

Poetry.

SOME DRY.

Some day my cheek shall lose its bloom,
The flowers for me their rich perfume,
And 'mid the shades and gathering gloom
My feet shall stray;

Some day my eyes shall dimmer grow,
My hair turn white as winter snow,
My form grow thin, faint and low,
My mind grow dim;

But still my lonely path I'll tread,
And mourn, perhaps, my cheris'd dead,
The hopes and joys forever fled
So far away.

Literature.

THE COURSE OF TRUE LOVE.

A True Story.

I first met Rudolph Movitska in the winter of 1892. I had then been in California three years, and became accustomed to meeting all sorts of characters; but I remember that this man engaged my attention and impressed me strangely. It was in a San Francisco gambling den that I saw him for the first time. He, like myself, was a mere looker-on, killing time by watching three games in progress and evincing no desire to take part in any of them.

I was struck by his handsome physique and the massive, leonine grace of his movements, but more particularly by his pale thoughtful face, and with its intellectual contour, his large and melancholy eyes, and the foreign cut of the dark moustache and pointed beard.

A desire to know the man prompted me to draw him into conversation, and from that moment we were fast friends. In the year that followed we were almost constantly together. We became partners in business, joint owners of a mine in which we invested a good deal of money and boundless hopes, and our friendship grew warmer with each succeeding week.

Rudolph Movitska was a man of noble bearing and a fine scholarly attainments. He spoke English and several other languages fluently, and showed by his conversation that he was remarkably well read for so young a man—for at that time he was but thirty-two years of age.

His history interested me. It was several months after our first acquaintance before he became sufficiently confidential to tell me about himself.

He was the only son of a Polish count. He had wooed and won and clandestinely married a beautiful young lady, in whose veins flowed royal blood. Her name was Helena Olanof. She was divinely loved and was rapturously admired by everybody. A young Russian Prince became enamored of her and it was decreed that she should become his wife. It was on account of this decree that Rudolph and she were married secretly.

Helena refused to become a prince's wife," said Rudolph, "but did not tell me that she was already married to me. Her pride was sorely wounded by her rejection of his hand, and he vowed vengeance. It did not take him long to find out that the girl loved me, and I then became a target for his insane wrath. He invented some sort of pretext for charging me with being concerned in a conspiracy against the government. I knew that I would not be permitted to prove my innocence; I knew that the bare accusation meant banishment, if not death for me. At the instance of my wife, who tearfully begged me to fly and save my life for her sake, I turned my back on all that was dear to me and fled to Paris, firmly believing of course that our separation would be but temporary.

"While in Paris," continued Movitska, "in a lucky way," I received a letter that rained all my future prospects, and filled my soul with desolations and despair. First there came a letter from a friend, telling me that my Helena was as false as she was fair, and that since my departure she was receiving the Prince's attentions with apparent pleasure. Then there was one from Helena's father, in which he informed me that his daughter had told him all; that she was repentant, and deeply regretted her rash marriage with me; that she desired above all things to become the wife of a Prince, and begged that some means might be devised to sever the tie that bound her to me, so that she might be free to accept the hand of her royal suitor; and then the letter wound up by entreating me never to divulge the secret of our marriage, and to stay away from Paris, as there came a very brief little note from Helena herself, assuring me that all her father had written was true, and hoping from the depths of her heart that I would not return to Poland and compromise her.

"Did I return to Poland? No; I have never turned my face toward my beloved country since that time. I scarcely know what possessed me to come to America, but come I did, and after a few months of restless wandering found myself in California.

"That was my friend's story. I watched his fine face as he told it, and could see something of the terrible, heart-breaking agony he tried to suppress as he reviewed the sad tragedy of his life.

He was a man of strong feelings, of an exceedingly sensitive organization, and a boundless capacity to suffer, but behind all was an iron will which usually held his emotions in check.

One bright spring day, more than a year after our first meeting, Rudolph Movitska and I were riding through a lonely pass in the Sierra Nevada, on our way to the mine in which our interest was centered.

