

# 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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### CAUSES AND EFFECTS.

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A distinct difference exists between the cause of a thing and the effect produced. There undoubtedly exists a cause for every thing and event. To speak of any personal action without a cause would be foolishness. We have the effects produced, light and dark, night and day, the rising and setting of the sun being the cause thereof; according to some or most scientific teaching. Yet this has been denied by some, and on scriptural grounds; for by noticing the first chapter of Genesis light and darkness were created on the first day, and the two great lights were made as late as the fourth day. Therefore, how can light and darkness, night and day, be caused by the rising and setting of the sun, if the effect existed before the cause. It has been suggested by some that an artificial light must have been produced previous to the fourth day, and then this light made subject to the rule or the government of the sun and moon. Others say that it was a light produced by some means or cause, such as gasses produced from the confused chaos of earth while passing into form and position, and they proceed by chemical experiments to show how it could be done, taking for their argument that the first thing mentioned by Moses is the creation of the heaven and the earth, and that the time of such proceedings was years, perhaps centuries, before the first day mentioned in verse the fifth, and that the operation upon the waters mentioned in verse the second, was the primary cause of light and darkness, night and day. However

it may have been, we are certain that a cause must precede an effect. In diseases of all kinds there is a primary cause from which they proceed, and as long as the cause exists without obstruction the disease increases, therefore, the main principle of physic and cure of disease is to find out the cause and remove it; in addition to this to make use of healing medicines and to use such means as will hinder the return of the cause. Now, with this plain proof illustration, how easily might slight family complaints be cured, and as I stated in p. 23, the simplest remedies are found to produce the most salutary effects. The old saying is that when a thing is well begun it is half done, so then the first object in curing disease, which should never be forgotten, is to remove the cause and the effect will cease.

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## VEGETABLE SEDATIVE OR NARCOTIC POISONS

(Continued from p. 84).

**CAMPHOR** is an excellent medicine, but if swallowed in large doses causeth firey excitement in the brain and nervous system, causing vertigo, difficult breathing, fainting, convulsions and cold sweats, sometimes death. Caution—In cases of poisoning by camphor a few drops of laudanum may be given at intervals whilst professional aid is procured.

**HEMLOCK.**—The common great hemlock groweth up with a green stalk, four or five feet high, full of red spots, leaves set one against the other, winged, dented on the edges of sad green color, white umbeliferous flowers, pistils 2, seed flat; root, long, white and hollow, of a dissagreeable smell, it is of a very dangerous quality, producing phrensy, dilation of the pupils, convulsions and death. The stomach must be first evacuated with the stomach pump, afterwards give large doses of vinegar or other aciduous fluids, (see caution p. 20.) Upon any mistake being made, or suspected poisoning take place, vinegar, wine or decoction of sorrel might be drank directly.

**HEMBANE.**—Must in case of poisoning, be treated the same as for Hemlock. The common Henbane hath very large, thick, soft, wooly leaves, dark greenish color, much dented on the

edges, thick stalks, 2 or 3 feet high, spreading into many smaller branches with less leaves thereon; flowers yellow, veined with purple; the root is large, white and thick, of a very strong, offensive smell. The action of Hembane is far less powerful than Belladonna, but it may cause death if eaten.

**LAUREL WATER.**—Is a direct sedative, known by its semblance in smell to bitter almonds; cases of poisoning by this require immediate attention. A glass of vinegar with 15 to 30 drops of solution of Ammonia, or a teaspoonful of Hartshorn whilst Professional assistance is obtained.

**OPIUM.**—Cases of poisoning by this, may be known when it is suspected to have been swallowed, by the following symptoms: Pale countenance, drowsiness, sighing deep and snorting breathing, cold sweats and apoplexy. The stomach pump or an emetic should be instantly used; irritate the throat with a feather or finger in the mouth; after emptying the stomach and bowels, give freely acidulous drinks, with strong coffee. Drowsiness should be hindered or kept away, by compelling the patient to walk about, and keep dashing cold water upon the face, chest and wrists.

