

# THE GOOD CANADIAN ;

OR,

## HOUSEHOLD PHYSICIAN.

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

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### TASTE.

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The taste is hot and moist in its nature. This sense has its residence in the palate of the mouth and tongue. Its office is to choose what food is congruous to the stomach and what is not. The skin of the palate of the mouth is the same with the inward part of the stomach, and the same with the way of the meat to the stomach; upon touching the palate of the mouth with the finger, it tickleth the stomach; and by touching nearer to the throat, so much the more the stomach abhorreth. The objects of taste are six in number, of simple kinds, as, sweet, sour, sharp, tart, salt and bitter; the compounds are many. In the mouth are five parts to be considered, the lips, teeth, tongue the uvula and the palate of the mouth. The lips are made of a musculous flesh, their office is as the door to the house, to keep the mouth close till the meat be chewed; they also help to pronounce the speech. The teeth, the hardest members, are fastened into the mandible; their office is to grind or masticate the food before it passeth to the stomach, so that it may the better digest; also, as a help to the speech for those who have lost their teeth are defective therein; the number of them is uncertain, some have more, some have less, they who have their full number have thirty-two. The tongue is a carnous member compounded of many nerves, ligaments, veins and arteries ordained principally for three purposes: First is that when a man eateth, the tongue might turn the food in the mouth till it is chewed; secondly, by the tongue and palate of the mouth near the root of

the tongue is the sense of taste received, and then presented to the judgment to judge thereon; thirdly and principally, the tongue is ordained for the pronounciation of speech.

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### SPEECH.

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Speech is an excellent present from God and very necessary, given only unto man; it is the interpreter of inward thoughts, the heart's messenger, the gate through which passeth the meanings and views of man which otherwise could not be known to others, by this as it were the mind of man becomes visible; "out of the abundance of the heart the mouth speaketh." By it we are enabled to explain and persuade; by it man hath a power that stirreth up, animateth, exasperateth, appeaseth, maketh sad and merry. It imprinteth whatever passion it handleth, feedeth the mind of the hearer, it maketh him blush, wax pale, laugh, cry, tremble, mad with rage, or leap with joy, &c.; it is the agent of all our concerns, by it we traffic and manage our affairs, and it is the band of human society. The tongue is said by the Scriptures to be an unruly thing, and that no man can tame it, what scandal, what untruthfull accusation, what abusive threats, and strife causing language, are the fruits of a lying tongue and deceitful heart; yet, on the other side, what enjoyment is found in conversation with those whom acquaintanceship and affection binds together. Thus the tongue may be used for good or harm, for right or wrong, for truth or falsehood, &c.; but we should remember that the power of conversation is given to us from God, distinguishing us from the common beast, and therefore we should use it rightly.

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### FRUITS AND THEIR MEDICINAL PURPOSES.

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APPLES are a fruit which every one, more or less, greatly enjoys; they are held high in the estimation of all those who study health and physic; they appear to be the last fruit coming to us each year, and of all fruits, they appear to keep the longest. Very cooling drinks are made from apples, and serviceable to sick persons troubled with complaints proceeding from heat.

When roasted, they are very serviceable to sick persons to strengthen the stomach and promote healthiness therein ; they are of different qualities, according to their acidity and sharpness or their sweetness, of which all persons can judge for themselves, some like them of a sour taste, and some like them sweet. To quench the thirst and encourage appetite, and cleanse and strengthen the system throughout, they are, in their season, an invaluable boon for every household, and cannot be too highly prized. In packing them, they should be placed with their stalks downwards, and should be all free from bruises.

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### NUTS AND THEIR PROPERTIES.

**CHESTNUTS**, the pride of nuts, are very small, but they are not to be despised because they are small. These nuts should be tried, by those who have not done so, in a boiled state. The way of boiling them is thus :—put the quantity you are going to boil into a pot of boiling water, sufficient to well cover the nuts, boil them until the outside skins crack, when you can take them up and open them, the skins will come off quite easy and the nut will be mealy and nice. This is the nicest way of eating chestnuts. They yield wonderful nourishment to the body, by producing good blood, but are rather binding. The inner skin that covereth the nut is of so binding a nature that a scruple of it, taken by a man, or ten grains by a child, soon stops any flux whatever. If you dry some chestnuts and beat the kernels into powder, taking both barks away, and make it up into an electuary with honey, you can keep it by you as an admirable remedy for coughs and spitting of blood.

