

THE GOOD CANADIAN ;

OR,

HOUSEHOLD PHYSICIAN.

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

TWIN SISTERS.

Disease,	Health,	Wisdom,	Industry,	Honesty,	Piety,
Death.	Life.	Prudence.	Wealth.	Honor.	Peace,

Words spoken are like seeds sown : with care, broadcast, or at random.

A hint advanced to a wise man is like a ferrit in pursuit of a rabbit.

COLDS AND COUGHS.

When oppression of the breast, stuffing at the nose, unusual weariness, pain of the head, &c., give ground to believe that the perspiration is obstructed, or, in other words, that the person has caught cold, he ought immediately to lessen his diet, at least the usual quantity of his solid food, and to abstain from all strong liquors. If people would sacrifice a little time to ease and warmth, and practice a moderate degree of abstinence when the first symptoms of a cold appear, most of the bad effects which flow from an obstructed perspiration might be prevented; but, after the disease has gathered strength by delay, all attempts to remove it often prove vain. Total consumption of the lungs is often the effect of common colds, notwithstanding people treat them with indifference and neglect, because they are only mere colds. Hence it is that colds destroy such numbers of mankind. It is certain, however, that colds may be too much indulged. When a person, for

every slight cold, shuts himself up in a warm room, swallows medicine, and drinks great quantities of warm liquor, it may occasion such a generally relaxation of the solids as will not be easily removed. Bathing the feet in warm water, lying in bed and covering up well, and drinking warm thin gruel or other weak liquors, will sooner take off a spasm and restore the perspiration than all the hot and costly medicines in the world.

The above is all that is necessary for removing a common cold, and if this course be taken at the beginning, it will seldom fail. When the symptoms do not yield to abstinence, warmth and diluting drinks, there is reason to fear the approach of some other disease, as an inflammation of the breast, an ardent fever, or the like, and the patient should then be treated accordingly. The chief secret in preventing colds lies in avoiding, as far as possible, all extremes either of cold or heat, and in taking care, when the body is heated, to let it cool gradually.

A COMMON COUGH

is generally the effect of a cold, which has either been improperly treated or entirely neglected. When it appears obstinate there is always reason to fear the consequences, as this shows a weak state of the lungs, and is often the forerunner of a consumption. When a cough is occasioned by acrid humors tickling the throat, a little butter and sugar well mixed, and therewith keep the throat moist, would blunt the acrimony of the humors, and, by taking off their stimulating quality, help to appease the cough.

In obstinate coughs, proceeding from a flux of humors upon the lungs, the following decoction would be a present help:— Take herb hoarhound, one handfull; liquorice root, 2 ounces; thyme, a few sprigs; boil them well together in a quart of water, and strain off the liquor, drink a few spoonfuls as often as the cough comes on. In a cough proceeding from a foulness and debility of the stomach, the aforementioned receipt of hoarhound, &c., may be used, adding thereto, before boiling, one handfull of hops.

The stomach cough may be known from one that is owing to a fault in the lungs by this: that in the latter the patient coughs

whenever he inspires or draws in his breath fully, but in the former that does not happen. The cure of this stomach cough depends chiefly upon clearing and strengthening the stomach, for which purpose gentle vomits and bitter purgatives are most appropriate; after which the body should be kept gently open. The Peruvian Bark will be found of considerable service; it may be chewed, taken in powder, or made into a tincture along with other stomachic bitters.

A nervous cough can only be removed by change of air and proper exercise. Immersing the feet and hands in warm water will often appease the violence of a nervous cough. A drink for a nervous cough may be made thus:—Peruvian bark, one ounce; gentian root, one-half ounce; orange peel, one-half ounce; and coriander seed, one-half ounce. Bruise them well, and boil them in two quarts of water; stir in when strained, one-quarter lb. of honey. Take one-half a glass one hour before each meal. Persons afflicted with a nervous cough, or any nervous disease, should pay the strictest attention to diet, air, exercise and amusement.