**PRUSSIC ACID.**—When taken, death almost instantaneously follows, but moderately taken, produceth the same sedative effects as Laurel water, and to be dealt with in the same manner, but as I said before and repeatedly enjoin, the nearest physician should be sought, in all cases of poisoning.

**STRAMONIUM, OR THORN APPLE.**—Acts nearly the same as Opium, and requireth the same treatment.

**STRONG SCENTED LETTUCE.**—Produceth the same effects also, the same treatment being necessary.

**TOBACCO.**—Causeth severe nausea, vomiting, apparent drunkenness, weakness, cold sweats, and convulsions; emetics and purgatives may be used, and afterwards vinegar or other acidulous drinks and cordials.

(TO BE CONTINUED.)

July, the month of pleasure, profit,  
 Fruits are ripe, and garden produces good ;  
 The poor man gathers, thinks much of it,  
 If he can save a store of winter food.

July, Dominion Day upon the first,  
 And upon the 15th comes St. Swithin ;  
 But in this month, this is the worst,  
 It costs so much to dress the women.

July, the month to dress the ladies,  
 Fashioned high, and pockets full of money ;  
 Besides expense of dressing babies,  
 And in return get words of honey.

V. B. H.

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## HYDROCEPHALUS OR WATERY HEAD.

(Continued from Page 88.)

Independent of local injuries, such as falls, blows, &c., giving rise to this dangerous and oftentimes fatal malady, it will be produced by a disturbed state of the general system, induced from a disordered state of the general digestive organs, which may for a long time have been neglected. That not only the balance of the circulation of blood from such causes is disturbed, but that the nervous system, likewise, is irritable in a high degree. The brain and the stomach, with the rest of the digestive apparatus sympathize more immediately with each other than any other set of organs in the human body. I need scarcely add, that in proof of the truth of this statement, a severe blow on the head is almost immediately followed with sickness and vomiting; and that a blow upon the pit of the stomach will instantaneously produce a convulsive fit and wholly deprive the individual of his senses for a time. When hydrocephalus is produced by causes arising within, the symptoms proceed more slowly, and are more equivocal than when it is the result of a blow or a fall, and in some instances so insidiously does the disease progress, that the most watchful and intelligent parent cannot foresee the danger which the child is gradually subjected to. Thus a minute description of the earliest symptoms is here required. The little patient, for many days, or perhaps weeks, complains of listless-

ness, and will either frequently wish to be nursed or will lay its head upon a chair and throw from it those toys which before were its chief source of pleasure. The temper is irritable, it will fret and cry for the least trifle, and any noise evidently adds to the child's discomfort; the appetite has failed, but thirst is oftentimes great; the skin is hot and dry, more especially the abdomen and forehead; the bowels are usually costive and but little urine is voided. This may be termed the incipient or irritable stage of the disorder, and if at this period the process of dentition should be going on with the child, the second or inflammatory stage may now be expected to supervene. The structure which most commonly becomes inflamed as a prelude to effusion, or the formation of water, is the innermost membrane, the pia mater. This, as stated in the first article, in the last number, envelopes the convolutions and circumvolutions of the brain, and lines the ventricles or cavities which are found in the interior.

#### 2ND STAGE.

The same train of symptoms which have been described in the incipient stage are observed in the second or inflammatory, but aggravated in a high degree. The sense of hearing is now exceedingly acute, the slightest noise evidently gives pain. The eyes become red and are suffused with tears; they cannot bear light; on only a slight ray being admitted to them the lids are instantly closed, and the child screams from pain. The tongue and mouth becomes covered with a dry brownish crust, the sordes collect about the teeth and gums. Thirst is incessant; and on offering the little sufferer any drink, it will seize the cup or glass with its teeth and drink with the utmost eagerness; sleep is disturbed by almost incessant startlings; and at such times the thumbs and toes may be observed to be bent inwards, the former usually pressed under the fore fingers. This symptom clearly denotes that convulsions are near at hand. The commencement of convulsive fits indicates that effusion (formation of water) is taking place within the cavities of the brain. Convulsions now become frequent and increased in severity; the child rolls its head upon the pillow; the pupils of the eyes become gradually

dilated, and when in a dozing state, the lids are seldom closed. There is obstinate constipation of the bowels. The breathing becomes laborious, and is often as quick as in cases of acute inflammation of the lungs, with which hydrocephalus is not unfrequently an attendant malady. In a few days the eyelids remain more apart whilst sleeping than what is natural while awake; a lighted candle being held close to them is not observed by the patient, and the iris in no degree becomes contracted by that stimulant. In short, not only the sense of sight, but those of hearing, taste, smell and touch, seem to be nearly annihilated. In a few hours after the establishment of this melancholy spectacle, death puts an end to the sufferings of the patient.

