

THE GOOD CANADIAN ;

OR,

HOUSEHOLD PHYSICIAN.

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

BOTANY OR PHYTOLOGY.

CONTINUED FROM PAGE 159.

GOLDEN ROD (*Solidago Virg-Aurea*).—A perennial, two feet high or more, blossom yellow, in loose, spiked, erect and crowded bunches; the compound calyx tiled, its scales converging, florets of the circumference and of the same color as the disc; down of the seed rough; leaves of the stem spear shaped; dark green; generally plain on the edges, and sometimes, though not often, have white streaks or spots upon them. The root consists of many small fibres which grow very little under the surface of the ground. It is easily propagated by division. It grows in open places mostly, both in moist and dry ground. Class VII, page 41. It is an excellent remedy for stone in the kidneys, and to expel the gravel by urine. The decoction of the herb, green or dry, or the distilled water thereof is very effectual for inward bruises and to stay fluxes and immoderate stoolings, and useful in ruptures or burstings, if it be both inwardly and outwardly applied. Fresh wounds or old ulcers are speedily cured by it. It makes a good lotion for sores or ulcers in the mouth, throat, or private parts of either sex. It helps to fasten the teeth when loose.

FLAX, called in Latin *linum*, also *lin*, the seed is called *linseed*, and the oil produced therefrom *linseed oil*. Linseed being known as to growth, mostly as *flax*, has a slender stem parted at the top into some slender branches bearing fair blue flowers; leaves of the stem sharp and narrow; the seed are

contained in round knobs or buttons, and are dark brown, fat and shining. The seed if boiled in water and applied as a poultice or plaster eases pain, softens tumors and swellings in all parts of the body. Linseed pounded with figs ripens boils and other swellings, and often cures them. Linseed beat together with honey and watercresses and applied takes away all spots and freckles in the face. The distilled water of linseed clears the sight if dropped in the eyes. The water from the boiled seed used in clysters, takes away griping pains of the belly and of the matrix, and cures all wounds of the same. The seed boiled with raisins and honey makes a splendid and efficacious syrup for cough, consumption, and stuffed breast. But the seed of lin taken in too great a quantity is injurious to the stomach, creates wind, and hinders digestion. Class 11, page 56.

Hops (*Humulus lupulus*).—A climbing perennial about 15 feet high, blossom yellow, with flower scales; the male flowers in panicles, whitish, with a five leaved calyx and no corolla; the female flowers with a one leaved, entire, spreading calyx and no corolla; the fruit cones egg oblong and drooping. It is propagated by division or raised from seed. They grow best on low moist ground. Class V, page 41. They physically operate in opening obstructions of the liver and spleen, cleansing the blood, loosening the belly, expelling the gravel, and provoking urine. The decoction of the tops of hops, whether tame or wild, works these effects. In cleansing the blood they assist to cure all manner of scabs, itch, and other breakings out of the body; also tetter, ringworms, spreading sores, and all discoloring of the skin. The decoction of the flowers and tops helps to expel poison. Half a drachm of the seed in powder taken in drink killeth worms in the body, moves courses and expels urine. A syrup properly prepared from the juice of hops and sugar cures the yellow jaundice, eases the headache caused by heat, and tempers the heat of the liver and stomach. It is also servicable in hot agues. This herb works very powerfully and should not be drank to excess.

LAVENDER (*Lavandula spica*).—A shrubby perennial about 3 feet high, flowers blue in a spike; calyx egg shaped, toothed, supported by a flower scale, stamens within the tube; leaves