We had travelled the same trail many times before without molestation, but not without being constantly on the look-out for foes. The stage route led through this pass, and there were legends connected with it in which foot-pads, road-agents, assassins figured conspicuously.

As I rode leisurely along my companions casually remarked: "I have heard of no no stand and deliver sensation" occurring in this part for some time."

"Nor have I. The march of civilization seems to be thinning out all the outlaws in this region.

The words had scarcely passed my lips when three figures on horseback rode out from behind a jutting rock and confronted us. At the same time a clear, silvery feminine voice cried out: "Halt!"

We both drew rein. For my part it was a surprise more than to any other feeling, that caused me to obey the mandate so promptly for the three were women!

They were all dressed in deep black,

and each wore a long impenetrable veil that effectually concealed her features. Each held a formidable-looking revolver in a small gauntleted hand, but the weapons were not aimed.

There was something that smacked of the ridiculous in this coup de main, and I should have been amused had I not been dumb with amazement. It was a novel experience for two healthy, strong-limbed muscular men to be peremptory commanded to halt by a trio of delicately formed women.

I turned and looked at my companion. To my surprise, if not disgust, he was as pale as a ghost, and trembling in every limb. Was the man a coward? Was he really stricken with terror by the menacing attitude of these petticoated strangers? I had never suspected him of such weakness.

Recovering my speech I bowed with mocked courtesy to the veiled riders, and said: "Ladies, this is an unexpected honor. Being stopped and robbed by booted and spurred highwaymen has grown so monotonous to it is a genuine relief to have one so well performed by representatives of your adorable sex. I presume you want our money or our lives?"

"We want nothing whatever from you," replied the woman who had first spoken. "You are, as at liberty to go your way; but your friend, Rudolph Movitska, must come with us."

Here was a fresh surprise. I saw Movitska, start violently, then strengthening up in his saddle and cease trembling as suddenly as if he had been turned to stone.

"Pardon my perverseness, madam, but you will permit me to say that wherever my friend goes there must I go also."

"So be it," said the woman, almost sharply, "but we have no trifling. The gentleman is our prisoner and must go with us immediately."

I turned to Movitska with a smile. "Well, old boy, what are you going to do?"

"I will go with them," he said, drawing a sharp breath. "Let them lead the way I will follow."

It was not the answer I expected, and I protested vigorously against such an ignominious surrender. I told him any fool could see that the object of these female outlaws was to lead him into an ambush of male robbers and cut throats.

He held firmly to his decision. "You can continue your journey if you like," he said. "I am a prisoner and must go with my captors. If I am mistaken death will be welcome."

I saw no reason in this observation, and began to doubt the man's sanity. Convinced that no amount of argument could dissuade him from his purpose, I gave up the effort and resolved to see the end of the adventure myself, cost what it might.

"All right," I said, addressing the women, "with an assumption of recklessness I did not feel. We will accompany you Lead on."

The one who had done the talking directed her companions to ride behind us, while she took the lead; and in this form the procession moved, Movitska and I riding abreast.

I had the strangest experience I had ever known, and in my mind it began to assume a rather serious aspect. It seemed to me that these women must be accomplices of a band of desperadoes, relying on their sex to escape personal injury, and I tried to preach this idea into Movitska's head; but I could not move him from his insane determination, and I could not conscientiously leave him.

Our fair escort led us off at right angles from the pass, down through a wooden ravine, and I soon saw they were following a tolerably well-beaten trail.

By this time I had noticed that the leader of the trio was the possessor of a superb form, and that there was a certain air of refinement and high breeding in her manner, accompanied by a grace and dignity such as a queen might envy. There was a slight foreign accent in her speech, but not enough to detract a particle from the delightful effect of her clear, sweet voice. I began to feel a strong curiosity to see her face.

After riding about a mile we came to a large log cabin. I knew the place well. It was the abode of a harmless old miner and his family. Why had we been brought here?

We were ordered to dismount and enter the house. I took the precaution to draw my six shooter and hold it in my hand as we crossed the threshold.