**TREATMENT.**—I shall, under this head, enter only into the management during the incipient or first stage; it being hoped that no non-medical person would trust to his own judgment in treating so formidable a malady as inflammation of the brain.

As soon as the early symptoms above described are discovered, and more especially if they succeed to a blow upon the head, immediately reduce the diet of the child to less than one half; to consist of a little sago, arrowroot, and such like food, solid aliment being wholly withheld for a time; perfect quietude must be enjoined, and if there are other children in the family, they must be kept apart from the patient. Apple drink or thin barley water acidulated with a little lemon juice may be frequently offered. The child should be kept in a reclining posture, not on the lap, (the heat communicated to the child from the person of the mother, having in all cases of fever an injurious tendency but on a sofa or bed. A warm bath daily is strongly recommended, the patient to remain in it up to the arm-pits about ten minutes. The feet are to be wrapped up in flannel, and should the back, as well as the fore part of the head be hot, it is recommended to procure two ox bladders and being half filled with cold water, let one of them at a time be interposed between the pillow and the child's head, changing them as the water becomes warm. The forehead should be frequently bathed with a little cooling cotton and the same should be constantly kept upon the part, and never suffered to become dry, until a great reduction of

the temperature is effected. The room in which the child remains should be darkened. The following medicines are recommended, supposing them to be for a child, from two to five years old.

Syrup of marsh mallows  $\frac{1}{2}$  oz, one ounce of distilled water of onions,  $\frac{1}{4}$  ounce of bruised mustard seed; mix well together and give a small spoonful every 2 hours.

A drink for general use in the thirst of the child, may be made thus. Pot marigold flowers, dry, one ounce, dry hops, one ounce, boil them well in 3 quarts of barley water.

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#### BOTANY OR PHYTOLOGY. (CONTINUED FROM PAGE 86.)

**COLUMBINE** (*Aquilegia vulgaris*).— Is a perennial; three feet high or more; blossoms blue; spur behind the flower bent inwards; stigmas not longer than the stamens; capsules velvety; seed nearly black; leaves mostly smoothish; stem upright; branches somewhat angular; the whole herb mostly smooth; rarely downy. The leaves are used in lotions with good success for sore mouths and throats. The Spanish people habit themselves to chewing a piece of the root every morning, fasting for many days when troubled with the gravel or stone in the kidneys.

**DAFFODIL OR GLEN**.—The White Daffodil is called also Narcissus and Primrose Pearls. There are several kinds of white daffodil: one with a crimson or red purple circle in the middle of the flower; these have small narrow leaves like leaf-blades, with a crested bare naked stock; without leaves, nine to twelve inches long; corolla gaping of six petals (or white flower leaves,) stamens placed within the cup, of a yellowish color. The roots boiled or roasted and taken, provoketh the stomach to vomiting; the same pounded with a little honey is good to be applied to burnings or scaldings, and cureth sinews that are hurt or sprained, and is good to help dislocations or members out of joint, if applied thereto. It caseth pains of the joints; taketh away all spots from the face if mingled with bruised nettle seed and vinegar, and applied; the same application cleanseth corrupt and rotten ulcers, and all kinds of corrupt sores.

**YELLOW DAFFODIL.** (*Narcissus Pseudo-narcissus*.)—A perennial; bulbous rooted (as the former also is), one foot high; blossoms, pale yellow; called also lide, lide lilly and daffy down dillies; its flower scale is sheathing, containing one flower; calyx of six divisions equal; corolla, in form of a cup, funnel shaped, of a single leaf and saw toothed; stamens within the cup; flower stalk, two edged and straight. Double varieties are easily propagated by offsets from the bulbs. This is exceedingly good for the same purposes as the white daffodil, it is also good to cleanse away corrupt filth and running matter in the ears.