If a cough is caused by obstructed perspiration at the outset, the perspiration should be freed, and so by removing the cause, the effect will cease. Just so, when a cough is the symptom of some other malady, it is in vain to remove it without first curing the disease from which it proceeds. Thus, when a cough is occasioned by teething, keeping the body open, scarifying the gums, or whatever facilitates the cutting of the teeth, likewise appeaseth the cough. In like manner, when worms occasion a cough, such medicines as remove those vermin will generally cure the cough.

THE WHOOPING OR CHIN COUGH.

Seldom affects adults, but often proves fatal to children. Whatever hurts digestion, obstructs the perspiration, or relaxes the solids, disposes to this disease; consequently its cure must depend on cleansing and strengthening the stomach, bracing the solids, and, at the same time, promoting perspiration and the different secretions. In this disease a change of air is necessary, for it removes the patient from where the infection prevails, and tendeth much to cure the malady. The air should be chosen

purer and warmer than the patient is used to. It is not at all uncommon to find the whooping cough prevailing in one town or village, when another village at a very small distance is entirely free from it; therefore, disinfectants should be freely used about the house, and the phlegm should be destroyed carefully. If, at the first appearance of this disease, care is taken to follow the following directions, a speedy cure may be effected easily: Take notice of the symptoms; if the patient seems inclined to vomit, gentle vomits frequently repeated are beneficial. If the bowels are loosened, gently help to keep them open. The body at the same time should be kept at one moderate warmth and perspiration helped. Many people think that oily balsamic pectoral medicines possess wonderful virtues for the cure of whooping cough, and accordingly exhibit them plentifully to patients of every age and constitution, without considering that everything of this nature must load the stomach, hurt the digestion, and of course aggravate the disorder. At the commencement of the disease, the soles of the feet, and the hands and wrists should be rubbed with the following mixture, at morning, noon and night:—Garlic roots and horse radish, equal quantity, beaten together with vinegar in a mortar, and simmer on the stove, and strain off the liquor for use, keeping warm stockings on the feet; the food of the patient should be easy of digestion. A drink may be made as follows:—Take one ounce of liquorice root, one ounce of comfrey root, and one handful of herb thyme, boil them well in three pints of water until half is wasted; give a half cupful of the liquor or less; as the patient is in general very thirsty, give a little and often, but when not thirsty, give more each time to the half cupfull. This has cured my own son and daughter, and many other children whom I have known. If, through improper treatment or through neglect, it should turn to inflammation of the lungs, a physician should be had; but there is no fear of inflammation if the above regulations are strictly adhered to at the beginning of the malady.

I have known whooping cough as well as other coughs to originate from worms, accompanied with a violent cold; the cure in this case would be to give the patient a good drink of onion water, that is to steep some sliced onions in water all night, and take a good drink thereof every morning fasting;

if the child is restless and the eyes are sunk in, and it is often picking its nose, with a kind of fidgetty disposition, then it is troubled with worms, and the above drink is sure to pass them, when by keeping the body, hands and feet warm, and attending to the other directions above mentioned, the patient will soon recover.

EXPERIMENTAL TRUTHS.

Sweet the word that is sweetly spoken,
 Happy the breast that is full of love ;
 Kind the actions, as a token,
 By which we our friends may prove.

Faint the heart that is always sighing,
 Dull the mind that is always low,
 Weak the eyes that are always crying,
 Bright the soul that is never so.

Sick the head that is always fainting,
 Idle the tongue that cannot talk,
 Tired the hands that are always painting,
 Feeble the feet that cannot walk.

Deaf the man that cannot listen,
 Blind the man that will not see,
 Fool if he neglect salvation,
 Whilst 'tis present full and free.

It's well to paint and view the picture,
 It's well to go the road that is right,
 It's Faith that makes the heart a fixture,
 It's Faith that makes the picture bright.—V. B. II.

