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The Cause of Headache.

It is probably no exaggeration to say that the great majority of habitual or frequently recurring headaches are the direct result of eye troubles,—astigmatism or near-sightedness,—which the proper fitting and wearing of glasses will prevent. But not all headaches are of this character—not all, even, of the often recurring headaches, and it may be well to mention some of the other causes.

Any form of blood-poisoning is apt to cause severe headache. Indeed, this is the most common cause of the trouble, next to eye-strain. Such a headache is that which accompanies fever, or which occurs in cases of chronic lead-poisoning, kidney disease, habitual constipation, or sleeping in unventilated rooms. This is the headache also which occurs in gout and rheumatism, and in malaria.

Pain in the head of a most violent and persistent character may depend upon some disease of the skull, and of course and inflammation of the brain itself or its membranes will manifest itself by severe pain in the head.

A variety of paroxysmal or recurrent headache, which resembles somewhat the eye-strain headache and may be mistaken for it, is one due to catarrhal troubles in the nose, and especially in the large air-cavities in the forehead and face connected with the nose. This headache, like one kind due to eye-strain, comes on at a certain time each day, and increases in intensity for a while, then subsides; but its times differ from those of the headaches of eye origin. The latter are worse in the evening, but the nose headache comes in the early morning and gradually diminishes as the day wears on, to disappear at sundown.

Most of the causes of headache above mentioned act by inducing changes in pressure within the skull. The latter is, of course unyielding, so the effects of pressure must be exerted upon the brain. These pressure changes, except in the case of a tumor or effusion of fluid or other material, are due to variation in the size of the blood-vessels of the brain. Congestive headaches are such as are caused by mental excitement, over-indulgence in the pleasures of the table, or in tobacco, tight collars or severe coughing.

Headache may also occur in anemia, but then it is probable that the blood contains some poisonous material.

What Split the Log.

There's nothing like giving a boy a little encouragement once in a while, said a wealthy down-town merchant, the other day. 'I know I owe a great deal to a remark a crabbed old farmer made to me when I was quite small.

'I was trying to split a cross-grained hickory log, and, as our wood-pile was close by the roadside, my efforts attracted the notice of the farmer, who stopped his team.

'I was greatly flattered by his attention, because he was the crossst and surliest man in town, and never took any notice of boys except to sit in his orchards with a shot-gun in his hand when the apples were ripe. So I put in my best licks, and covered my hands with blisters, but the log refused to split. I hated to be beaten, but there seemed no help for it. The old man noticed my chagrin.

'“Hump! I thought you'd hev to give it up!” he said with a chuckle.

'Those words were all I needed. I made no reply; but the way that axe-head went into that log was a revelation to me. As I drove it into the knots, they yielded. There was a cheerful crackle, the gap widened, and soon the halves laid before me, and the farmer drove off discomfited.

'But I never forgot that scene. When I first went into business, I made mistakes, as every man will. But whenever I got caught in a double enterprise, I remembered that my friends were standing around waiting for the chance to say, "I thought you'd have to give it up!"

'In spite of himself, that old farmer gave me the key-note of my success.

'So you see that, if a boy has any grit in him, he is bound to profit by the right sort of encouragement; and, in that connection, I may remark, a well-placed sneer is often worth more than a barrel of taffy.' —'Puck.'

Echo of The Old Entente.

'“During a walking tour in Brittany some few years ago,” writes a correspondent of the London Daily Mail, “I was strolling in the outskirts of the little town of Pluvigny, whistling, for want of thoughts, the air of 'Annie Laurie.'

'“On hearing it a feeble grey-haired man, who was sunning himself by the threshold of a cottage, rose and came delightedly towards me.

'“Ah! monsieur,” he remarked, “it is many years since I heard that melody, but I have not forgotten it. Learnt it when I was fighting by the side of your soldiers before Sebastopol. They used to whistle it day after day, month after month. Many old French soldiers, besides myself, must remember it.”

'“The Breton veteran invited me into his cottage to have a glass of cider and a chat.”

WOODSTOCK, N. B., SEPT. 13 1905.

Not to be Daunted.

(From the Portland 'Oregonian.')

Though it has never been proved that plants have brains, it has been proved that there is some power within them whereby they combat evil conditions and seek what is best for their good. A resident of Castle Valley, Pa., has a vine that showed itself last month to have, it not brain, a substitute of equal value. This vine, a young one, grew in a clay pot. A stick stood in the middle of the pot, and the vine curled up it. It was about two feet in height; in length uncurled, it would have measured four feet. Usually the vine was placed in a south window every morning, where it absorbed all day the benefit of the sun's rays. It happened, however, through an oversight, that one afternoon a shutter shaded half the window and the vine was shut in the shutter's shadow. A foot away was the sunlight, warm, glittering, life-giving, but where the plant stood there was nothing but gloom. During the four days the vine stood in the shadow with the sunlight near it, it did something that proved it to have a faculty akin to intelligence. It uncurled itself from its supporting stick, and, like a living thing, it crawled over the window ledge to the sun. This vine, to be sure, did not uncurl itself and crawl with the rapid movements of a snake. Its movements were, indeed, so slow as to be imperceptible. Nevertheless, looking about, it overcame every obstacle, and finally it lay basking in the sun.

The Disorders of Indigestion

Arising From Torpid Liver, Kidneys and Bowels Cured by Dr. Chase's Kidney-Liver Pills.

Most of the ills of every-day life come from derangements of the digestive system. The liver becomes clogged and torpid, the kidneys inactive, and the bowels constipated. The poisonous waste matter is thrown back into the blood stream, and the result is some deadly form of disease.

It is not necessary to be continually dosing if you use Dr. Chase's Kidney-Liver Pills. This treatment acts directly and promptly on the liver, kidneys and bowels, and insures their proper working.

Indigestion, dyspepsia, kidney disease, backache, liver complaint, biliousness and constipation are the ailments for which Dr. Chase's Kidney-Liver Pills are most frequently used.

Dr. Chase's Kidney Liver Pills, one pill a dose, 25c. a box, at all dealers, or Edmanson, Bates & Co., Toronto.

Only One Meal a Day.

From The London Daily Mail.

'“One meal a day,” was the golden rule laid down by Dr. Hadden at the congress of the royal institute of public health recently.

His paper was entitled “Diet in the Treatment and Prevention of Diseases,” and he dealt forcibly with the effects of overfeeding. It had been truthfully stated, said Dr. Hadden, that we were digging our graves with our teeth.

Parr, who reached 150, might have lived longer but for the pleasures of the table. Soris, a German, who reached the age of 180 years, and who ate only once a day, took butcher's meat only twice a week and fasted twice each month, taking nothing but water on those days. The speaker, citing his own experiences, said it would be well if we could return to the ancient Greek and Roman custom of eating only one meal daily.

Sir James Crichton Browne, the president of the section, disagreed with Dr. Hadden, and said that, generally speaking, what they had to contend with was not an excess but a deficiency of food. Had Dr. Hadden tried his suggestion on a baby?

Vicar—“Well, gentlemen, what can I do for you?” Spokesman—“Please, sir, we be a deputation from farmers down Froglands parish, to ask you to pray for fine weather for 't'arvest.” Vicar—“Why don't you ask your own vicar?” Spokesman—“Well, sir, we reckon 'e be 'unt much good for this 'ere. 'E do be that fond of fishin'.”—[Punch.]



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