**COMMON GROUNDSEL** (*Senecio vulgaris*)—An annual plant from 6 to 12 inches long, flowereth all the year round, blossom yellow, without rays on the circumference compound calyx cylindrical; the scales with their tips often brown; the down of the seed not on a foot stalk, leaves wing toothed and somewhat embracing the stem, The stem is round green somewhat brownish, its root is small and thready. It is a wonderful remedy for all diseases proceeding from heat; in any part of the body, it is a safe and gentle purge for a foul stomach, operating each way, it is of a moist and cold nature, consequently causeth expulsion and represseth the heat caused by the motion of the internal parts, through the effects of an emetic or other medicine. This herb preserved either as a syrup, an ointment or distilled water, is a medicine unrivalled in its efficacy for the cure of all hot diseases, both for safety and speed. The decoction of it, or the juice of it, is good against pains of the stomach proceeding from choler, it is good against the falling sickness and jaundice; it provoketh urine, and helpeth to expel the stone and gravel from the reins and kidneys; it helpeth the sciatica, cholic, and all pains of the belly, some use it as poultices for pains and swellings with great success.

**SOUTHERNWOOD OR AIPLERINGHY.**—(*Artemisia Abrotanum*.) A fragrant shrub from 2 to 4 feet high; blossom yellowish green, compound calyx, downy, in form of a half globe; florets of the circumference awl-shaped; seed vessels crowned with a membranaceous down; lower leaves twice cleft, upper leaves cleft, very slender. The seed of this, bruised, heated in warm water, and drank, is very good for cramps, contraction of the sinews,



the sciatica, or difficulty in making water. The seed as well as the dried herb is often given to kill worms in children, the herb bruised and applied helpeth to draw forth thorns and splinters out of the flesh; the oil of Southernwood killeth lice in the head, the distilled water thereof is good for persons troubled with the stone. The Germans use it for a wound herb, and call it Stabwort.

**GARDEN LETTUCE.**—(*Lactuca Sativa*.) An annual four feet high; flower, yellow; fence of flower scales tiled, cylindrical; scales with a membranous margin; the down of the fruit simple; having a short stalk, leaves rounded; those on the stem heart-shaped; stem in the shape of a bunch. The juice of Lettuce, mixed or boiled with oil of roses, and applied to the forehead and temples procureth sleep, and easeth the head ache proceeding from a hot cause; being boiled and eaten, it looseneth the belly, it helpeth digestion, quengeth thirst, increases milk in nurses, easeth griping pains of the stomach or bowels that come of choler. It abateth bodily lust, being outwardly applied with a little camphire; applied in the same manner at the region of the heart, liver, or reins, or by bathing the said place with the juice or distilled water wherein some white sanders or red roses are put; it represseth the heat and Inflammation therein; but comforts and strengthens those parts, and also tempereth the heat of urine. The seed and distilled water of the Lettuce, is chiefly forbidden to those who are short winded, or have any imperfection in their lungs, or spit blood.

**COMMON ROCKET.**—(*Hesperis Matronalis*.) An ever-green perennial; four feet high; blossom purple or white very fragrant; the foot-stalks of the flowers, as long as the calyx petals; egg oblong; the little pods uneven, smooth, not thickened at the edge; the summits of the pistils,—two erect and approaching; leaves oblong, spear-shaped and toothed. Rockets are forbidden to be used alone, because their sharpness fumeth into the head, causing ache and pain; and are no less hurtful to hot and choleric persons, for fear of inflaming their blood. The wild rocket is stronger than the garden kinds; helpeth digestion and provoketh urine exceedingly; the seed is used to cure the stings of serpents, the scorpion, the shrew mouse, and other

poisons; and expelleth worms from the body. If boiled or stewed, and some sugar put therein, it helpeth the cough in children. The seed also taken in drinks, taketh away the ill scent of the armpits and feet, and giveth a pleasant scent to the body; increaseth milk in nurses and wasteth the spleen. The seed mixed with honey, and used on the face, cleanseth the skin from spots, morpew and other discolorings; and used with vinegar, taketh away freckles and redness in the face or other parts; and if boiled with the gall of an ox, it removeth foul scars, black spots, and marks of the smallpox.