The old miner and his wife were there but as we entered they immediately passed into an adjoining room and closed the door behind them.

The leader of the veiled riders went to a couch in one corner of the room, and took therefrom a two-year old child, partially aroused it from a sound slumber. Holding the little one in her arms she turned toward my friend, and in a strong firm voice said:

"Randolph Movitska, I can see by your pale face and trembling hand that you suspect who I am. In my desperation I have followed you to this country to demand of you an open acknowledgement that I am your lawful wife, and this child your offspring."

As she spoke she threw off the black veil, disclosing a wonderfully beautiful face. We entered the room and looked into the beautiful face.

"You are not glad to see me, Rudolph?" she said in a quivering voice. "Glad!" he rose suddenly to his feet and stood before her. "The Prince!" he gasped.

"The Prince!" she echoed. "And what of the Prince? You left me to the mercy of him and an irate father." "But you—married—him!" "But you—married—him!"

secret. But the crafty old man told his daughter that he had written a kind, fatherly letter to Rudolph, telling him he could return to Poland at the end of three months and claim his wife; but that he must not venture to return before the three months were up, as in that case he would endanger both himself and Helena, owing to the charge of conspiracy against him. Then he dictated a note from Helena to Rudolph, in which she innocently corroborated all that her father had written.

The next thing the old man did was to produce a forged letter purporting to be from Rudolph, in which she advised her to marry the Prince and be happy, as he had been already tired of married life and would never return to Poland.

But the scheming father had his plans for nothing, for no influence that could be brought to bear had any effect towards persuading his daughter to marry the Prince. And it was only his high standing at court that saved Helena and himself from punishment at the defiance of the royal will.

Helena remained at home until her father died. Her child was then two years old, and she set out to find her husband and compel him to acknowledge her as his wife. She was accompanied by only two maid servants. She made her way to America, and traced her husband to California. A stage coach accident had thrown her under the protection of the old miner, who knew Rudolph Movitska and myself, and was able to tell her just when we would ride through the pass on our way to the mines. Then she formed the desperate resolve to waylay her recalcitrant husband and bring him to terms at the point of a pistol. How she carried out this plan, with the assistance of her two maids, I have already described.

Nothing could have been more complete than the happiness of this reunited couple when everything was satisfactorily explained. It was a joyful ending of a very sad little romance.

Rudolph Movitska and his family are to-day living in a splendid home in California, enjoying the blessings of mutual love and everything that goes to make life a pathway of flowers.

ROMANCE OF A ROSE.

A Seminoe Tragedy that led to a Midnight Tragedy.

In the western part of Jefferson county, Florida, there grows and blossoms into curious and magnificent beauty a rose which seems to be indigenous to a small area of country, but which will not flourish in our latitudes. The bush is a strong and vigorous one, and the leaves are a very light but glossy green. The petals of the flower curve slightly inward, and are of the color of bright, arterial blood. The odor is pungent, but slightly sickening. The peculiarity of this flower is that the dew that drops therefrom is of a faint pinkish cast, a marvel seen in no other flower, the baffling wonder of those who have witnessed it. It is called the Grant rose, and has a sad and melancholy history. Its origin is one of those mysteries which with nature at times delights to astonish her devotees.

In 1834, John Grant and Nellie Lowry were married. Both were natives of an adjoining county, where the record of their baptism and their marriage is still on file among the rude archives that have been handed down from year to year. John was a young farmer, stout and strong, a splendid type of Southern manhood, comparatively well educated, inured to hard work, self-reliant, and quick of resource. Nellie was well suited to the mate of such a man. She was bright and pretty, the belle of the little settlement, full of buoyant health and spirits, strong of arm and heart, fully skilled in household and farm duties and stainless and pure of mind and soul. At one of the pleasant gatherings of the neighborhood they had met. It was a case of mutual love at first sight, and, coy as Miss Nellie was, it did not take long Grant to woo and win her.

