouble compared with that which is cured. It will be done too, without injuring so much as an atom of the living system.

It is not like the night cap of the drunkard who lies down every night dosed to rest by alcohol, and perhaps with tobacco too. These narcotics give relief only in so far as they inflict injury. The cooling of the overheated spine, or brain, does no injury whatever and it gives an infinitely better kind of rest. But I must go on to consider certain cases of restlessness in which there is no extra heat in either spine or brain. Tea may have been taken in a rather strong infusion, or so late that its peculiar influence may be the cause of the tossing of the restless person who has taken it. It is necessary to avoid this beverage if such restlessness is to be escaped; still it will generally be found

that in cases in which tea has caused serious wakefulness, and restless tossing, that there is more than the mere effect of the herb, and that superabundant heat is present also. To the extent to which it is so, the appliance already pointed out will give relief. The almost, or altogether involuntary tossing of the restless patient shows that the spinal nerves are overheated, and it will probably calm down their action in spite of the influence of the tea, if they are cooled down.

I am dwelling on these comparatively trivial phases of restlessness that the reader may learn to see through those which are far more serious, by means of such as are not so. Now let us take an instance in which it seems to be the mind that causes the tossing rather than the body. Preachers, for example, after earnest preaching are in many cases sleepless, and restless too. So are almost all persons when currents of exciting thought have been set agoing in their minds. Then, no doubt, it is necessary to get at relief from the spiritual side, by means of thought fitted to calm down the excitement that has been raised. But it is never well to forget that in all such cases there is a material as well as a spiritual aspect of the experience. It is because of the state of the brain that the thoughts will run on at express speed in spite of all efforts to arrest them; and it is because the brain in that state excites the spinal nerves, that there is tossing to and fro of the bodily frame. It will be well if such thoughts of the peace-giving Saviour can be given as will spread relief over the mind, but it will be well, too, if such treatment of the brain itself can be given as will tend to calm down the excited state of that organ. The restless one should accept of God's double remedy in such a case.

In a sitting bath, such as many preachers take before going to bed after a day of service, it is delightful to find that somehow when you are sitting in the cool water, the overdriven brain begins to slacken pace, or if you will, the overdriven mind begins to do the same. The sign of these slackenings is frequently this: all thoughts of a distressing kind begin to give way to thoughts of a comforting character. If from any cause you are restless and cannot lie still, even after the head and spine have been cooled as I have described, it is well to take a sitting bath in cold water for half an hour, dry and wrap up well and you will be quiet after.

Assuming that this little volume will fall into the hands of some persons who do not understand how to take a sitz bath. It is on this principle that I am desirous at present of giving some remarks on the cold sitting bath as a remedy of very great value. Any one who can have a small tub in which he

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can sit with his feet out and on the floor, may have such a bath. It is only sitting down in a little cold water with the feet out on the floor that constitutes the treatment of which I write here. I am particular about this placing of the feet, inasmuch as there have been some patients who sat down, or at least tried to sit down, with the feet in the tub, and who declared the thing very uncomfortable. It must not be taken for granted that most people know what you mean when you speak of a sitz bath. But now, assuming that the thing is understood to be essentially a sitting in cold water with the feet out, I may go on to speak of the most important thing to be considered when such a bath is needed. That is the degree of vital action possessed by the person who is to be subjected to this bath. That may be a very high degree, or it may be a very low one. If it is high, then the bath may be a deep one and long continued. If the degree of vital action is low, the bath must be a shallow one, and its duration very brief. It may be forty minutes in one case, and must not be more than two minutes, perhaps not more than one minute in another case.

For instance, you may have a strong man whose brain is in a highly irritable condition, and he has vital action sufficient to heat up a large bath of cold water to his own blood temperature, or near it. He may be greatly benefited by a full hour in a cold sitz bath twice a day. This has been proved many times over. Then you may have a thin woman who has been reduced and weakened by discharges that have nearly run all her life energy away. She may be actually saved by frequent cold sitz baths, but they must not exceed two minutes at the utmost—perhaps they must be limited to one minute only. A cold sitz bath of twenty minutes to such a patient will do her very serious injury. There are many cases in strong proof of this. So far we are keeping in sight the simple sitting bath by itself alone.