WALL FLOWER.—(Cheiranthus Cheire.) A half hardy perennial; about 2 two feet high; blossom orange yellow; calyx double pouched at the base; summits of the pistils with bent back lobes; leaves spear shaped and entire; hairs,—two, parted, lying on the surface, close, or none; seed pods line like and roundish. The yellow wall flowers work more powerful than any of the other kinds, and therefore of more use in medicine, they cleanse the blood and free the liver and reins from obstructions, stay inflammations and swellings, comfort and strengthen any part if weak or out of joint, helpeth to cleanse the eyes from mists and films, and to cleanse ulcers in the mouth or any other part, and are a singular remedy for the gout and all aches and pains in the joints and sinews. A conserve made of the flowers is used as a remedy both for the apoplexy and palsy.

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#### FRUIT, &c., FOR MEDICINAL PURPOSES.

Cherries as they are of different tastes, so they are of different qualities, the sweet pass through the belly more speedily than others, but are of little nourishment: the tart or sour are more pleasing to a hot stomach, procureth appetite to meat, and helpeth to cut tough phlem and gross humors, but when dried, they are more binding than when fresh, being cooling in hot diseases and welcome to the stomach; they also provoke urine. The gum of a cherry tree dissolved in milk is good for a cough, and hoarseness of the throat, it mendeth the color of the face sharp- eneth the eye-sight, provoketh the appetite, and helpeth to break and expel the stone; black cherries bruised with the stones and

distilled, the water thereof is good to break the stone, expel the gravel, and break the wind; the juice of ripe cherries and the milk from a cocoanut mixed in equal quantity, is a remedy for hoarseness, by keeping the throat just moist there with.

**STRAWBERRIES.**—When they are green, are cold and dry; but when they are ripe they are cold and moist. The berries are excellent to cool the liver, the blood and the spleen, or a hot choleric stomach; to refresh and comfort the fainting spirits and to quench thirst. They are good also for other inflammations, yet it is not amiss to refrain from them in a fever, for by their putrifying in the stomach they increase the fits. The leaves and roots boiled in wine or water and drank, do like likewise cool the liver and the blood, and assuage all inflammations of the reins and bladder, provoke urine, and allay the heat and sharpness thereof; the same, also, if drank stayeth the bloody flux, and helpeth the swellings of the spleen. The water from the berries, carefully distilled, is a sovereign remedy and cordial to the heart, and is good for the yellow jaundice. The juice dropped into foul ulcers, or the decoction of the herb and root doth wonderfully cleanse and help to cure them. Lotions or gargles for sore mouths or ulcers therein or elsewhere, are made with the leaves and roots, which are also good to fasten loose teeth, and to heal spungy foul gums; it helpeth also to stay catarrhs or defluxions of rheum into the mouth, throat, teeth, or eyes. The juice or water is good for hot or inflamed eyes, also pushes, wheals and other breakings out, redness, spots and deformities of the skin, and maketh it clear and smooth by being bathed therewith. Fill a strong bottle with strawberries, and cork it tight, tie a skin over the cork and neck of bottle, bury it in horse dung for two weeks, afterwards well strain the liquor therefrom, and keep it to use for sore and red eyes.

**RED WHITE AND BLACK CURRANTS OR RIBES.**—Red and white currants are good to cool and refresh faintings of the stomach, to quench thirst and stir up an appetite, and therefore are profitable for hot and sharp agues; it tempereth the heat of the liver and blood, and the sharpness of the choler, and resisteth putrefaction; taketh away the leathing of meat and weakness of the stomach, and is good for those who have a looseness of the belly. The black currants are of a grosser quality, but if used

with other fruit, by those who like them, have a strengthening effect.