Why is a Quack like a bombardier? Because he uses the mortar to the destruction of mankind.

MEDICAL ROOTS AND THEIR PROPERTIES.

Liquorice Root.—Description : The root runneth down deep into the ground, they shoot out suckers in every direction, by which means its production is increased. It is of a brownish color outside and yellow within. It is used beneficially by those who are troubled with a dry cough, hoarseness, wheezing or shortness of breath, and for all the complaints of the breast and lungs, phthisic or consumption caused by the distillation of salt humors upon the lungs. It is also good in all pain of the reins, stranguary and heat of urine; the juice of liquorice if

pure, is as effectual for the above complaints as the decoction thereof. The juice dissolved in rose water with some gum tragacanth is an excellent medicine for hoarseness, wheezing, &c.; the decoction tendeth to excite mirth and wit. It is a most healthy root, and cannot easily be used amiss. It may be used with other things for diseases of the throat; imperfections of the tongue and memory, epidemical diseases, and hurts of intellect are helped by it.

SARSAPRILLA ROOT is of a healing quality however used; it is given as an antidote against poison and all venomous things; it in general doth not heat but rather dry the humors; it is easily perceived that it not only drieth the humors but wasteth them away by some secret and hidden property therein, much whereof is performed by perspiration which it performs very effectually. It may be used in all cold fluxes from the head and brain, rheum and catarrhs, also in all cold griefs of the stomach, and expelleth wind very powerfully. It helpeth the French disease (so called), and all manner of aches in the sinews and joints, all running sores in the legs, all phlegmatic swellings, tetter and ringworms, and all kind of spots and foulness of the skin; it is not proper to be given to those whose livers are over hot, or to such as have agues. A strongly concentrated decoction by itself or with other appropriate herbs, is the most efficient method of using it.

GENTIAN ROOT, CALLED ALSO FELWORT AND BALDMONY.— There is not a more excellent root for strengthening the stomach and helping digestion; it preserves the heart and prevents fainting and swooning; resisteth putrefaction and pestilence; helps the biting of venomous things; opens the obstructions of the liver, and restores loss of appetite. It provoketh urine, and may be found profitable in cramps and convulsions, also breaks the stone, is and is a great help for ruptures. It is good for cold diseases, and to expel tough phlegm, and to cure all sbabs, itch, fretting sores and ulcers; it destroyeth worms in the body, it helpeth agues of all sorts, the yellow jaundice, (and bots in cattle). When kine are bitten on the udder by any venomous beast, or wounded in any way, if the afflicted parts are washed and dressed with a decoction of this root it will prove a certain

cure. This root should not be used by females, unless by the skillful advice of a physician.

MANDRAKE Root is profitable in erysipelas (called St. Anthony's fire) and all such inflammations that are attended with great pain and swelling. It heals vehement pains of the head and toothache, when applied to the cheek and jaws; and it causes sleep. If the powder of the root be used as snuff it will be found profitable in frenzy; in such cases the temples and nose of the patient may be bathed with a decoction of the same; if the patient should seem to sleep too long after this process, dip a sponge in vinegar and hold it to the nose. It is helpful in all phlegmatic humors, and small-pox and measles, if properly used.

COMFREY Root being boiled and the decoction drank, helpeth all inward hurts, bruises or wounds, and the ulcers of the lungs, causing the phlegm that oppresses them to be easily spit forth; it stayeth the defluxions of rheum from the head upon the lungs, the fluxes of blood or humors by the belly, and all immoderate fluxes or runnings of the reins from whatever cause it may originate. The root bruised and outwardly applied immediately helpeth and soon healeth fresh wounds and cuts. It is especially good for ruptures and broken bones; it is good to be applied to women's breasts that grow sore by the abundance of milk flowing into them. The roots procured fresh and beaten small, if spread upon leather, and laid upon any place troubled with the gout, doth soon ease the pain, and applied in the same manner, give ease to pained joints; and profit very much for running and moist ulcers, gangrenes, mortifications and the like, for which it hath by often experience been found useful. The distilled water of Comfrey will have the like effect.