But now let us go a step further. If the feet, instead of being placed on the floor, are put into a small foot bath of very warm water, that will supply so much vital action as will enable the patient to take much more of the bracing influence of the cold application. Even with this and plenty of nice blankets keeping the rest of the body warm, two minutes cold may be all that can be enjoyed by a very thin woman sufferer. But these two minutes may be life itself in the case requiring treatment. The skillful healer will consider what can be secured of bracing cold to relaxed vessels with the aid of heat to the feet in this way, and the cold will do its work well and all the better that the feet are thus kept extra warm. But there is another thing connected with this

cold of very great moment. It is not applicable in cases in which long sitting baths are called for, but it is indispensable in those cases in which only very short ones can be taken with advantage. In certain relaxed states of vital organs they refuse to be braced unless a stream of cold water can be poured upon them, but they contract and become all right in a few moments if cold pouring is used. Now this must be a brief process. Half a minute in pouring is a long time, but the half of that will be sufficient in many vastly important cases. We shall say that the patient is just seated in a shallow sitting-bath, that is, the water is not above six inches deep when raised by the patient sitting in it; the feet are in warm water, and say two jugfuls of cold water are poured from a foot of height or so over the parts requiring to be contracted; this pouring may be done in a quarter of a minute, and the whole bath may not be above two minutes long, yet great good may be secured in a case in which vital action is exceedingly low.

I am writing in view of cases in which a too long bath has made the patient seriously worse, and when a two minutes bath has been adopted, the case has turned out well and at once, so that friends called to advise in such cases may know that even one minute may be sufficient to cure, if a bath of this duration is often used, and hence that they need not despond if longer baths should have seemed to do harm only. The secret of success lies in fairly measuring the degree of bracing cold that can be brought to bear on the one relaxed organ without producing such a general chill as injures the whole system.

Many a life is melting away which might be at once renewed by nothing more mysterious than a cold sitting bath. Only when that is unskillfully done will there be any injury where there might be benefit. No amount of "quinine and iron" that can be swallowed will help in the slightest degree, where a two minutes sitting bath in cold water, with half a minute's pour, and the feet in warm water, would put all right very soon. Such very short baths would be well to be taken twice or thrice a day, but the time is so short that is really required, that need be no hardship. There are, no doubt, patients so shiverish that they cannot even think of a cold sitting bath, and yet they need such an application gently. They may prefer to be ill on "medicine and claret" to being well by means of the cold sitting bath, and in that case they must have their own way. But especially if the feet are placed in a little warm bath and the cold water poured in only gradually, and afterwards poured over quickly,

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the bath will soon be as much relished as it was dreaded before. The result is worth a great deal of endurance in the remedy, but all the endurance is trifling indeed.

The Lord Jesus when he asked the labouring and heavy laden to come to Him and have rest, gave them all bodily rest first, and then rest in the soul. We fail sadly to see His full excellence when we think of one side only of the peace He bestowed. I trust that these few hints may prove useful to afflicted ones, and also to those who long to be helpful to others who are distressed.

A FEW USEFUL GERMAN RECEIPTS.

HOW THE GERMANS PREPARE THEIR MEAT IN THE SUMMER.

They will kill a hog just any time right in the hot weather; and when it cools they will cut it up in four or six pound pieces and put them on in a large boiler or kettle, and boil them until they are nicely cooked through; not forgetting to put in salt when boiling. Then they lift the pieces out of the boiler and pack them in a large crock, and cover the meat with boiling hot vinegar. You can throw in a few cloves if desired. I think this is an excellent receipt for farmers' wives and others in the hot weather, to keep them from cooking meat every day, as this is to be eaten cold.

The Germans also fatten and kill their geese and prepare them for meat in the harvest time. Remember they are not cooked at all, and the lightest of them will weigh about twenty-eight pounds; how is that for a dutch goose? Well, they make a regular job of it, just about as the farmers do here with their hogs. They take a day late in the fall, or a short time before christmas, and kill them and clean them properly; that is, they take off the feathers and clean the skin thoroughly, then they draw them and cut off the head, neck and legs and a piece of the wings, as much as you wish. Then they split them down the back bone and front, so they have them just in two halves or pieces, then they take white paper and wrap these halves up each in a paper by itself and hang them in the smokehouse till harvest time. Then take one half at a time and take the paper off, and slice it up for the harvest gang, the one-half will satisfy ten or twelve working hands; it is a great appetizer.

They also use the lean part of a ham raw. They slice it up thin, take off the rind, and eat it with sugar spread over it thinly and a dust of pepper. My opinion is that these dishes and some other habits that the Germans have, account for the strength of that nation.

THE APPLE.