**PEACHES.**—Nothing is better to purge cholera and the jaundice in children and young people than the leaves of this tree made into a syrup or conserve, of which 2 teaspoonful at a time may be safely taken. The leaves of peaches bruised and rubbed on the belly kill small worms therein; if, at the same time, some of the leaves be boiled in water and drunk, openeth the belly, and if dried, are a safe medicine to discuss humors. The powdered dry peach leaves strewed on bleeding wounds, stayeth their bleeding and closeth them up; the flowers steeped all night in warm water and strained in the morning and drunk fasting, gently opens the belly. A syrup made from them, as the syrup of roses are made, operates more forcibly than that of roses, as it provoketh vomiting and discusseth watery humors. The flowers made into a conserve produce the same effects. The liquor which drops from the tree when wounded, mixed with the liquor in which the herb coltsfoot has been boiled, is excellent for cough and shortness of breath, hoarseness and loss of voice through cold, all defects of lungs and vomiting, and spitting of blood; with the juice of lemons it is good for those that are troubled with the stone. Peach kernels bruised and boiled in vinegar until thick, maketh hair to grow on bald places and where it is too thin.

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### MISCELLANEOUS RECEIPTS.

**EMBROCACTION FOR CHRONIC RHEUMATISM AND ENLARGED JOINTS.**—Soap liniment, 1 oz.; spirits of hartshorn, 2 drachms; tincture of iodine, 2 drachms. Rub two or three times a day on the affected parts.

**FOR RINGWORM.**—Ointment of nitrate of silver, 2 drachms; white precipitate, 1 drachm; sulphur ointment,  $1\frac{1}{2}$  drachms.—**Mix.** The affected part (should be shaved if on the head) to be rubbed with this ointment every night, and in the morning washed with soap and water, when a lotion composed of  $\frac{1}{2}$  oz. of pyroligneous acid and 2 oz. of water, should be applied. This should be continued with till well cured.

**FOR CRACKED OR SORE NIPPLES.**—White wax,  $\frac{1}{2}$  oz. ; oil of almonds, sweet,  $\frac{1}{2}$  oz. ; honey,  $\frac{1}{2}$  oz. ; balsam of Peru, 2 drachms. Mix. Melt gradually the first three articles together, and stir in the balsam of Peru. To be applied twice or thrice a day.

**A FIT OF APOPLEXY.**—Apoplexy is caused by too much blood pressing on the brain, and usually occurs in short-necked persons inclined to corpulency, after a full meal ; from drinking strong liquors ; from exposure to a hot sun ; or anything that will drive the blood to the head. Sometimes the person falls down suddenly ; at other times, there is previously violent headache, high fever, and delirium. In this case it will be dangerous to apply brimstone lighted, or smelling salts to the nostrils, or to introduce wine or other strong liquors into the stomach, as directed for fainting and hysterics. The patient should be placed in an upright posture, supporting his head to prevent any bend in the neck ; neckcloth removed ; shirt collar unbuttoned ; windows thrown open ; and if he be inclined to vomit, it should be promoted. Bleeding is sometimes important, but must depend on medical advice.

**TO DRIVE FLIES AWAY.**—It should be known that any articles which have been wiped over with the water in which onions have been boiled, the flies will not remain upon afterwards. Also that in gardening, if some onions be grown in rows each side of broad beans, it will tend to destroy the black fly that attacks them.

**CURE OF HYDROPHOBIA (PRODUCED BY THE BITE OF A MAD DOG).**—The following is to be taken in time as soon as it is known that a person has been bitten by a mad dog, or may be given to animals afflicted with madness. Take the dried herbs rue, 2 oz. ; wood betony, 2 oz. ; wood sage, 3 oz. ; agrimony, 2 oz. ; a small sprig of deadly night-shade, and sorrel, 2 oz. Boil these all together in one gallon of water until reduced to a quart. When it has boiled some time, add 1 oz. of antimony, and  $\frac{1}{2}$  oz. of filed pewter. A grown person could take half a pint three mornings fasting, and repeated again at the next full of moon. No spirituous liquors should be taken, and no excitement or violent exercise should be allowed. The above decoction well strained and taken in time, will effect a cure.

