





RUDDEN CHANGES OF CLIMATE

The disastrous effects of stepping from a hot steam to a cold street.

A blizzard of unusual severity was coming from the Northwest that would send the thermometer down fifty degrees or seventy degrees in three hours, we should expect a great increase in pneumonia and other respiratory diseases, resulting in many deaths.

We make an artificial climate in our houses. We live indoors in an atmosphere heated by stoves, furnaces or steam-boilers to seventy or eighty degrees, and we shut out the cold air or shut it out from the open air. As a result, the air has, for us, dropped fifty or seventy degrees. We may get on in an atmosphere (show) and shield the outside of the body and chest, but we cannot shield the delicate lining and membranes of the lungs, which are in direct contact with the air.

It is in effect going from Cuba to Iceland—or at least to New York—states, and we make, the journey, as from an open times a day. And often, while we are still shut up in our domestic Cuban climate, cold comes down upon us from an open sky. Especially is this likely to occur in school-rooms, where the air is kept so warm by stoves that it is almost impossible to get a breath of fresh air that has not had all its natural refreshing qualities cooked out of it by hot stoves, furnaces, steam-pipes, and all these sudden changes and shocks will cold come upon us when the whole system has been heated and power of resistance gauged down to the low necessities of a tropical climate.

In Death Pains?—A Philadelphia doctor, after years of careful observation, says that our demise is as painless as our advent to the world. This is certainly reassuring, yet, notwithstanding these great inducements, we still do not court death, and shall continue to use Dr. Pierce's medicine, remedy, the "Golden Medical Discovery," for consumption, spitting of blood, shortness of breath, weak lungs, cough, bronchitis, and kindred affections of the throat and chest. It is unequalled. By druggists.

Where Flowers Ever Bloom?—From the Victoria, B.C. Times, Dec. 12. The Mayor of Montreal, M. Beaudry, was today presented with a magnificent bouquet of flowers by Mr. Joseph Heywood, of Fort-St. Vrain. The flowers were all plucked by Mr. Heywood in the open air, and the greater portion of them in his own garden.

Do you feel as though your friends had all deserted you, your business enterprises overwhelmed you, your body refusing to perform its duties, and even the sun had taken refuge behind a cloud? Then use Northrop & Lyman's Vegetable Balm, and you will be restored to health and vigor. Mr. R. Baker, of Toronto, writes: "I am completely cured of my rheumatism, and am now suffering for three years. Northrop & Lyman's Vegetable Balm is the medicine that effected the cure after trying many other medicines."

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STRANGE DEATH

Death of a colored woman who was turned white.

Howell, Mich., Dec. 23.—Mrs. Jacob Eldridge, a colored woman of mature years, and old colored woman who had been turning white for several years, died yesterday. She had been ill for several months, but it is not thought that the peculiarly strange change in color which she had undergone had anything to do with her death. The greater part of her body is now a healthy white. Her husband, who was a pioneer in this country, died Tuesday morning. Mrs. Eldridge's grandfather was a Guinea man, and her father was a full-blooded negro as far as is known.

The father of Mrs. Eldridge was a white man, and there was nothing peculiarly noticeable about her until she was advanced in years. A number of years ago she began to turn white about the size of a dollar upon her right leg. In the course of a few months she appeared upon various parts of her body, and her complexion soon became white. In time these grew together until most of her body became white. For her low the principal nerves, and of this she was very sure. She had been turning white for several years, and it is not thought that the peculiarly strange change in color which she had undergone had anything to do with her death.

During the change Mrs. Eldridge suffered no inconvenience, and she never felt any kind of sensation other than itching, nervousness or pain that could be attributed to her change. She has been gradually turning white since she was about 40 years of age. She has been turning white since she was about 40 years of age. She has been turning white since she was about 40 years of age. She has been turning white since she was about 40 years of age.

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