Burdock root, also called personata, bardona, lappa-major, great burdock and clotbur—the root beaten with a little salt and laid on the place easeth the pain when bitten by a mad dog. If bruised, when fresh, with the white of an egg, and applied to any place burnt with fire, will take out the fire, give sudden ease and heal it up afterwards. The three roots preserved with sugar and taken fasting are good for fretting sores, for consump-

tions, the stone, and the lask. A decoction of the roots drank in small quantity helpeth to spit up foul, mattery phlegm; &c.; the juice of the pressed root taken with honey, provoketh urine and remedieth pain in the bladder.

BOTANY OR PHYTOLOGY (Continued).

The second great province of botany is to make a just and natural distribution and arrangement of vegetables into their various genera or kinds and classes, and to enumerate the species and individuals contained in each; to effect this, botanists have pursued different methods. For since the kinds of plants follow some general differences or characteristics, and these are also found in almost all parts of plants; therefore, some have began to define the various kinds of plants from their roots, others from their flowers, and others from their fruit, &c. The common and general distinction of plants and vegetables are, (1) Indigenous, or such as are natives of our own soil or country; (2) Exotics, such as are brought from foreign countries. With regard to sex, they are divided into male, female, and hermaphrodite plants, as before observed on page 28. With regard to their period of continuance, they are distinguished as annual or yearly, biennial for two years, and perennial or such whose roots abideth many years. Again, those plants which retain their leaves in winter are called evergreens, and such as do not are called deciduous or perdifols. Also vegetables are divided into herbs, shrubs and trees, but this is rather popular and common than just and philosophical. Lastly, with respect to the elements they grow in, they are aquatic or such as grow in water, terrestrial or such as grow on land, and amphibious or such as grow in either land or water. There has been adopted various methods of enumerating the species of plants. The method of Mr. Ray, in my judgment, is the best I know of; it is as follows, having twenty-five classes.

I. Submarine, or that which grows in the sea, and on rocks, &c., seem to want both flower and seed, as corals, sponges, &c.

II. The Fungi or mushrooms, puff balls, and those excrescences of trees called jews ear, agaric, &c., all which appear to want

both flower and seed, and leaves, and have a vegetation peculiar to themselves.

III. Mosses of all kinds, most of which appear to want flower and seed, for which reason these three classes are called imperfect plants.

IV. Capillary plants, which are all such as want a stalk or consist of leaves only, and whose seed grows like small dust on the back part of the leaves; as maiden hair, spleenwort, polypody, fern, &c.

N. Apetalous plants, which bear apetalous or staminate flowers, namely: such as consist only of stamina and the perianthum, without any leaves, as hops, hemp, nettles, docks, sorrel, arsesmart, lady's mantle, &c.

VI. Lactiferous plants, which have a compound flower, and which emit a sort of white juice or milk when their stalks or branches are cut or broken off,—as lettuce, sowthistle, dandelion, succory, goatsbeard, nipplewort, &c.

VII. Discoide plants, which have a compound flower of a discoide figure, and the seed pappose or winged with down, but emit no milk, as coltsfoot, fleabane, golden-rod, ragwort, groundsel, cudweed, &c.

VIII. Corymbiferous plants, which have a compound discous flower, but their seeds have no down, as corn marigold, common ox-eye, yarrow, camomile, mugwort, scabious, teasel, &c.

IX. Capitated plants, whose compound flower is composed of many small, long, fistulous flowers, the callices of which crowd together within a scaly coat, and emulate a head or turgid knop on the top of the stalk; as the thistle, burdock, blue bottle, knapweed, saw worth, &c.; these also have a down attached to their seeds.

X. Monospermous plants, which have a perfect flower, and have only one single seed belonging to each single flower; as valerian, corn sallet, agrimony, burnet, meadow-rue, fumitry, &c.