## PHYSIOLOGY IN A NUT SHELL.

**SOMETHING ABOUT YOURSELF.**—Supposing your age to be fifteen or thereabouts, I can figure you up to a dot. You have 160 bones, 500 muscles; your heart is five inches in length and three in diameter. It beats 70 times per minute, 4,200 per hour, 100,800 per day, and 36,722,200 per year. At each beat a little over two ounces of blood are thrown out of it; and each day it receives and discharges about seven tons of that wonderful fluid. Your lungs will contain a gallon of air, and you inhale 24,000 gallons per day. The aggregate surface of the air cells of your lungs, supposing them to be spread out, exceeds 20,000 square inches. The weight of your brain is three pounds; when you are a man it will weigh eight ounces more. Your nerves exceed 10,000,000 in number. Your skin is composed of three layers, and varies from one-fourth to one-eighth of an inch in thickness. The area of your skin is about one thousand seven hundred square inches, and you are subjected to an atmospheric pressure of fifteen pounds to the square inch. Each square inch of your skin contains 3,500 sweating tubes or perspiratory pores, each of which may be likened to a little drain tile one-fourth of an inch long, making an aggregate length of the entire surface of your body of 201,166 feet, or a tile ditch for draining the body almost forty miles long.—*Taken from the St. Catharines Commercial Advertiser by permission.*

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**OF GATHERING FLOWERS.**—The flowers, which are the beauty of the plants, and of none the less use in physic, groweth yearly in general, and should be gathered when they are in their prime; that is, when in full blossom and when the sun is shining upon them, that they may be dry; for if you gather either herbs or flowers when they are wet or dewy, they will not keep. Dry them well in the sun and keep them in papers in a dry place. So long as they retain their color and odour they are good, but when either of them are gone, so is their virtue also.

**OF GATHERING SEEDS.**—Seed should be gathered from those herbs or plants that are of the finest growth, and in those places where they appear to delight to grow most, and they should be

fully ripe when gathered. Dry them a little in the sun before you lay them up; they keep many years, but yet it is best to renew them every year, for either growing or medicinal purposes.

Gums, rosins, and liquid droppings may now be gathered from various trees.

**APPLES.**—Apples may now be hoped for, though not yet ripe. They are what I call the king of fruits, because of their purifying, cooling, cleansing, and strengthening qualities—of which see more in next number.

**DIARRHEA OR LOOSENESS** is not in many cases to be considered a disease, but rather as a salutary evacuation. It ought therefore, never to be stopped, unless when it continues too long or evidently weakens the patient. A looseness occasioned by the obstruction of any customary evacuation, generally requires that the diet should be very much lessened and the perspiration helped; also to bathe in warm water every night upon going to bed; at the same time every method is to be taken to restore the usual discharges, as urine, &c., as not only the cure of the disease, but the patient's life may depend on this. A looseness which proceeds from violent passions or affections of the mind, must be treated with the greatest caution; vomits in this case are highly improper, nor are purges safe unless they are very mild and given in small quantity; opiates or other spasmodic medicines are the most proper; 10 or 12 drops of liquid laudanum may be taken in a cup of valerian tea or penny-royal tea, every 8 or 10 hours, till the symptoms abate; ease, cheerfulness and peace of mind are most important. When a looseness proceeds from acrid or poisonous substances taken into the stomach, the patient must drink large quantities of diluting liquors, with oil or fat broths to promote vomiting or purging, but use caution that the bowels get not inflamed from whatever cause the looseness proceeds. When it is found necessary to check it, the diet should be composed of rice boiled with milk and flavored with cinnamon, and lighter sorts of very fresh meat roasted, drink weak broth made from lean veal or of a sheep's head, it being very gelatinous.

## 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.

C. T.—I shall be glad to supply you at any time you send, only send at the beginning of the month if you can.

A. Orchis.—They are 25 cents a packet, or made up in bottles ready for use 55 cents.

P.—I sent you June and the packet by post.

B. G., St. Catharines.—Add to the advertisement, "Proprietor of the celebrated lung restorative Botaca," to oblige yours, V. B. H.

**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.

**To Tobacconists, general Store keepers, &c.**

The famous Lung restorative known as Botaca, used instead of tobacco by smokers who feel the injurious effects of smoking tobacco, may be had of me, for sale at 25-100 rate. Retail price 5 cents and 10 cents a packet.

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