rolled at the edges; whole plant fragrant. Lavender is of special use for pains of the head and brain that proceed from a cold cause, apoplexy, falling sickness, cramps, convulsions, palsies, and often faintings. It strengthens the stomach and frees the liver and spleen from obstructions, provokes the courses, &c. The flowers of lavender steeped in wine are efficacious in obstructions of urine, or for those troubled with the wind or cholic, if the place be bathed with it. A decoction made of the flowers of lavender, hoarhound, fennel and asparagus roots, and a little cinnamon is used to help the sickness and giddiness of the brain. To wash the mouth with the decoction of lavender is good for the toothache; two spoonsfull of the distilled water of the flowers taken helps them that have lost their voice; also tremblings and passions of the heart, and faintings and swoonings. It should not only be drank but applied to the temples and the nostrils also; but it should not be used over much, as it is not safe to use it when the body is replete with blood and humors, because of the hot and subtile spirits with which it is possessed. The chemical oil drawn from lavender, usually called oil of spike, is of so fierce and piercing a spirit, that it is very cautiously to be used, a few drops being sufficient to be used with other things, either inwardly or outwardly.

LOVAGE belongs to class XI, page 41. It has long thick stalks, with large winged leaves divided into many parts, like smallage or celery, but larger, every leaf being cut about the edges, broadest forward and smallest at the stalk of a sad green color, smooth and shining; some strong, hollow, green stems, about 5 or 6 feet high, but set in unbels on the top of long flower stems, and are of a yellow color; seed brownish and flat. The root grows thick and deep, spreading much, is an hard perennial of brownish color on the outside and whitish within. The whole plant smells strong and aromatical and is of an hot sharp biting taste. It is good in its action upon the chest, throat and stomach. It opens cuts and digests phlegn and ill humors, and greatly provokes courses and urine. Half a drachm of the dried root in powder, taken in water, wonderfully warms a cold stomach, helps digestion, and consumes all raw and superfluous moisture therein; eases all inward griping

and pains, dissolves wind and resists poison and infection. To drink the decoction of this herb is a well known and most practical remedy for any kind of ague, and greatly helps the pains and torments of the body occasioned by cold. The seed is efficacious for all the above purposes, except the last, and works more powerfully. The distilled water of lovage helps the quinsies in the throat, if the throat and mouth be gargled and washed with it, and in drinking it three or four times removes the plurisy, and dropped in the eyes takes away the redness and dimness of them; it also takes away spots and freckles in the face. The bruised leaves fried with a little hogs lard, applied hot to any blotch, boil or ulcer, will quickly break and cleanse it, yet, to be used with salad oil in the same manner, is necessary after the first dressing.

LUPINES (*Lupinus Luteus*).—Yellow Lupine is an annual from Sicily, two feet high, blossom yellow, very fragrant, calyx two-lipped and whirled; upper lip two-parted, lower lip three-toothed; anthers five oblong and five round; the seed pod leathery and flattish. This species is referred to on account of its sweet scent; the seeds are sown early in Spring. The great white Lupine (*Albus*) has a strong, upright, round, woolly stalk, set confusedly with stettate; soft woolly leaves, upon long footstalks. They are greenish on the upper side and woolly underneath; blossoms white, sometimes bluish; the same shape of growth as the garden beans. The root is long, hard and fibrous; it is an annual. There is a smaller kind of blue Lupine (*Nanus*) smaller both in stem and leaves, with the seed a little spotted.

LUPINE (*Legominoſæ*).—Cultivated for the garden; is a showy rich plant of various colors. Blue and yellow Lupine (*Cruikshankie*) is very pretty. *Cærulea*, large and blue, is very admirable for borders. Mixed color Lupine (*Pollyphyllus*) is much admired by some for its variety of color. Lupines belong to Class XII, page 42. They are of an opening, cleansing, dissolving and digestive property; but if they be steeped in water until they have lost their bitterness they may be eaten; yet in that manner their nature is changed, for they become very hard to digest, breed gross humors and pass slowly

through the belly, yet do not stop an flux; but, after being steeped, if they are dried and taken with vinegar, they provoke appetite and hinder the loathing of the stomach to meat. The decoction of Lupines taken with honey open obstructions of the liver and spleen, provokes urine and the terms, and it clears the body of scabs, cankers, running ulcers or sores, takes away spots, freckles, pits, or marks which small pox leaves behind it; and of black and blue spots and bruises, an ointment of Lupines to beautify and make the face smooth is made in the following manner: Take the meal of Lupines, the gall of a goat or sheep, juice of lemons and a little alumen saccharinum, and mingle them in vinegar, and applied to the parts it takes away knobs, kernels, or pimples. The smoke from the shells being burnt, drives away gnats flies, and mosquitos.