**WALNUTS** are mostly serviceable for medicine, both inwardly and outwardly applied, yet many persons eat them and like them. The young green nuts, taken before they are half ripe and preserved with sugar, are of good use for those who have weak stomachs or defluxious therein. The oil of walnuts easeth the cholic and expelleth wind.

**BEECH NUTS** are of a nourishing nature and most especially to cattle, they are also, in general, cooling and binding, and therefore useful in hot diseases.

**ALMONDS.**—Sweet Almonds nourisheth the body much, they strengthen the breath, cleanse the kidneys and opens the passages of urine.

Bitter Almonds openeth the obstructions of the liver and spleen, cleanseth the lungs from phlegm, provoketh urine, and expelleth wind. The oil of bitter almonds cleanseth the skin; it also easeth pains of the head if the temples be anointed therewith.

**ACORNS,** or Oak nuts, are of a binding nature, and cups of the acorns are most binding; the powder thereof is used to stay vomiting, spitting of blood, bleeding at the mouth, or any other flux of blood, and to bind the stomach when too much relaxed.

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## BOTANY OR PHYTOLOGY.

Continued from Page 106.

**ARTICHOKES** (see page 22) can now be made use of in their season, and to those who like them, if used in a moderate quantity, boiled like turnips and eaten with meat and other food, will have a strengthening effect on the constitution, but it purgeth by urine very much.

**MULLEIN.**—The common white mullein hath many fair large woolly white leaves lying next the ground, somewhat longer than broad, pointed at the ends and dented at the edges; the stalk rises four or five feet high, covered with such like leaves, but smaller, so that no stalks can be seen for the quantity of leaves thereon, up to the flowers which cometh forth on all sides of the stalk, generally without any branches, and are many flowers together in a spike, some are gold yellow, others a more pale yellow, consisting each of five round pointed flower leaves, which afterwards have little round heads, with a small brownish seed therein. Of roots, see Page 53.

It is of very common growth here and can easily be found. The boiled decoction of this herb, drank, helpeth ruptures, cramps, and convulsions and those that are troubled with an old cough; and if used as a gargle easeth the toothache; by bathing the

joints and sinews of those that are benumbed with cold, and cramps, it much easeth and comforteth them; the powder of the dried flowers are an especial remedy for those who are troubled with cholic or stomachache. A poultice thereof easeth pains and healeth wounds. It is used with never failing success being dried well and smoked in a pipe for the diseases of the chest and lungs. Three ounces of distilled water of the flowers drank morning and evening for some days are said to be an excellent remedy for the gout; the bathing with the decoction or application of a poultice dissolveth tumors, swellings, or inflammations of the throat.

SWEET SCABIOUS is very effectual in all coughs, shortness of breath, and all other diseases of the throat and lungs, digesting tough phlegm and humors, and voiding them by coughing and spitting. It cureth all kinds of inward ulcers and gatherings by drinking the decoction of the green herb in large quantities. The green herb bruised and applied to any boil or sore will dissolve or break it in less than three hours. See Scabious Root, page 54, Class page, 41—VIII.

#### PLACES OF GATHERING.

Herbs, flowers, fruits, seeds and roots,—may be gathered on mountains, hills and plain places, according to where they delight to grow. Odoriferous (sweet smelling) herbs are frequent on hills. Moist and cooling herbs are more frequent in and near watery places. Hot, dry and biting herbs are found mostly in hot, sunny and wind exposed places. Herbs are to be gathered when flourishing or beginning to go to seed, and at noon in a clear day; should not be either dewy or too much scorched with the sun. But those which have neither stalk flower or seed, such as Maidenhair, Spleenwort, &c., are to be gathered in the vigour of their leaves, that is when they are most green and greatest, and some, because while they flower and bear seed they get woody and dry, are to be gathered earlier, as succory beet, &c. Flowers should be gathered in the vigour of their maturity, and dry, when the sun is on them, and before they begin to wither or fall off. Fruits should be gathered when they are ripe and before they begin to wither. Seeds

when they begin to dry and before they fall off and out of plants when dry and no longer green, and from the finest plants. The Juice of plants are to be pressed out when they are green and tender, and out of the well grown and greatest. The Barks of fruit are to be taken when the fruits are full ripe. And the Barks of roots when the herbs thereof have lost their leaves, but the Barks of trees when they are in full vigour. Woods should be gathered when they are full grown. Liquors and gums are taken when they are in vigour by opening the stem or stalk thereof, and other gums are taken from the trees when unsealed and mature. Roots are to be got when the fruit has fallen off, and the leaves also begin to fall; and are to be dug in fair weather, and in dryish ground if intended to keep. Yet there are many roots can be gathered in spring time.