They were married on the morning of June 3, 1834. For miles around the neighbors flocked to the wedding of the popular young couple. The wedding feast that followed would have been fit to set before a king.

The forest contributed their choicest game and rivers their most delicious fish. Chickens were plentiful, and there were loads of bread and cake. An open barrel of persimmon beer sparkled near the doorway. In the afternoon, with all earthly goods packed in a huge wagon drawn by four oxen, his young wife, seated beside him, gazing tearfully back at the dear old home she was leaving perhaps forever, but smiling through her tears, John Grant took up the line of march to the place he had selected as his future home. It was in Jefferson county, near the beautiful Anceola river. Here he took up one hundred and sixty acres of fine virgin soil, built a rough but comfortable log house, and settled down to the prosaic duties of life. He was not long in breaking up the ground, the seed was sown, and with a patient round of labor, he waited for the rich results which were sure to follow. Meanwhile the dainty taste of his young wife had made a cozy nest of the rude house, and in the little dooryard many homely old-fashioned flowers bloomed and blossomed. The nearest neighbor was five miles and the nearest store ten miles away; but the couple did not lack for either the necessities or the luxuries of life. Theirarder was at their very doors, and near by the Anceola, ranging downward to the Gulf, brought cooling breezes them and delighted their eyes with the glossy verdure that fringed its banks. Its beautiful waters were like a mirror, and over sixty feet in depth the glistening sand was plainly visible.

In the spring of 1835, a child was born unto them, and a new blessing added to the happy household, making life's duties a pleasure and its varied responsibilities easier to be borne. But a cloud not larger than a man's hand soon made its appearance heavy with sorrow and disaster, and fraught with a darkness that enveloped and crushed the happy family in the gloom.

The Seminoe Indians, who had for some time been quiet and friendly and engaged in the peaceful pursuits of the chase, the quiet camp-fires and social intercourse, were secretly preparing for an outbreak under the inciting appeals of Osceola and some of the other young and fiery chiefs of the tribe. The inflammatory appeals might, however, have failed of effect had they not resorted to a desperate expedient.

In the month of September, 1835, Charley Omataha, a Seminoe chieftain of great influence, who had been a steadfast and much-respected friend of the white people, giving his voice and striving to them on every occasion, while stroiling through the woods with a young daughter who was laid and killed by some members of the Misacultee tribe, who had hid in ambush for that purpose, under the instigation of the cruel and treacherous Osceola. The latter chief had this done for the purpose of inciting the Indians to revenge, claiming that the murder was the work of white men anxious to secure their lands.

Clear, light blue eyes, with a calm steadfastness in their glance, are indicative of cheerfulness of disposition, of a mind of such a man. She was bright and pretty, the belle of the little settlement, full of buoyant health and spirits, strong of arm and heart, fully skilled in household and farm duties and stainless and pure of mind and soul. At one of the pleasant gatherings of the neighborhood they had met. It was a case of mutual love at first sight, and, coy as Miss Nellie was, it did not take long Grant to woo and win her.

Clear, light blue eyes, with a calm steadfastness in their glance, are indicative of cheerfulness of disposition, of a mind of such a man. She was bright and pretty, the belle of the little settlement, full of buoyant health and spirits, strong of arm and heart, fully skilled in household and farm duties and stainless and pure of mind and soul. At one of the pleasant gatherings of the neighborhood they had met. It was a case of mutual love at first sight, and, coy as Miss Nellie was, it did not take long Grant to woo and win her.

Neither must the pleasant light blue eyes with the lowest glance be confounded with another sort of eyes, of a pale blue, almost steel-colored hue, which has a continually shifting sort of motion, both of the eyes and the pupils of the eyes. The people with such eyes as these are to be avoided, as they are indicative of a deceitful and selfish nature. Very dark blue eyes with something of the tint of the violet, show great power of affection and purity of mind, but not much intellectuality. Blue eyes are more indicative of tenderness and of certain yieldness of purpose, than either brown, black or grey eyes. Blue-eyed people are not inconstant, like those of the hazel and yellow eyes, but they yield from affection.

