

Health Hints.

HOW TO DISINFECT A ROOM.—People usually imagine that the more promptly measures are taken to disinfect a sick-room the better. Professor Stern, of Breslau, states, however, that bacteria will sink to the floor in a perfectly quiet room in two hours, and recommends that the room should be closed for twenty-four hours after the patient has left it. The furniture should then be carefully removed, and the floor and walls washed with water in which a little corrosive sublimate has been dissolved. According to Dr. Koch, one grain in four gallons of water is sufficient to prevent the growth of disease germs; this is therefore one of the most powerful antiseptics known.

"HERMETICALLY SEALED" ROOMS.—Fresh air is the most essential of life. The practice of sleeping during the winter months with doors and windows tightly closed, and every breath of fresh air carefully excluded, is largely answerable for the excessive death rate of March and April, which, as shown by statistics, rises to the highest point in the year. Sick people need more fresh air than those in health. In Germany tent hospitals have proved a great success in times both of war and peace; and this success is largely owing, it is believed, to the increased facilities for obtaining fresh air.

"NIGHT AIR."—Many people have a strong antipathy to "night air," as they call it, as if it were of an entirely different composition from "day air." It is nevertheless more healthy to sleep all night in the open air, when not excessively cold, than to breathe the de-oxygenized air of a close, ill-ventilated bedroom over and over again.

MEANS OF VENTILATION.—When double windows are used, a very simple plan of admitting fresh air may be followed without giving rise to a direct draught. Open the outer sash at the bottom and the inner one at the top, the air passing between the two windows getting gently warmed before entering the room. With a single window a good plan is to fit a bar of wood about three inches wide to the bottom of the lower sash, so that the sashes do not meet in the middle, and thus admit fresh air between them. It is preferable to have, if possible a special inlet for fresh air, but the plan just described has the advantage of being so simple that people who would hesitate to go to the expense of a regular ventilator may make this arrangement for themselves.

SULPHUR AS A MEDICINE.—The late celebrated Dr. Budd, of Plymouth, used to say that sulphur was the best medicine in the pharmacopoeia of his day, and that if it were worth a guinea an ounce more would be used.

THE TREATMENT OF FROSTBITES.—A person who has been frostbitten or is seriously benumbed with the cold, should not be taken into a warm room, neither should alcoholic stimulants be administered to him. The patient should be rolled in cold blankets in a cold room, and rubbed with snow on the frozen parts. Flannel, (not heated), may be used alternately with the snow, and when the stiffened limb begins to relax, some slightly stimulating liniment, such as tincture of arnica or soap liniment, may be employed to continue the rubbing. It may be necessary to keep up rubbing the body for hours but it should be done gently. As animation returns, the room may be slightly warmed, and some warm beef-tea, coffee, tea, or soup administered. If the limbs have been warmed too rapidly they will be very painful, and it may be found to be a relief to wrap them in cloths wet with cold water.

The Parliament of Canada.

OTTAWA, March 31.—The supplementary estimates for the year ending June next were brought down this evening and totals \$897,812. They include the following:

Civil Government.....	\$ 7,435
Administration of justice.....	6,875
Penitentiaries.....	881
Legislation (including \$50,000 for printing the votes list).....	179,193
Arts for agriculture (including \$95,000 for census and \$5,000 towards the Chicago World's Fair).....	106,370
Quarantine.....	11,207
Railway and Canals (capital) including \$24,000 for C. P. R. and \$43,000 for Cape Breton Railway.....	69,553
Public Works.....	66,382
Ocean and River.....	2,607
Fisheries.....	11,513
N. W. government.....	27,170
Unprovided items.....	394,108

The recent fire at St. John, N. B., necessitates the vote of \$6,000, harbors and rivers in N. S. get \$1,761 and in N. B. \$1,995.

Prorogation is expected before the Queen's birthday.

Oh, this ringing in my ears!
Oh, this humming in my head!
Hawking, blowing, snuffing, gasping,
Watering eyes, and throat a-rasping,
Health impaired, and comfort fled,
Till I would that I were dead!

What folly to suffer so with catarrhal troubles, when the worst cases of chronic catarrh in the head are relieved and cured by the mild, cleansing and healing properties of Dr. Sage's Catarrh Remedy. It purifies the foul breath, by removing the causes of the offense, heals the sore and inflamed passages, and perfects a lasting cure.

The Dominion Illustrated Monthly for April, 1892.