COMMON MINT OR SPEAR MINT (*Mentha viridis*).—A perennial 2 feet high, blossom purple in cylindrical spikes, interrupted teeth of the calyx somewhat hairy, leaves wedge or spear shaped, at the base finely saw-toothed, smooth on each side, all the plant fragrant. It grows in moist lands and marshes and is cultivated by dividing the roots. Peppermint and corn mint are of different species. There are many kinds of common mint, but the spear shaped is most useful. The mints belong to class XIV, page 42. They are of a heating, binding, and drying quality; therefore the juice taken with vinegar stayeth bleeding. It is an incentive to venery and bodily lust. Three spriggs taken with the juice of four pomegranites, stays hiccough, vomiting and choler, and applied with barley meal dissolves impostumes. It is good to repress the milk in women's breasts, for such as have swollen flagging or large breasts. Applied with salt it helps the bite of a mad dog; with meal or honeyed water it eases pains in the ears, takes away roughness of the tongue, being rubbed thereon. If the leaves are boiled or steeped in milk it hinders its curdling on the stomach. It is a very powerful stomachic. The frequent use of it is very efficacious in stopping the courses and the whites. Applied to the forehead and temples it eases pains of the head. It is good to wash the heads of young children with, as it prevents breakings out of sores or scabs thereon. It also heals chops in the fundament, and is exceedingly useful against the poison of

venomous creatures. The distilled water is available for these purposes, yet more weakly, but the spirit is much more powerful than the herb itself. Mint in any form must not be taken in too great quantities, as it tends to make the blood thin and waterish, and turneth it into cholera; therefore, choleric people must abstain from it. It is a speedy and very safe remedy for the bite of a mad dog, being bruised with salt and applied to the wound. The powder of it being dried and taken after meals helps digestion, and those that are splenetic. Taken in currant jelly it helps women in sore travel in child bearing. It is good against gravel and stone in the kidneys and the stranguary. Being smelled unto, it is comfortable for the head and memory. The decoction gargled in the mouth cures sore mouth and gums, and stinking breath. Mixed with rue and coriander, in equal quantities, as a gargle, causes the palate of the mouth to return to its place, when down. Mint exhilarates the mind, and is therefore proper for the studious, used in moderation. If mint is placed in milk for a while no butter can be made from it afterwards. Wounded people should refrain from the use of mint.

PHRENOLOGY AND PHYSIOGNOMY

Interprets the character and dispositions of persons and by it their errors are pointed out, and the means of a reformation easily seen. The difference in character, opinion and looks are portrayed, showing that we can control our thoughts and feelings. By physiognomy we can easily trace the appearance of insanity and of idiocy, also the intelligence of which a man is possessed. For instance how quietly and yet quickly will one person judge of another, even on first seeing one another, especially between lovers. Though some laugh at the idea of the appearance of the face, eyes, and nose, furnishing any guide to an estimate of character, yet we reckon largely on those signs in every day business. A good deal may be learned by a beginner in phrenology and physiognomy by comparing the form and size of the whole head with the favorite occupations of the individual. It is known that certain parties are naturally endowed with particular faculties. Some are from


their birth fit for mechanics, for music, for painting, &c. Every faculty has its place of residence. If the eye be the organ of sight vision cannot exist without the eye, and it is the same with other organs. If any faculty be attached to a particular organ, this organ can never be wanting if the faculty manifest itself. This truth is indeed as evident as that no effect can take place without a cause. To read character correctly it is requisite to know something of phrenology, anatomy, physiology, physiognomy and ethnology, and a continued practice of close observations.

THE SENSE OF FEELING.