#### MANNER OF KEEPING.

Flowers should mostly be kept separated from the stalks and leaves.

Herbs, or leaves, if they are large and have thick stalks, should be separated and kept apart, but if tender they are kept together, and sometimes with the flowers.

Fruits, as apples, &c., are to be kept with their stalks downwards, and last longer if laid on a heap of barley.

Roots, some are kept whole, as those of birthwort, gentian, hermodactils, satyriion, &c.; others are dissected, as briony, elecampane, flower deluce, &c., also some have the woody matter taken away, as those of fennel, stone parsley, &c.

#### PLACES OF KEEPING.

Places for keeping should be pure from smell, convenient, high, dry, open, of a north or south situation, where they may not be burnt by sun or moistened by any wall, flowers are to be dried in the shade and then kept in glass jars or caskets.

Herbs are to be dried in the shade, except those that have thicker stalks and moister leaves, and so more subject to putrefaction, which must be dried by the heat of the sun or fire, and

when well dried should be kept in linen or paper bags, or wooden baskets that they may be defended from dust.

Seeds are to be kept in a dry place and in a wooden or glazed vessel; drawers answer best, being wrapped also in papers that they may last longer and without impurity.

Fruits in barrels, boxes and screened shelves.

Gums and dry rosins in a dry place and in wooden vessels, but the more liquid should be kept in stone or earthenware.

Barks in wooden vessels, and a dry place.

Roots require keeping in a dry air; small and thin roots are to be dried in the shade or wind, as those of parsley, fennel, &c., but the larger ones by the sun and wind, as those of briony, gentian, mandrake and rhubarb.

#### DURATION OF THEM.

The time of keeping must not exceed the time of their natural duration when left to grow &c.

Flowers may be kept so long as they retain their colors, smell and taste, which, for the most part, is 6 to 9 months, and are best when freshest, therefore should be changed yearly.

Herbs may be kept longer, yet it is better to change them yearly.

Seeds by how much they are more hot, sharp or aromatical, by so much, also, are they more durable, therefore may be kept two or three years, but those of a smaller and colder nature must be changed every year, and must be kept carefully, lest they grow mouldy. Fruits must be changed every year, but the exotic fruits that have a harder bark or shell, &c., may be kept two or three years. Gums and Rosins are more durable. Barks last a year or more. Roots, if they are small, slender and thin, are changed every year, but the greater ones and them that are of a gross substance, last two or three years, as birthwort, briony, gentian, rhubarb, helebore, &c.

TO BE CONTINUED.

## VEGETABLE ACRO-NARCOTIC POISONS.

**COCCULUS INDICUS.**—The symptoms produced by this poison very much resemble those of intoxication. Vomit and purge freely.

**DEADLY NIGHTSHADE (*Belladonna*).**—The appearance and taste of the berries often allure children to eat them, the symptoms resemble those of intoxication, with delirium and laughter; it also causes such a state of paralysis of the stomach that the most powerful emetics can scarcely excite vomit. Administer vinegar and other acidulous drinks, which often encourage the emetic to operate. Continue using the acids till all symptoms disappear.

**ELATERIUM.**—This is not likely to be used as poison, but it may be overdosed in the hands of the ignorant. The symptoms are very violent purging of watery stools, followed by sudden sinkings and excessive debility. Support the strength by cordials, camphor and opium in doses of a grain, repeated at short intervals; clysters of starch may be used with from forty to sixty drops in each clyster.

**FOXGLOVE (*Digitalis*).**—An overdose of this medicine, in any form of preparation, produces sickness, vomiting, vertigo, indistinct vision, cold sweats, delirium and fainting, and may cause death. To counteract these effects administer cordials, as camphor and opium, mixed in some kind of drink quite hot.

**FOOLS' PARSLEY (*Aethusa cynapium*).**—This plant is readily distinguished from real parsley by three long linear leaflets, which are pendant on one side of the base of each umbellule, or umbrella-like expansion of the footstalks of the flowers, and which are not present in parsley. When eaten, fools' parsley produces heat of the throat, thirst, vomiting, a small but frequent pulse, headache, vertigo, and delirium. It should be evacuated from the stomach by large draughts of demulcent fluids until professional aid be procured.