The excellent work which characterized the contents of the last two numbers of the Dominion Illustrated Monthly is not only maintained but considerably improved in the April number just received. An appropriate Easter frontispiece, beautifully drawn, commences the issue, and is followed by the third instalment of Professor Roberts' fascinating story of early Acadian life "The Raid from Beausejour." Miss E. Pauline Johnson—the great authority on Indian lore—gives a very interesting account of "Indian Medicine Men"—a class of practitioners whose methods are little known to the general public. "Canadian Nurses in New York" is a well illustrated sketch from the pen of Mrs. S. M. Almon Hensley, giving details of a profession which is being resorted to by our young Canadians to a very considerable extent. An article by Miss A. M. MacLeod on "The Church of the Kaisers" is a very interesting one, dealing with a subject which has hitherto received no attention from the older and larger magazines; the views of prominent German churches will be entirely new to most readers. A biographical sketch (with portrait) of the late Goodridge Bliss Roberts is given followed by an unusually powerful short story, "Garry of Garmitch Bridge," written by that brilliant young litterateur shortly before his death. The concluding instalment is given of "Curling in Canada," by James Hedley, and is, if possible, even more interesting and bright than the first part; portraits are given of the most prominent Canadian curlers. "Recollections of Charles Hadden Spurgeon," is a timely series of reminiscences of the great English divine, whose recent death has been so widely mourned; the article is from the pen of Rev. James Grant, of Toronto, formerly a student in Mr. Spurgeon's training college. Professor Roberts contributes the usual monthly instalment of "Modern Instances," a paper which will command the attention of all thoughtful readers.

The pictorial supplement this month is a reproduction of Duffenback's famous painting, "the Unwelcome Kiss," beautifully worked in colors. At the low price of the magazine, \$1.50 a year, we consider it the best value in a literary and artistic way offered in America, and heartily recommend it to our readers. Certainly no other magazine that has ever been published in Canada can compare with it for beauty and general excellence. Published by the Sabiston Litho. & Publishing Co., Montreal and Toronto.

Worthless Bank Notes.

The following remarkable statement, credited to a Montreal newspaper, is going the rounds of the press, and cannot be without interest to readers in this province:—"A pretty considerable quantity of worthless, if not exactly counterfeit money was put into circulation throughout the rural districts in this neighborhood during the late provincial elections, and is now beginning to find its way into the city, quantities having been already offered in payment for goods at local stores by habitants and others upon whom it seems to have been palmed off as good money, no doubt in payment for their votes, and returned home thoroughly disgusted when told of its worthlessness. It is in the shape of various denominations of a perfectly solvent New Brunswick bank, but of no value whatever as they are unsigned by the authorized officers of the institution. Nobody, we believe will regret the deception which has been practised upon electors prepared to sell their votes, but we think it would not only be very interesting but very important in the public interest to try to trace out when, where, and how bills of this character found their way into the possession of practical voters, who used them both to corrupt the electorate and impose upon the sympathy and good faith of their victims. In the meantime we caution the public against accepting these worthless bills." If the statement contained in this paragraph is susceptible of proof, the matter is one into which a most searching investigation should be made. If such bills are in circulation in the bank from which they purport to issue, in self defence has two courses to pursue, viz.: to ascertain, if the paper has been abstracted from its vaults, and if so by whom; if not, to learn if it has escaped from the bank note printers' hands and if so by whose connivance or neglect. The charge is a very serious one, and one which neither the bank nor the printers can afford to pass over. We seriously doubt its truth, and feel that if it is false it should be authoritatively denied; if true, no expense should be spared in hunting down and punishing the perpetrators of the fraud.—Ex.

Gold in Siberia.

Siberia is not generally regarded as a tempting field for the emigrant, but the reports which are coming thence as to the discovery of gold are well calculated to produce an influx of strangers. It is related that in the valley of the river Bomm there are immense gold fields, the metal being found both in dust and in masses to such an extent as to make it appear that the region in question is three times as rich in gold as Australia or California in its palmiest days. Already thousands of would-be diggers have made their appearance on the spot; but Baron Korff, the

Governor of Priamourski Kraiz, has scattered them by means of a couple of regiments. The happy land is, or, rather, was at the date of the despatches, surrounded by a cordon of Cossacks, it being the intention of the imperial government to exploit the wealth on its own account.

Fits of Languor.