Feeling is hot, cold, dry or moist in quality. It is deputed to no particular organ, but is spread about the whole body ; it is the index to the mind of all things tangible. Its object then must be heat or cold, dryness or moisture, things pleasant, sharp, smarting, motion, rest, tickling, &c. It is known that man may live without some senses, but it is the opinion of most, that man cannot live without the sense of feeling. And, as I said before of the other senses, so also I say of feeling, that although the sense is plural and may affect various parts of the body at once, yet the organ of apprehension is single. Although it may be used unitedly with all five senses at one time, for we are able to hear, smell, taste, see, and feel, all at one time. Just so also in all organs of the head we may make use of them unitedly, yet mostly we use each faculty separate and distinct from the rest.

(TO BE CONTINUED.)

Good Canadian (NOVEMBER) Household Physician.

 ONE MORE NUMBER COMPLETES THE VOLUME FOR THIS YEAR.

The december number will soon be sent to subscribers, and a new year entered upon. Are the good friends of the Good Canadian ready to renew their subscriptions for the new year? Renewals have already started. This magazine promises im-

provement and enlargement, thanks to many friends and for all who help whether by word or deed.

WATER COLORS.

(Continued from page 154.)

The flat long hair brushes used in oil painting, if made with fine soft bristle, are very effective tools in experienced hands, in cases where body color, or any rich and powerful tone is desirable. Their strength and stiffness enable the painter to employ thicker color than can be worked with sable brushes, as well as to force it more effectually into the texture or grain of the paper.

COLORS.

In water color painting, as now practised, the colors are used in three forms; namely, dry cake colors, which are considered by a numerous class of artists to have certain advantages as regards purity of tone and perfection of wash; moist colors placed in earthenware pans, and arranged in convenient tin sketching boxes; and colours put into collapsible metal tubes, as in oil colors.

Of these forms the second is the most convenient and advantageous for the learner, and even for the advanced artist.

It may be observed that the tube colors above spoken of are chiefly serviceable in large works requiring a considerable body of color to be laid on in a short time.

It must be remembered that the following catalogue of colors contains only those absolutely useful in landscape painting; that however nearly they approach each other generally, they all differ in degrees of opacity or transparency,—in hue and tone,—and particularly in working.

REAL ULTRAMARINE.—This brilliant blue is the purest in tint and at the same time one of the most permanent pigments known; it is nearly free from any tinge either of purple or of green.

Beautiful as this color is, it is not so well calculated for mixed tints as many other blues, on account of a gritty quality of which no grinding will entirely divest it, and which causes it to separate itself from other colors with which it may be mixed.

In skies and distances it affords a fine aerial azure. It has, however, not been so much employed for this latter purpose since the introduction of the imitative ultramarine, known under the name of french blue.

ULTRAMARINE ASH.—A delicate and extremely tender azure, not so positive in tint as ultramarine, but which washes much better. It may be used for skies and distances, where tender azure grays are required.

FRENCH BLUE.—A valuable color, which of late years, has been added to the artist's list of pigments. It is strong in color and nearly transparent; is used either in figures, draperies or landscape. It has a slight tendency to the purple hue, which may be neutralized by the addition of a small quantity, of prussian blue; after which it resembles much the tint of the real ultramarine, and although not quite so vivid, is more generally useful, particularly as it washes and works well. It is permanent in water color.

SMALT.—Is occasionally used in landscape. It is a vivid and gorgeous blue; bright, deep and transparent, bordering on the violet tint. Does not wash well: is quite permanent.

COBALT BLUE.—A pure light azure blue, nearly transparent—it washes well and affords clear bright tints in skies and distances, but is apt to cause opacity if brought too near the foreground. With light red, in any proportion, it gives beautiful cloud tints; with madder brown it affords a range of fine pearly neutrals. This color is quite permanent.

PRUSSIAN BLUE.—A deep-toned brilliant blue, bordering slightly on green, a quality which militates against its use in skies and distances. The old water color painters, however, used it for those parts of a picture, with the addition of a small portion of crimson lake to neutralize its green tint. Prussian blue mixed with light red gives a sea-green neutral.

ANTWERP BLUE.—A deep transparent blue, which has naturally a green tinge, rendering it well adapted for mixed greens.