A Physician has been heard to say that the apple will cure nearly all ills that flesh is heir to, and it is the opinion of the writer that if people in general only knew how good baked apples were for the human system, they would use

more of them. Especially for children, give them plenty of baked apples and make it a rule to see that they eat a baked apple in the morning before they eat anything else, and you will find it a good regulator for the whole system throughout, and if adults would have them constantly on the table and eat them often in the place of pickles, my opinion is there would not be so many on the sick list; and occasionally eat them for dinner in the place of potatoes, with meat, you will find them very nourishing and healthy. Just bake them with the skin on, wipe them clean and put them in a pan and bake them just as they are, and then do not look for cream and sugar to eat them with, my opinion is that they are healthier just off the stem as they are, when nicely baked.

There was a lady told me when I was quite young, that she heard a person say that a dish of baked apples was the healthiest dish you can set on the table. I also knew another lady who had a fine little girl just the picture of health. That child had to eat a baked apple every morning before she would get anything else to eat; her mother said it was to keep her regular in her bowels. I know a physician myself, who had a number of cases of small-pox right in the depth of winter, and the neighbours were so timid about the disease that they would not go near them, and the physician brought them through, and their principal food was baked apples and bread and the Doctor had to attend to the baking of them himself too, and attend the sick as well. Give the apples a fair trial and you will be convinced.

TO PREVENT BLACK KNOT.

It is said that black knot on plum and cherry trees can be not only prevented from spreading, but actually killed, by simply painting them with red oxide of iron in linseed oil. The writer has tried this receipt with very good results. And as the disease is making great havoc of the fruit trees in all parts of the country, when this simple remedy is so effective, no time should be lost in making the application.

TO PREVENT INSECTS FROM STINGING PLUMS AND OTHER FRUIT.

Take new dry lime, sulphur and gunpowder, equal parts pulverized very fine, and dust it among the flowers when in full bloom. I have tried this remedy myself and did not have the gunpowder, and it worked well that year.

Mix all three together on a plate or in a dish, and take a spoon and throw it freely among the flowers when in full bloom so that all may catch a little. For my part I prefer this to spraying.

Darkness is not good in a sick room unless the patient wishes. There is nothing so melancholy as a dark sick room; it is as if the attendants were anticipating the death of the patient; and if the reason be asked, the answer is as inconsistent as the act. The reason usually offered is that the patient cannot bear the light; as though the light could not be cut off from the patient by a curtain or screen, and as though to darken one part of the room it were necessary to darken the whole of it. The real reason is said to be an old superstitious practice which once prevailed so intensely that the sick, suffering from the most terrible diseases, smallpox, for instance, were shut up in darkness, their beds surrounded with red curtains, during the whole of their illness. The red curtains are now pretty nearly given up, but the darkness is still accredited by some to have some mysterious curative power.

A more injurious practice really could hardly be maintained than that of darkness in the sick room. It is not only that dirt and disorder are the result of darkness, but a great remedy is lost. Sunlight diffused through a room warms and clarifies the air. It has a direct influence on the minute organic poisons, a distinctive influence which is most precious, and it has a cheerful effect upon the mind. The sick should never be gloomy, and in the presence of the light the shadows of gloom fly away. Happily the hospital ward, notwithstanding its many defects, and it has many, is so far favored that it is blessed with the light of the sun whenever the sun shines. In private homes the same remedy ought to be extended to the patients of the household.

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SOME GOOD ADVICE.

These are maxims that are said to have been found in a dead man's pocket. If we would each carry them in our pockets and profit by them, the world might be revolutionized.

Keep good company or none. Never be idle.

If your hands cannot be usefully employed, attend to the cultivation of your mind.

Always speak the truth. Make few promises.

Live up to your engagements.

Keep your own secrets if you have any.

When you speak to a person look him in the face.

Good company and good conversation are the very sinews of virtue.

Good character is above all things else.

Your character cannot be essentially injured except by your own acts.

If anyone speaks evil of you, let your life be so that none will believe him.

Drink no kind of intoxicating liquors for it always injures in some way.

Ever live (misfortune excepted) within your income.

When you retire to bed, think over what you have been doing during the day.

Make no haste to be rich, if you would prosper.

Small and steady gains give competency with tranquility of mind.

Never play at a game of chance.

Avoid temptation, through fear you may not withstand it.

Earn money before you spend it.

Never run into debt unless you see plainly a way to get out again.

Never borrow, if you can possibly avoid it.

Do not marry until you are able to support a wife.

Never speak evil of anyone. Be just and generous.

Read over the above maxims occasionally and profit by them.

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