Grey eyes, of a somewhat greenish grey, with orange as well as blue in them, and which are of every varying tints, like the sea, are those which denote the most intellectuality. They are especially indicative of the impulsive, impressionable temperament—a mixture of the sanguine and the bilious—which produces the poetic and artistic natures. In England, where there are more varieties of tints in eyes than in any other country, the poets have always always gray eyes. A biographer of Byron speaks of his "beautiful, changeful gray eyes." Shakespeare also had, we are told, gray eyes; Coleridge, eyes of a greenish gray. Among the artists, too, eyes of this color abound.

Black eyes, or what are considered such, are indicative of passionate ardor in love. Brown eyes, when not of the yellowish tint, but pure russet brown, show an affectionate disposition; the darker the brown—that is, the more they verge on to that deepest of brown, which in eyes we are in the habit of calling black—the more ardent and passionate is the affection. The brown eyes of eyes which do not appear black—that is which are not dark enough to appear so—are the eyes of sweet, gentle and unselfish natures, without the inconstancy of the light brown or yellow eyes—"golden eyes," as they were called by a lady novelist, and which are very little more to be trusted than the green eyes.

Worth Remembering. There is probably no better relaxing remedy for stiff joints, contracted muscles, and painful congestion, than Haysard's Yellow Oil. It cured Mrs. John Siddell, of Orton, Ont., who was afflicted for years with contraction of the bronchial pipes and tightness of the chest. It is the great remedy for internal and external pain.

Love your enemy, but don't buy his boy a drum.

Hot Water Remedies.

Hall's Journal of Health publishes some interesting facts relative to hot water as a remedial agent. It says: There is no remedy of such general application, and none so easily attainable as water; and yet nine persons out of ten will pass by it in an emergency to seek for something of far less efficiency.

There are but few cases of illness where water should occupy the highest place as a remedial agent. A strip of flannel or a napkin folded lengthwise and dipped in hot water and wrung out, and then applied around the neck of a child that has the croup, will usually bring relief in ten minutes.

A towel folded several times and dipped in hot water and quickly wrung and applied over the seat of pain in tooth-ache or neuralgia, will generally afford prompt relief. This treatment in colic works like magic. I have seen cases that have resisted other treatment for hours yield to this in ten minutes.

There is nothing that so promptly cuts short a congestion of the lungs, sore throat or rheumatism as hot water, when applied promptly and thoroughly. Pieces of cotton batting dipped in hot water and kept applied to new sores or new cuts, bruises, and sprains, is the treatment now generally used in hospitals. I have seen a sprained ankle cured in an hour showering it with hot water poured from a height of three feet.

Teplid water acts promptly as an anodyne, and hot water taken half an hour before bedtime is the best of cathartics in the case of constipation, while it has a soothing effect on the stomach and bowels. This treatment continued a few months, with proper attention to diet, will cure any curable case of dyspepsia.

Headache almost always yields to the simultaneous application of hot water to the feet and back of the neck. It is an excellent plan to record facts like these in a note book, which should be anxiously at hand when wanted. In the anxiety caused by accident or sudden illness in the family, one becomes confused and is not apt to remember quickly what should be done; hence there may be prolonged and unnecessary suffering before proper remedies are applied.

Headache almost always yields to the simultaneous application of hot water to the feet and back of the neck. It is an excellent plan to record facts like these in a note book, which should be anxiously at hand when wanted. In the anxiety caused by accident or sudden illness in the family, one becomes confused and is not apt to remember quickly what should be done; hence there may be prolonged and unnecessary suffering before proper remedies are applied.

Headache almost always yields to the simultaneous application of hot water to the feet and back of the neck. It is an excellent plan to record facts like these in a note book, which should be anxiously at hand when wanted. In the anxiety caused by accident or sudden illness in the family, one becomes confused and is not apt to remember quickly what should be done; hence there may be prolonged and unnecessary suffering before proper remedies are applied.