XI. Umbeliferous plants, which produce their flowers in an umbel, on the top of the stalk or branch, resembling in some degree an umbrella; they have a pentapetalous flower, that is to

say, composed of five leaves, and are gymnodispermous, that is having two naked seeds after each flower; to this kind belong parsnip, cow-weed, angelica, dropwort, hemlock, saxifrage, smallage, a kind of burnet, thorrowax, sanicle, &c.

XII. Stellate plants, so called because their leaves grow on the stalks at certain intervals in form of a star. The flowers are monopetalous but divided into four segments like little leaves each flower is succeeded by two small seeds at the bottom of it; to this kind belong mugwort, madder, Ladies' bedstraw, woodruff, clivers, &c.

XIII. Asperifoliate or rough leaved plants, have their leaves growing alternately or irregularly on the stalks; their flowers are monopetalous, the edges of which, as well as of the calices, are divided into five parts, and after each flower usually succeed four seeds; as the hounds-tongue, wild bugloss, comfrey, mouse-ear, &c.

XIV. Verticillate plants, whose leaves grow by pairs on the stalks; their flowers are monopetalous, labiated and in many galeated; to each flower succeeds four seeds within the perianthum. The common characteristic of this kind is, that the flowers grow in whirls around the stalk, though some of the plants of this kind are not so; to this kind belong dead-nettle, hoarhound, mint, pennyroyal, vervain, motherwort, alehoof, bugle, betony, seltheal, &c.

XV. Polyspermous plants, or such as have many naked seeds succeeding the flower; as marsh-mallow, piewort, crowsfoot, avens, strawberries, cinquefoil, tormentil, meadow-sweet, &c.

XVI. Pomiferous plants, which bear large fruit covered with a thick rind, whose flowers are monopetalous, and quinquepartite on the margin, growing on the top of the fruits; to this kind belong pumpkins, gourds, citrons, melons, cucumbers, &c.

XVII. Bacciferous plants, or such as bear berries; as briony honeysuckle, butchers-broom, solomons-seal, lily of the valley, night shade, asparagus, &c.

XVIII. Multifluous plants, which give after each flower many distinct, long, slender and sometimes curved cases (or siliquæ), in which the seed is contained, and which open and let it drop

out when ripe; as houseleek, orpine, navelwort, bears-foot, marsh marigold, columbines, &c.

XIX. Vasculiferous plants, with monopetalous flowers, either uniform or difform; and after the flower a peculiar case or seed-vessels (besides the calix), and this often divided into many lesser cells or locules containing the seed; to this kind belong henbane, gentian, binweed, throatwort, toad-flax, fox-glove, yellow and red rattle, eyebright, &c.

XX. Siliquous plants, which have an uniform tetrapetalous flower, but bear their seed in oblong, siliquous cases or cods; as stock-gulliflower, wall flower, jack by the edge, mustard, charlock, radish, wild rocket, lady's smock, scurvey grass, woad, &c.

XXI. Leguminous plants, or such as bear pulse, its flower papilionaceous (in the shape of a butterfly with wings expanded), consisting of four parts set together at the edges; to this kind belong vetches, lentils, peas, beans, liquorice, birdsfoot, trefoil, rest-harrow, &c.

(TO BE CONTINUED.)

SOUND

travelleth at the rate of 1142 feet in a second of time, and may be heard at the distance of 180 or 200 miles.

LIGHT

travelleth at the rate of 200,000 miles in a second of time, and arrives to us from the sun in about seven minutes and a half, which is 81,000,000 miles.

THE AURORA BOREALIS OR NORTHERN LIGHTS

are produce from nitro-sulphurous vapors which are thinly spread through the atmosphere higher than the clouds, and by fermentation take fire, and the explosion of one portion kindling the rest, the flashes succeed one another till all the vapor within their reach is set on fire the streams whereof appear to converge towards the zenith of the spectator, or the point over our heads.