**FUNGUSES AND POISONOUS MUSHROOMS.**—The general result of these funguses on the animal economy is pain of the stomach, nausea and vomiting, cholick and purging, cramp of the lower

extremities, with vertigo, delirium and convulsions. Evacuate the stomach by emetics and purgatives, or by a combination of the two, as for example, a scruple of powdered ipecacuanha and two ounces of glauber salts, after which give acidulous drinks and a teaspoonful of ather, at short intervals, and lastly use Peruvian bark.

FUNGUSES.—All funguses which grow in damp, shady places, which have a porous, moist, dirty surface, a disagreeable aspect, a fetid odor, a gaudy color, have soft, open and bulbous stalks, and which grow very rapidly and corrupt quickly, are to be suspected.

MEADOW SAFFRON (*Colchicum*).—Over doses of this remedy and its preparation promote violent purgings, and bloody stools, sinking of the pulse and cold sweats. Evacuate the stomach by copious draughts of demulcent fluids; then give from six to ten grains of carbonate of ammonia, or one or two teaspoonsful of hartshorn, in some hot liquor, at short intervals.

NUX VOMICA, RATSbane.—The symptoms of poisoning by ratsbane are those of inebriety, tetanic twitchings, rigidity of the extremities, extreme difficulty in breathing, violent pains under the breast bone, and suffocation. Evacuate the stomach and bowels, then give opium, cordials and purgatives.

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### FACTS AND SCRAPS.

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Diseases of the lungs do not accept of a cure otherwise than by fumes of smoke, &c., prepared expressly for the purpose. For females and children, the Botaca preparation should be burnt in the room, and the patient can breathe in the air, fumigated thereby, but adults may smoke it with a pipe, swallowing the smoke.

Cleansing and strengthening medicines should, without fail, be taken in spring and fall.

Fruits of each kind, in their season, should have been freely indulged in, and now apples, pears, &c., may be enjoyed, but bad fruit, if only the least bad, should be destroyed.

Herbs intended to be gathered in to be kept, should not be forgotten, now is about the time.

Out of all systems of medicine and preparations from laboratories of art, for a decided, sure and safe cure, without fear of after injury, none are worthy to be compared with that system of Providence, the laboratory of nature. It is a fact, that men are more fond of conjuring, contriving, inventing and introducing new systems, than they are of using those (in their properly prepared state of nature) which He who is wisest hath conjured, contrived and invented.

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### AUGUST.

August, bold month, August is,  
Observe, you must be gathering,  
Leaves and flowers and seeds, you quiz,  
Are browning, drying, withering.

Apples are good, so gather in,  
Be sure to get a stock of them,  
Or else you will find ere March again,  
Your barrels hath not one within.

Gather now your oats and corn,  
Hoe potatoes, dry and bag them,  
Into the fields your poultry turn,  
If you mean to keep and fat them.

Sloth not, stop not, spade or hoe,  
Clear the ground of things that's grown,  
Then cabbage well your garden through,  
And leave not one square inch alone.

V. B. H.

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### WHEN AND HOW? ELEGY WITH ECHO.

Great men die this month,  
Small men die next month,  
All men die some month,  
Some men die any month.

Young men soon may die,  
Old men soon must die,  
Wicked men fear to die,  
\* Good men do not die.

V. B. H.

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\* In a religious sense, good men do not die, because they have hopes of immortality, yet in truth they do die mortal, expecting to be raised immortal.

This month care should be taken that those apples which are bitten with the fly and fall to the ground, are not eaten by the children; the poisonous nature of these insects upon the fruit, causeth an impurity to be imparted to those who eat them. Many diseases of children are brought on in this way, simply because they are allowed to eat the poisoned fruit.

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### OF THE BREATH

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If the respiration be easy, constant, regular, and free, it indicates a good state of the lungs, and a commodious transmission of blood through them. If it be difficult, it denotes the contrary, and is the worst presage in all cases that can be; if it be at the same time painful, it betokens an internal inflammation. A great respiration is always a favourable sign, as, on the contrary, a small one is very ominous. A gentle respiration is, in itself, the best sign; but if too quick, it declares the organs of breathing to be affected, and therefore is fearful and dangerous. An equal and unequal breathing is not salutary, but likely to prove dangerous. A suffocative respiration ordinarily denotes death shortly; and that is almost as bad when it appears high in the upper part of the thorax. A cold breath is deadly, as denoting a gangrene of the viscera and internal vessels. A short, interrupted and difficult breath, every one knows is the constant concomitant of the phthisic or asthma. But the breath of persons differ, according to their constitutions, &c.