INDIGO.—This color is generally useful in landscape. It is not a bright blue, although very clear in all its tints. With indian ink it affords very clean purpley shadows; with either gamboge, raw sienna, roman ochre, or yellow ochre, it gives clear, sober greens. It stands well.

GAMBOGE.—A very lively and transparent yellow gum highly useful in every kind of subject. In landscape it affords, with indigo or antwerp blue, clear bright greens; and with sepia a very useful sober tint; in its very deep touches it shines too much, and verges on the brown.

YELLOW OCHRE.—This sober and useful yellow is generally employed in the distance and middle ground of a landscape; it possesses a slight degree of turbidness, and is esteemed for this property, which is considered to give it a retiring quality. It affords a fine range of quiet greens in its admixture with Antwerp blue or indigo; also a very serviceable yellowish drab with Vandyke brown. It is very permanent and washes well.

ROMAN OCHRE.—Is more transparent and rather cooler in its tint than the above, forming, with antwerp blue or indigo, an excellent range of greens, which are much used by many painters.

RAW SIENNA.—More transparent in its tint than any of the ochres. It has the objection of being rather pasty in working, although by proper skill in its preparation it may be divested of some of this quality. It is much employed in landscape, on account of being useful both in distance and in foreground; it gives bright sunny tints, and, with antwerp blue, very pure clear greens.

CADMIUM YELLOW.—This splendid, glowing, yellow pigment, prepared from the metal cadmium, is a recent addition to the palette. It is extremely brilliant and nearly transparent, which qualities make it invaluable for gorgeous sunsets. It also works and washes well, and is permanent.

INDIAN YELLOW.—A rich intense yellow, particularly useful for draperies, and for compounding landscape greens. It washes and works extremely well, and is permanent in water colors.

ITALIAN PINK.—A rich transparent yellow, affording a variety of beautiful foliage-tints, by admixture with indigo and sepia in various proportions. These three colors with burnt sienna will produce almost every variety of sunny foliage. It gives also fine olive greens by admixture with lamp black.

YELLOW LAKE.—Similar in its qualities to italian pink, but a little cooler in tint, and not quite so powerful.

CHROME YELLOW.—Is of three tints; pale, deep and orange; They are opaque colors of strong body, and are occasionally used in thin washes.

MARS YELLOW.—A fine, warm and brilliant artificial ochre quite permanent.

(TO BE CONTINUED.)

PHYSIOLOGY OR NATURAL PHILOSOPHY.

(Continued.)

Heliography is the philosophical doctrine of the sun, which is briskly summed up under the following articles: (1.) The sun is the centre of a system of six great bodies, called planets, which continually move around him. (2.) The sun is the fountain of native light and heat, which is communicated from him to the planets. (3.) His diameter is said to be (though questioned of late) 822,148 english miles, and his solid content 290,971,000,000,000,000 miles. The quantity of matter in his body is to that in the earth as 10,000,000 to 59. (5.) The weight of bodies on his surface to their weight here, as 10,000 to 435. (6.) His density to that of the earth, as 1 to 4. (7.) On his surface appear certain dark spots, called maculæ-solares, which often change their place, number, and magnitude, but what they are is not known for certainty. (8.) If those spots are really in the sun's body they prove him to have a motion

about his own axis, in about 25 days, 6 hours. (9.) His apparent daily motion from east to west is not real, but apparent, arising truly from the motion of the earth on which we live.

(TO BE CONTINUED.)

MISCELANEOUS RECEIPTS.

TO BREAK THE STONE AND EXPEL BY URINE.—Take some burs from burdock when full ripe, boil them well and drink a small cupful of the liquor before each meal.

Cabbage well boiled, for persons consumptive, should form part of every meal.

Catnep tea is good for billiousness or overflow of the gall.

FOR PERSONS TROUBLED WITH WIND IN THE STOMACH.—Take carrot seeds and carraway seed, equal quantity, boil them in a little milk and flavor with nutmeg and sugar.