RHEUMATISM.

The cause of rheumatism are an obstructed perspiration, the immoderate use of strong liquors and the like, also sudden changes of the weather, and all quick transitions from heat to cold. The acute rheumatism commonly begins with weariness, shivering, a quick pulse, restlessness, thirst, and other symptoms of fever; afterwards the patient complains of flying pains, which are increased by the least motion. These at length get fixed in the joints, which are often affected with swelling and inflammation. In this kind of rheumatism the body ought to be kept open. Warm bathing after proper evacuations has an exceeding good effect—great care must be taken not to catch cold after bathing. The chronic rheumatism is seldom attended with any considerable degree of fever, and is generally confined to some particular part of the body, as the shoulders, the back, or the loins; there is seldom any inflammation, in this case, or swelling either. Persons in the decline of life are most subject to chronic rheumatism. The chronic rheumatism is similar to gout in this respect, that the most proper time for using medicine to extirpate it, is when the patient is most free from the disorder. A table spoonful of white mustard seed may be taken two or three times a day in some water. Several bitter herbs and roots are beneficial, which I shall notice as I continue the herbs and their properties monthly. Want of perseverance in the use of medicines is one reason why chronic diseases are so seldom cured. Cold bathing sometimes cures it; horse riding may be recommended, and wearing flannel next the skin; issues are sometimes proper in chronic cases. In all cases of rheumatism, the patient should encourage perspiration, and his bowels should be kept open; hops and herb marjoram, in equal quantities boiled together in water, and drank freely, also the joints bathed and well rubbed with the decoction will be found of wonderful effect.

MISCELLANEOUS RECEIPTS.

A CATAPLASM FOR THE FEET with intent to stimulate strongly, excite pain therein and relieve the head, may be made thus:—

equal parts of scraped horse radish and mustard moistened with old yeast will answer the design expeditiously, strongly and effectually.

STOMACH PLASTER.—Take of yellow wax 8 ounces, tacamahaca in powder, and palm oil each 4 ounces, melt them together, and add cloves in powder two ounces, expressed oil of mace one ounce and a half. Mix and make them into a plaster, which is to be moistened when fresh spread, with a few drops of distilled oil of mint.

This is intended as a warm, carminative and cordial application to the stomach, and exerts very comfortable effects when such things are wanted, therefore it is useful in flatulences, gripes, and all complaints arising from indigestions; a cold, weak stomach cannot well fail finding relief from its use.

TO REMOVE TETTERS AND SORES OF ALL KINDS IN THE FACE OR TOP OF THE HEAD.—Cut a beet root into slices and an onion into slices, press the juice from both and mix together with one half teaspoonful of vinegar, anoint the affected parts therewith.

TO KILL LICE IN THE HEAD OR BODY.

Get the common broom tops, such as our brooms here are made of, boil them in olive oil for an hour or two, rub well twice a day. It will kill them the first or second time of dressing.

A decoction or poultice may be used externally for all kinds of pains and swellings, made of herb groundsel.

The distilled water of knot grass is of admirable efficacy in cooling all manner of inflammations, breakings out, and for all kinds of sores or ulcers—if taken inwardly, and if washed therewith quickly healeth them.

The decoction of the leaves, bark, or root, of elm tree, healeth broken bones, by bathing the part affected therewith.

For the dropsy, a large spoonful of mustard seed, taken whole night and morning, after which a small glass of elder leaf tea may be drank. During the day one half pint of the decoction of Broom tops may be drank. The above receipt will be found of wonderful curing effect.

For scurf, dandruff, or breakings out in the head, take two beet roots, cut in slices and boil them in some vinegar, and wash the head therewith.

Watercresses may be grown in a garden by making a clay bed about 14 inches deep; sprinkle therein some light mould, then get some watercress with thready roots, lay them on the bottom about 6 inches apart each way, cover them lightly with mould, get a cask and fill it with water, fix it above the bed. It should have a tap or a small peg in the bottom, so that in dry weather it could be kept running or dripping, and in wet weather it would not be required. I have grown them very fast this way myself.