Dr. Richardson distinguishes between fits of languor and true fatigue arising from hard or prolonged physical or mental work. These fits of languor come on after repose. The affected person experiences it most on rising in the morning, and even after a good night's rest is still oppressed by a sense of weariness, and if the desire to go to sleep again is not gratified the evil is only increased. The only cure for this condition is moderate exercise, and the wearing of clothing that will give free liberation to the exhalations of the skin. Exercise must be taken regularly, and not by fits and starts; there must be no actual fatigue produced by the exercise or it will do harm, but just enough to make the patient feel glad to rest at night, and he will soon find that he awakes in the morning feeling refreshed instead of weary and disinclined to go through the day's work.

A Chastly Mining Sighting.

A shocking mining disaster occurred in Dunbar, Pennsylvania mine on June the 17th 1890. On Thursday last 23 bodies were found in the mine where the accident occurred. The entombed miners were suffocated—not burned or starved—and it is improbable that they lived longer than half an hour. When found, the victims were huddled together showing that they had rushed deeper into the mine and that a moment later a scorching breath of death filled the flat, choking their lungs, bursting their veins, and striking them to the earth to linger in horrible torture for a few moments and then die. Six miners took refuge in one little room. When found they were piled on top of one another, contorted in ghastly shapes, heads thrown back, mouths open, fleshless hands clenched and nails scaring the bones of the palms—all sickening evidences of death which was preceded by torture unimaginable. The finding of the bodies has caused a fever among the families still living. Two of the widows have again married, and a few others have moved away from the place in which they felt the great blow that the mine horror brought to them. The search for the bodies has been carried on unremittingly by the owners of the mine since the awful disaster 20 months ago, at a cost of \$100,000.

Cure for Dyspepsia.

As is well known, this troublesome complaint arises from over-eating, the use of too much rich food, neglected constipation, lack of exercise, bad air, etc. The food should be thoroughly chewed and never bolted or swallowed in haste, stimulants must be avoided and exercise taken if possible. A remedy which has rarely failed to give prompt relief and effect permanent cures, even in the most obstinate cases, is Burdock Blood Bitters. It acts by regulating and toning the digestive organs, removing costiveness and increasing the appetite in restoring health and vigor to the system. As a case in point we quote from a letter written by Miss L. A. Kuhn, of Hamilton, Ont.:—"Two years ago life seemed a burden. I could not eat the simplest food without being in dreadful misery in my stomach under my shoulders and across the back of my neck. Medical advice failed to procure relief, and seeing B. B. B. advertised, I took two bottles of it, and have been entirely free from any symptoms of my complaint since."

This gives very conclusive proof of the efficiency of this wonderful remedy.

An Indian Physician.

The "medicine man" of to-day works more on the faith cure plan and imposes less upon his patients credulity, inasmuch as he has long since abandoned the practice of extracting ill-shaped bones, beads and all manner of impossible things from the witch-worried invalid. Sometimes he sets out with three or four of his associates to tramp across the Reserve—on miraculous cures intent. They seldom take the roadway, but cut through the heart of the bush, walking slowly and in Indian file. Far through the loneliness of the sparsely settled forest and swamp land, their strange hollow voices float in a weird cry that plays an intonation of two half notes in a high key. Few people even get a glimpse of the odd-looking group going their rounds, each carrying a staff, and wearing the most atrocious masks, made of wood, painted, chiseled into hideous human features, and fringed with lengths of gray and black hair. On they go, their figures bent forwards, almost to a right angle, striking the ground periodically with their staffs, with always that evil call, and a peculiar slight motion of the feet, that is both a dance and a shuffle. By-and-by a woman opens the door of a distant log house; with an inverted broom handle she strikes the door-step a number of times; it is a signal for the "medicine men" to visit the house; there is a sick person there. From "Indian Medicine Men," by E. Pauline Johnson, in the Dominion Illustrated Monthly for April.

"Beauty" may be "only skin deep," but the secret of a beautiful skin is pure blood. Those rough, coarse, pimply complexions may, in most cases, be rendered soft, smooth, and fair by persevering and systematic use of Ayer's Sarsaparilla.



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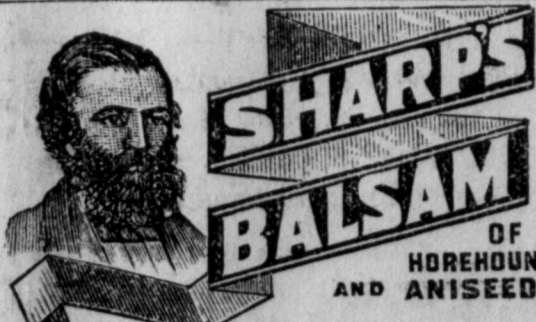
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