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### PHYSIOLOGY OR NATURAL PHILOSOPHY.

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Physiology, according to its derivation, signifies a discourse concerning nature, or the nature of bodies in general, and therefore it is used to denote that science or study which enquires into and investigates the causes, properties and effects of all natural bodies objected to our sight, or falling under the cognizance of any of our senses. For this reason this science has been called Physics and Philosophy, or more commonly natural philosophy, and those who are skilled therein are called physiologists, naturalists, and natural philosophers. The subject of

this most excellent science being no less than the wide and almost boundless field of sensible nature, the science itself must needs be exceeding great and important, of which I shall proceed to give a short but comprehensive sketch.

Natural philosophy may be properly divided into four parts. (1.) Somatology, which studies the nature of matter in general, and its properties, accidents and various modifications in all natural bodies. (2.) Uranology, which treateth on the constitution of the heavens, sun, moon, planets, &c. (3.) Aerology, which treats of the nature of the atmosphere, and the various meteors thereof. (4.) Geology, a knowledge of the earth and sea, with all their various productions.

SOMATOLOGY is the doctrine of natural bodies, and considers the original and essential properties of matter of which they are variously composed. Matter is that which we generally call the substance of things, or that of which all things do consist, under different forms and modes. The properties of matter or body are two-fold.—(1.) Essential and commonly to all bodies. (2.) Specific and accidental, which happen to bodies, not necessarily from the nature of matter, but casually and comparatively only. The essential properties of all bodies or matter are these: (1.) extension, for all matter is extended; (2.) solidity, for every particle of matter is impenetrable; (3.) divisibility, for all matter may be divided into still lesser parts; (4.) mobility, for all bodies are capable of motion; (5.) figurability, all bodies having some form or figure; (6.) gravity, for all bodies have some weight; (7.) mensurability, for all bodies have some dimensions; (8.) inactivity, for no matter can act or move of itself; (9.) ubiety, for all bodies occupy some place; (10.) durability, for no part of matter can be annihilated.

Extension is the quantity of bulk or size into which the particles of matter are disposed or extended, for there is no body which has not length, breadth and thickness, which make what we call the extension of bodies.

Solidity is that property of body whereby it excludes all others out of the place which it possesseth, for no two bodies can possibly be in one and the same place at the same time. Hence the matter of the softest bodies is equally solid with that of the hardest; thus, a cubic inch of water will no more than a cubic

inch of stone be compressed into less than a cubic inch of space.

**DIVISIBILITY** is a property of matter which follows solidity, for since two particles of body cannot exist together, or in the same place, they therefore exist separately or in different places, and so may be considered as distinct or separate from each other, which is all that is meant by their being divided. The actual division of matter is very surprising, as is manifest from the nature of odors, perfumes, tinctures, light and several other experiments on bodies, and the infinite divisibility of matter is easily proved by geometry.

**MOBILITY** is that property which follows from the divisibility of matter, and its being finite, for since matter is divisible into parts and does not fill all space it is possible for one part of matter to be made to change its place, or be removed from one part of absolute space to another, which is called motion, or local motion of a body.

**FIGURABILITY** is that universal property of a body whereby it is necessitated to appear in or put on some shape or form, for since all particles of matter are finite they must be contained within certain bounds or extremities, which must have some kind of mode or fashion, which, as it results from mere contingency, is infinitely various, and is called the formation or modification of bodies.

**GRAVITY** is that universal disposition of matter whereby a lesser part is carried towards the centre of any greater part; thus all parts of matter or bodies on the earth's huge surface have a tendency to descend to its centre or middle part, and this is called weight; being gravitation in the lesser body, and attraction in the greater body, because the greater body draweth the lesser body to itself. Some distinguish attraction otherwise as cohesion and gravitation. Attraction of cohesion is that, whereby very minute bodies or the particles of the same body are mutually drawn toward each other and made to cohere and stick together. The sphere of this attraction of cohesion is very small, for it acts only upon contact, or at very small distances, and in proportion to the surfaces of the attracting bodies. Attraction of gravitation is that whereby larger bodies attract and act one upon another, whose sphere of attraction is very great. This attraction is always proportional to the

quantity of matter in bodies, and decreases as the squares of the distances between the centres of attracting bodies increase.

TO BE CONTINUED.