Headache almost always yields to the simultaneous application of hot water to the feet and back of the neck. It is an excellent plan to record facts like these in a note book, which should be anxiously at hand when wanted. In the anxiety caused by accident or sudden illness in the family, one becomes confused and is not apt to remember quickly what should be done; hence there may be prolonged and unnecessary suffering before proper remedies are applied.

Headache almost always yields to the simultaneous application of hot water to the feet and back of the neck. It is an excellent plan to record facts like these in a note book, which should be anxiously at hand when wanted. In the anxiety caused by accident or sudden illness in the family, one becomes confused and is not apt to remember quickly what should be done; hence there may be prolonged and unnecessary suffering before proper remedies are applied.

Headache almost always yields to the simultaneous application of hot water to the feet and back of the neck. It is an excellent plan to record facts like these in a note book, which should be anxiously at hand when wanted. In the anxiety caused by accident or sudden illness in the family, one becomes confused and is not apt to remember quickly what should be done; hence there may be prolonged and unnecessary suffering before proper remedies are applied.

Headache almost always yields to the simultaneous application of hot water to the feet and back of the neck. It is an excellent plan to record facts like these in a note book, which should be anxiously at hand when wanted. In the anxiety caused by accident or sudden illness in the family, one becomes confused and is not apt to remember quickly what should be done; hence there may be prolonged and unnecessary suffering before proper remedies are applied.

Headache almost always yields to the simultaneous application of hot water to the feet and back of the neck. It is an excellent plan to record facts like these in a note book, which should be anxiously at hand when wanted. In the anxiety caused by accident or sudden illness in the family, one becomes confused and is not apt to remember quickly what should be done; hence there may be prolonged and unnecessary suffering before proper remedies are applied.

Headache almost always yields to the simultaneous application of hot water to the feet and back of the neck. It is an excellent plan to record facts like these in a note book, which should be anxiously at hand when wanted. In the anxiety caused by accident or sudden illness in the family, one becomes confused and is not apt to remember quickly what should be done; hence there may be prolonged and unnecessary suffering before proper remedies are applied.

Headache almost always yields to the simultaneous application of hot water to the feet and back of the neck. It is an excellent plan to record facts like these in a note book, which should be anxiously at hand when wanted. In the anxiety caused by accident or sudden illness in the family, one becomes confused and is not apt to remember quickly what should be done; hence there may be prolonged and unnecessary suffering before proper remedies are applied.

Headache almost always yields to the simultaneous application of hot water to the feet and back of the neck. It is an excellent plan to record facts like these in a note book, which should be anxiously at hand when wanted. In the anxiety caused by accident or sudden illness in the family, one becomes confused and is not apt to remember quickly what should be done; hence there may be prolonged and unnecessary suffering before proper remedies are applied.

Headache almost always yields to the simultaneous application of hot water to the feet and back of the neck. It is an excellent plan to record facts like these in a note book, which should be anxiously at hand when wanted. In the anxiety caused by accident or sudden illness in the family, one becomes confused and is not apt to remember quickly what should be done; hence there may be prolonged and unnecessary suffering before proper remedies are applied.

Headache almost always yields to the simultaneous application of hot water to the feet and back of the neck. It is an excellent plan to record facts like these in a note book, which should be anxiously at hand when wanted. In the anxiety caused by accident or sudden illness in the family, one becomes confused and is not apt to remember quickly what should be done; hence there may be prolonged and unnecessary suffering before proper remedies are applied.

Headache almost always yields to the simultaneous application of hot water to the feet and back of the neck. It is an excellent plan to record facts like these in a note book, which should be anxiously at hand when wanted. In the anxiety caused by accident or sudden illness in the family, one becomes confused and is not apt to remember quickly what should be done; hence there may be prolonged and unnecessary suffering before proper remedies are applied.

Headache almost always yields to the simultaneous application of hot water to the feet and back of the neck. It is an excellent plan to record facts like these in a note book, which should be anxiously at hand when wanted. In the anxiety caused by accident or sudden illness in the family, one becomes confused and is not apt to remember quickly what should be done; hence there may be prolonged and unnecessary suffering before proper remedies are applied.