TO CREATE AN APPETITE AND CLEANSE THE BLOOD IN THE FALL OF THE YEAR.—Take hop roots and common dandelion roots, about 3 oz. of each, boil them just covered with water, add 1 oz. of gum arabic and boil again, strain off and drink $\frac{1}{2}$ cupful $\frac{1}{2}$ hour before each meal.

TO CAUSE A COW TO INCREASE HER MILK.—Get mullin leaves and mix some with her food every time of giving.

TO CURE POULTRY OF THE CROOP.—Get leaves of rue, black soot and pork fat, mix together, make into boluses the size of your finger and force them down the throat of the fowl, &c., so affected.

HEALING.—The fresh leaves of hyssop bruised and a little sugar mixed with it, will quickly heal any cut or fresh wound, being applied to it.

TO CAUSE WEEPING WHEN YOU WISH A PERSON TO THINK YOU RESPECT THEM.—Bruise onions and mustard seed together and hold them in a white handkerchief near your eyes.

TO STOP QUARELS.—Be good tempered.

NAMES OF THE LINNÆAN CLASSES AND ORDERS

Class.

- I. **MONANDRIA.**
 1. Monogynia.
 2. Digynia.
- II. **DIANDRIA.**
 1. Monogynia.
 2. Digynia.
 3. Trigynia.
- III. **TRIANDRIA.**
 1. Monogynia.
 2. Digynia.
 3. Trigynia.
- IV. **TETRANDRIA.**
 1. Monogynia.
 2. Digynia.
 3. Tetragynia.
- V. **PENTANDRIA.**
 1. Monogynia.
 2. Digynia.
 3. Trigynia.
 4. Tetragynia.
 5. Pentagynia.
 6. Polygynia.
- VI. **HEXANDRIA.**
 1. Monogynia.
 2. Digynia.
 3. Trigynia.
 4. Tetragynia.
 5. Polygynia.
- VII. **HEPTANDRIA.**
 1. Monogynia.
 2. Digynia.
 3. Tetragynia.
 4. Heptagynia.
- VIII. **OCTANDRIA.**
 1. Monogynia.
 2. Digynia.
 3. Trigynia.
 4. Tetragynia.
- IX. **ENNEANDRIA.**
 1. Monogynia.
 2. Trigynia.
 3. Hexagynia.
- X. **DECANDRIA.**
 1. Monogynia.
 2. Digynia.

Class.

3. Trigynia.
 4. Tetragynia.
 5. Pentagynia.
 6. Decagynia.
- XI. **DODECANDRIA.**
 1. Monogynia.
 2. Digynia.
 3. Trigynia.
 4. Pentagynia.
 5. Dodecagynia.
- XII. **ICOSANDRIA.**
 1. Monogynia.
 2. Digynia.
 3. Trigynia.
 4. Pentagynia.
 5. Polygynia.
- XIII. **POLYANDRIA.**
 1. Monogynia.
 2. Digynia.
 3. Trigynia.
 4. Tetragynia.
 5. Pentagynia.
 6. Hexagynia.
 7. Polygynia.
- XIV. **DIDYNAMIA.**
 1. Gymnospermia.
 2. Angiospermia.
- XV. **TETRADYNAMIA.**
 1. Siliculosa.
 2. Sili quosa.
- XVI. **MONADELPHIA.**
 1. Triandria.
 2. Pandantia.
 3. Octandria.
 4. Decandria.
 5. Endecandria.
 6. Dodecandria.
 7. Polyandria.
- XVII. **DIADELPHIA.**
 1. Aentandria.
 2. Hexandria.
 3. Octandria.
 4. Decandria.
- XVIII. **POLYADELPHIA.**
 1. Pandantia.