A FAMILY MEDICINE CHEST.

Many families have had a medicine chest in their houses for fifty years, and not known it, in the shape of a well stocked cruet-stand, for example—

SALT is a decided cathartic; in doses of from half an ounce to one ounce or more, it is also a vermifuge in large doses; it both preventeth and killeth worms.

VINEGAR is a refrigerator, and it is diaphoretic; also it is moderately stimulant, and astringent if externally applied; it is serviceable mixed with other things for head wash, &c.

MUSTARD is a powerful and a very safe emetic; by taking a teaspoonful in a tumbler of water, being an instant relief to the stomach, and may be recommended in some cases of cholera. Mustard tendeth to strengthen the back, also the voice. A mustard poultice acts sometimes as a blister, and very often better.

OLIVE OIL is demulcent, relaxant, and laxative; it appears to be an enemy to worms, and if used for relaxation, instead of castor oil, in some cases it would be of better effect; its healing virtues may be proved by making salves thereof; and to rub the skin therewith is conducive to health and longevity.

PEPPER is a stimulant—the white is the strongest. Infused in water it is good for a relaxed sore throat; it may be used

in some cases against ague. An ointment may be made of black pepper for ringworm, thus:—Take grated horseradish root and black pepper, same quantity of each, say one large spoonful, and one spoonful of fresh butter, a small piece of wax, and a small piece of rosin; melt the butter, wax and rosin together, then stir in the pepper and scraped horseradish; let it cool.

CAYENNE possesses similar virtues, but stronger; it has been found of beneficial effect in many instances where stimulated heat is required.

HONEY is less in use than it ought to be; it has a healing effect on the lungs and inward parts in general; in some people the piles may be cured by eating honey with their bread for a few days.

To this family medicine chest might be added several things, but the contents being only four or six of them, it sufficeth to say that such a valuable supply of remedies always at hand should not be entirely forgotten. I intend describing a simple mode of forming a small but complete medicine chest, of simples especially, in another magazine.

Food well cooked,
Salted to taste,
Occasionally peppered,
Not too much haste.

Cook must not flurry,
Or she might forget,
And in her great hurry,
The pepper upset.

Mustard when wanted,
Vinegar too,
Should always be granted,
Its duty to do.—V. B. H.

The many diseases that pester mankind might be obviated very often, if more attention was given to cooking food sufficiently. A change of diet also well attended to, would be a great preventative. Prevention is better than cure; good food is better than good medicine.

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.

W. M.—It would do well for the paper you were speaking of, I think, so you shall have it as soon as I get it returned.

W. P., Toronto.—They are circulating now in Ancaster and Ingersoll. That would not suit your complaint, so you should not eat of it.

R. WATFORD, Toronto.—I shall send you one, and if you want any more let me know by letter.

B.—A fawner, cringer, the dose recommended must be mixed each time of taking, or it would get stale, and of less virtue.

A SUBSCRIBER.—In answer to your letter, I am surprised to find you asking such a question. Zoophites are a class between the vegetable and animal kingdoms. Ytterby is a fossil discovered by Ytterby in 1786.

JOHN S.—To avoid its return you must carefully attend to the advice given in the other letter concerning regimen and exercise; avoid the remote causes which I mentioned to you.

A. GREEN, Oakville.—If you come this way call on me.

A MISSPRINT.—Line 10th, page 31 of last number should read, *not perspire above one oz.*

NOTICE.

Advertisements by arrangement with the Editor.

A wood engraving of the human eye will appear in April Magazine.

FOR THE INFORMATION OF SUBSCRIBERS.—The Magazine is circulated for sale and is selling in upwards of thirty towns and villages. Subscribers at a distance may have them sent by mail free, upon receipt of ten cents, direct from the Editor.