Headache almost always yields to the simultaneous application of hot water to the feet and back of the neck. It is an excellent plan to record facts like these in a note book, which should be anxiously at hand when wanted. In the anxiety caused by accident or sudden illness in the family, one becomes confused and is not apt to remember quickly what should be done; hence there may be prolonged and unnecessary suffering before proper remedies are applied.

Headache almost always yields to the simultaneous application of hot water to the feet and back of the neck. It is an excellent plan to record facts like these in a note book, which should be anxiously at hand when wanted. In the anxiety caused by accident or sudden illness in the family, one becomes confused and is not apt to remember quickly what should be done; hence there may be prolonged and unnecessary suffering before proper remedies are applied.

Headache almost always yields to the simultaneous application of hot water to the feet and back of the neck. It is an excellent plan to record facts like these in a note book, which should be anxiously at hand when wanted. In the anxiety caused by accident or sudden illness in the family, one becomes confused and is not apt to remember quickly what should be done; hence there may be prolonged and unnecessary suffering before proper remedies are applied.

Headache almost always yields to the simultaneous application of hot water to the feet and back of the neck. It is an excellent plan to record facts like these in a note book, which should be anxiously at hand when wanted. In the anxiety caused by accident or sudden illness in the family, one becomes confused and is not apt to remember quickly what should be done; hence there may be prolonged and unnecessary suffering before proper remedies are applied.

Headache almost always yields to the simultaneous application of hot water to the feet and back of the neck. It is an excellent plan to record facts like these in a note book, which should be anxiously at hand when wanted. In the anxiety caused by accident or sudden illness in the family, one becomes confused and is not apt to remember quickly what should be done; hence there may be prolonged and unnecessary suffering before proper remedies are applied.

Hot Water Remedies.

Hall's Journal of Health publishes some interesting facts relative to hot water as a remedial agent. It says: There is no remedy of such general application, and none so easily attainable as water; and yet nine persons out of ten will pass by it in an emergency to seek for something of far less efficiency.

There are but few cases of illness where water should occupy the highest place as a remedial agent. A strip of flannel or a napkin folded lengthwise and dipped in hot water and wrung out, and then applied around the neck of a child that has the croup, will usually bring relief in ten minutes.

A towel folded several times and dipped in hot water and quickly wrung and applied over the seat of pain in tooth-ache or neuralgia, will generally afford prompt relief. This treatment in colic works like magic. I have seen cases that have resisted other treatment for hours yield to this in ten minutes.

There is nothing that so promptly cuts short a congestion of the lungs, sore throat or rheumatism as hot water, when applied promptly and thoroughly. Pieces of cotton batting dipped in hot water and kept applied to new sores or new cuts, bruises, and sprains, is the treatment now generally used in hospitals. I have seen a sprained ankle cured in an hour showering it with hot water poured from a height of three feet.

Teplid water acts promptly as an anodyne, and hot water taken half an hour before bedtime is the best of cathartics in the case of constipation, while it has a soothing effect on the stomach and bowels. This treatment continued a few months, with proper attention to diet, will cure any curable case of dyspepsia.

Headache almost always yields to the simultaneous application of hot water to the feet and back of the neck. It is an excellent plan to record facts like these in a note book, which should be anxiously at hand when wanted. In the anxiety caused by accident or sudden illness in the family, one becomes confused and is not apt to remember quickly what should be done; hence there may be prolonged and unnecessary suffering before proper remedies are applied.

Headache almost always yields to the simultaneous application of hot water to the feet and back of the neck. It is an excellent plan to record facts like these in a note book, which should be anxiously at hand when wanted. In the anxiety caused by accident or sudden illness in the family, one becomes confused and is not apt to remember quickly what should be done; hence there may be prolonged and unnecessary suffering before proper remedies are applied.