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| <ul style="list-style-type: none"> 2. Dodecandria. 3. Icosandria. 4. Polyandria. <p>XIX. SYNGENESIA.</p> <ul style="list-style-type: none"> 1. Polygamia <i>Æqualis</i>. 2. Polygamia <i>Superflua</i>. 3. Polygamia <i>Frustranea</i>. 4. Polygamia <i>necessaria</i>. 5. Polygamia <i>segregata</i>. 6. Monogamia. <p>XX. GYNANDRIA.</p> <ul style="list-style-type: none"> 1. Diandria. 2. Triandria. 3. Tetandria. 4. Pentandria. 5. Hexandria. 6. Octandria. 7. Decandria. 8. Dodecandria. 9. Polyandria. <p>XXI. MONŒCIA.</p> <ul style="list-style-type: none"> 1. Moiandria. 2. Diandria. 3. Triandria. 4. Tetandria. 5. Pentandria. 6. Hexandria. 7. Octandria. | <ul style="list-style-type: none"> 8. Enneandria. 9. Decandria. 10. Dodecandria. 11. Polyandria. 12. Monadelphia. 13. Syngenesia. 14. Gynandria. <p>XXII. DICŒCIA.</p> <ul style="list-style-type: none"> 1. Monandria. 2. Diandria. 3. Triandria. 4. Tetrandria. 5. Pentandria. 6. Hexandria. 7. Octandria. 8. Enneandria. 9. Decandria. 10. Dodecandria. <p>XXIII. POLYGAMIA.</p> <ul style="list-style-type: none"> 1. Monœcia. 2. Dicœcia. 3. Triœcia. <p>XXIV. CRYPTOGRAMIA.</p> <ul style="list-style-type: none"> 1. Filices. 2. Musci. 3. Algæ. 4. Fungi. |
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THE HERBAL MEDICINES ARE IN DEMAND.

Our friends on the other side patronize herbal medicines freely, and most of their renowned medicines sold here by druggists are of vegetable composition. The natural mode of curing disease consists in first finding out the real causes, even remote causes also; secondly, in removing those causes by every habit being so regulated as to answer that purpose, taking such alterative herbal medicines at the same time as will assist in so doing, into which is combined some cleansing and strengthening properties in order that the patient's blood may be clean and healing in its nature when it flows to the diseased part.

NOVEMBER-POETRY.

Prepare the henhouse, barn and stable,
 To keep out wind, rain, frost and snow,
 If you would have them comfortable
 For your poultry, horse and cow.

The best plan is for hens and roosters,
 To take down roosts, and give them straw,
 'Twill keep them fat, and make good roosters,
 And keep them free from frozen claw.

Perennial roots should be protected,
 Either in heuse, by frame or straw.
 Your spreading roots, should be dissected,
 And vacant ground plough'd up for snow.

Look well to pot-herbs, keep them dry,
 And covered up from smoke and dust.
 Or Christmas meat, to season high,
 Through your neglect, go short you must.—V. B. H.

To spend a dull month, among dull men, in dull times, is
 dull indulgence. The duller this month appears, the more
 lively will next month appear, when it comes

With merry, happy, jolly faces,
 And gorgeous, plentuous, table graces.

Slothfulness makes all things difficult.

Religion is the best armour, but the worst cloak.

Use pastime so as not to lose time.

Who looks not before, finds himself behind.

Every man is the architect of his own fortune.

Nothing to be got without pains—but poverty

The three great physicians—Nature, time, and patience,—

Their three assistants—Food, medicine and rest.

Clean your chimneys before your snowy roofs prevent you,
 bag up your soot, and in one of the Spring numbers for the
 next year, I will show the use of it.

Attention is called to inducements on next page.

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, or messages left with W. Johnson, 42 James Street, up stairs.

P. B.—I cannot inform you for certainty where, but I have heard there is plenty further north, they stand the cold well, they are perennial.

S.—Get turnip, artichoke and parsnip roots, cut them in slices, place them in a large jar or bowl and spread sugar between each slice, cover over with a plate or something cold, and stand in a cold place for three hours, you can then strain off the liquor that has distilled from them for use. It will keep, if well corked up, and should be kept in the cool and in the dark.

SUBSCRIBER.—Yes, I think so, I mean to make the offer to all those who obtain five yearly subscribers at \$1.00 in advance. I will give one copy free for the year.

F. D.—You should use my breast plaster.

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