### MISCELLANEOUS RECIPES.

FOR DIARRHŒA OR LOOSENESS OF BOWELS.—Take one large spoonfull of castor oil and mix therewith as much flour as will make a thick pasty substance. Swallow the same, and repeat every two hours, if necessary, until it leaves. But the one dose in general sufficeth. A good meal of onions should be eaten the next day.

FOR WEAKNESS THROUGH HEAT AND FATIGUE DURING HOT WEATHER.—Apply mustard and water to the feet; cool the head and encourage sleep; eat moderately of ripe fruit in its season of growth.

A HEAD WASH FOR DANDRUFF, SCURFF, &c.—Take five large onions and one handful of hops. Boil them together in a quart of water until reduced to one pint, then stir in, when cold the juice of four lemons.

FOR A BAD SMELLING BREATH.—Wash the mouth and clean the teeth often with pure water.

TO MAKE A GOOD LIQUID BLACKING.—Take ivory blacking and treacle 3 ounces of each, stale beer 10 ounces, olive oil and gum-arabic 2 drachms of each, oil of vitriol 2 drachms, mix the whole well together and it will be fit for use.

Some like receipts of how to cook,  
Therefore would have them in this book;  
Some like receipts to improve their health,  
And all would like to increase their wealth.  
To suit them all and please me too,  
Though hard my task, I try to do;  
Some witty are and like a joke,  
Others ask me what they shall smoke.  
I'm asked by some what best to wear  
For Summer, Spring and Fall of year;  
Others would like a lot to know  
Of herbs and flowers and how they grow;

And every science in its place,  
 With this our age to keep its pace.  
 Of what the system undergoes,  
 All complaints from head to toes.  
 Some like to hear of sauce and spice,  
 And jams and jellies very nice ;  
 Of how to make and how to use,  
 And household comforts not abuse.  
 Some ask me where to buy their boots,  
 And others where to buy their coats,  
 Hats, watches, pants and walking-sticks,  
 And all such goods as we can fix ;  
 Including herbs, and roots and seeds,  
 Of garden kinds and common weeds,  
 Of crocks and hardware, flour and feed,  
 And all things else they often need.  
 For information in this book,  
 Each month its sixteen pages look ;  
 And when you read its pages through,  
 The advertisements you may view.  
 And smoke Botacca you then will feel  
 That day freed from every ill.—V. B. H.

A joke is not a poke, only when it strikes endways.

**THREE RULES FOR LIFE.**—Always think what you mean before you speak ; always mean what you say when you speak ; do not tell all men what you think.

**A GOOD JOKE.**—Positive read much, comparative think more, superlative pray most.

**A GOOD HINT.**—Give not away what you want yourself.

From analyses by experienced chemists it is found that the proportion of nutritious matter in some of the most common aliments is as follows:

Dry Lentiles,	-	94	lbs. nutritious matter in every 100 lbs.		
" Peas,	-	93		"	"
" Beans,	-	89 to 90		"	"
Wheat,	-	85		"	"
Barley,	-	83		"	"
Rye,	-	80		"	"
Rice,	-	80		"	"
Bread,	-	80		"	"
Flesh, (average)	-	35		"	"
Potatoes,	-	25		"	"
Carrot,	-	10		"	"
Greens,	-	6		"	"
Turnips,	-	10		"	"

## CORRESPONDENCE.

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

P.—Gather the wild Marshmallow and boil them, then sweeten with maple sugar.

S. O.—It is not so fragrant prepared in that manner, neither is it so good, the virtue departs in the second process.

A. G., Oakville.—You did not let me know how you got one; you might send word about it and I will watch an opening. I have no doubt you could if you were here.

D. A., Dundas.—You can try it, and I know if you do the result will be good.

SUBSCRIBER.—To be certain on that point requires a full knowledge of the circumstances, also the habits of the individual.

GEORGE.—You cannot now, but if you could it would not be advisable altogether at present. In a few weeks you can with good success.

J. K., London.—I am glad to hear you are in London. Do not forget to write. I have just two left, them I will send to him.

Subscriber, London.—If you will do so, you may with the greatest pleasure, and I shall be glad to assist you in that direction.

Rev. R. M., London.—I hope you received my letter while at conference, and I should like to hear from you when opportunity offers itself.

J. E. H.—You might let me know the results, or if you think any remote cause preceded.

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### To Country, Town and Village Booksellers.

Upon application to me by letter with amount enclosed I shall be happy to supply you with these Magazines at 25-100 rate. Post paid by me to all parts of Canada.

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Advertisements are inserted in these covers by special arrangement with me.

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