Headache almost always yields to the simultaneous application of hot water to the feet and back of the neck. It is an excellent plan to record facts like these in a note book, which should be anxiously at hand when wanted. In the anxiety caused by accident or sudden illness in the family, one becomes confused and is not apt to remember quickly what should be done; hence there may be prolonged and unnecessary suffering before proper remedies are applied.

Headache almost always yields to the simultaneous application of hot water to the feet and back of the neck. It is an excellent plan to record facts like these in a note book, which should be anxiously at hand when wanted. In the anxiety caused by accident or sudden illness in the family, one becomes confused and is not apt to remember quickly what should be done; hence there may be prolonged and unnecessary suffering before proper remedies are applied.

Headache almost always yields to the simultaneous application of hot water to the feet and back of the neck. It is an excellent plan to record facts like these in a note book, which should be anxiously at hand when wanted. In the anxiety caused by accident or sudden illness in the family, one becomes confused and is not apt to remember quickly what should be done; hence there may be prolonged and unnecessary suffering before proper remedies are applied.

Headache almost always yields to the simultaneous application of hot water to the feet and back of the neck. It is an excellent plan to record facts like these in a note book, which should be anxiously at hand when wanted. In the anxiety caused by accident or sudden illness in the family, one becomes confused and is not apt to remember quickly what should be done; hence there may be prolonged and unnecessary suffering before proper remedies are applied.

Headache almost always yields to the simultaneous application of hot water to the feet and back of the neck. It is an excellent plan to record facts like these in a note book, which should be anxiously at hand when wanted. In the anxiety caused by accident or sudden illness in the family, one becomes confused and is not apt to remember quickly what should be done; hence there may be prolonged and unnecessary suffering before proper remedies are applied.

Headache almost always yields to the simultaneous application of hot water to the feet and back of the neck. It is an excellent plan to record facts like these in a note book, which should be anxiously at hand when wanted. In the anxiety caused by accident or sudden illness in the family, one becomes confused and is not apt to remember quickly what should be done; hence there may be prolonged and unnecessary suffering before proper remedies are applied.

Headache almost always yields to the simultaneous application of hot water to the feet and back of the neck. It is an excellent plan to record facts like these in a note book, which should be anxiously at hand when wanted. In the anxiety caused by accident or sudden illness in the family, one becomes confused and is not apt to remember quickly what should be done; hence there may be prolonged and unnecessary suffering before proper remedies are applied.

Headache almost always yields to the simultaneous application of hot water to the feet and back of the neck. It is an excellent plan to record facts like these in a note book, which should be anxiously at hand when wanted. In the anxiety caused by accident or sudden illness in the family, one becomes confused and is not apt to remember quickly what should be done; hence there may be prolonged and unnecessary suffering before proper remedies are applied.

Headache almost always yields to the simultaneous application of hot water to the feet and back of the neck. It is an excellent plan to record facts like these in a note book, which should be anxiously at hand when wanted. In the anxiety caused by accident or sudden illness in the family, one becomes confused and is not apt to remember quickly what should be done; hence there may be prolonged and unnecessary suffering before proper remedies are applied.

Headache almost always yields to the simultaneous application of hot water to the feet and back of the neck. It is an excellent plan to record facts like these in a note book, which should be anxiously at hand when wanted. In the anxiety caused by accident or sudden illness in the family, one becomes confused and is not apt to remember quickly what should be done; hence there may be prolonged and unnecessary suffering before proper remedies are applied.

Headache almost always yields to the simultaneous application of hot water to the feet and back of the neck. It is an excellent plan to record facts like these in a note book, which should be anxiously at hand when wanted. In the anxiety caused by accident or sudden illness in the family, one becomes confused and is not apt to remember quickly what should be done; hence there may be prolonged and unnecessary suffering before proper remedies are applied.

Headache almost always yields to the simultaneous application of hot water to the feet and back of the neck. It is an excellent plan to record facts like these in a note book, which should be anxiously at hand when wanted. In the anxiety caused by accident or sudden illness in the family, one becomes confused and is not apt to remember quickly what should be done; hence there may be prolonged and unnecessary suffering before proper remedies are applied.