Chats With The Doctor

INFLAMMATION OF THE BLADDER

The proper term for this distressing condition is cystitis, and it is really of the nature of catarrh, or cold in the head. Just as in the latter case the membrane of the nose and throat are affected, so in cystitis the lining of the bladder becomes congested and swollen and pours out mucus. Ulceration may follow, blood may escape from congested vessels, and abscesses may also be produced in the walls. The cause of it may be irritation of the bladder from the presence of stone or simply the presence in the blood of irritating substances. Exposure to cold, excessive drinking and other causes are also liable to produce inflammation of the bladder. Tenderness and pain will be noticed over the region of the bladder, in the lower part of the belly, there is a frequent desire to pass water, but very small quantities can be expelled, and the fact occasions burning pain. It is clouded with mucus and sometimes blood is present.

The best method of treatment is the application of hot fomentations and warm baths will be found to relieve. The bowels must be kept open, and plenty of watery drinks such as barley water should be given. A mild diet without stimulants, and rest in bed will do much good.

THE CHILD'S WORST HANDICAP

The Blue Book just published by the Board of Education throws an interesting light on the health of the State since this begins, as Sir George Newman, the chief medical officer, points out, with the health of the children on the school registers. After reporting on children's diseases and abnormalities, Sir George goes on to speak very strongly on the subject of malnutrition which he describes as one of the greatest handicaps of school children as a class. Lack of food is recognised as the root of mischief in many cases, but though the supply of meals to scholars in need of them may do a little to mend matters it is not the remedy that Sir George places most faith in. "The proper and sufficient feeding of the child is primarily the function of the home, and it is to the gradual improvement of the home that local authorities must look for relief from the special difficulties which confront them through the malnutrition of the child. If girls and women could be taught how to take care of infants we might hope to diminish not only the high rate of infant mortality but also the large amount of unnecessary ill-health and physical suffering caused by neglect in infancy and childhood." Dr. Janet M. Campbell, one of the Board's medical officers, is responsible for a memorandum indicating how the all-important knowledge may be best given to the schools, and every medical man must agree that if such teaching can be widely diffused it will be far more valuable than much of the book earning that has hitherto been regarded as the supreme purpose of our elementary schools. The girls of to-day are

THE MOTHERS OF TO-MORROW

and if we can educate them in readiness for their position we shall have gone a step furtther forward in the direction of bettering the health of our population. It will be the bending of the twig in fact that will determine the growth of the future tree. Courses of instruction in hygiene are suggested for girls from seven to twelve years of age after which more detailed teachings given, especially with reference to housekeeping and the care of infants and young children.

ABSCESS OF THE EYE

An injury to the eye or a generally depressed state of health is usually responsible for abscess and ulceration of the cornea. White spots appear in the clear part of the eye and in the case of the ulcer it is possible to see by looking from the side that there is a small hollow on the surface because a part of the substance of the cornea has been destroyed. If the abscess be a deep one it may reach into the anterior chamber of the eye, where the matter from it collects. In this case, if the patient is made to look upwards, the yellow matter can be seen at the lower border of the transparent part. Sometimes an ulcer or abscess spreads over and destroys so large a part of the cornea that this breaks down and separates, or the ulcer may eat its way through the whole depth of the cornea and cause the coloured portion of the eye—the iris—to be pushed far forward and a part of it protrude through the opening where it appears as a small round bleb. This is called hernia, or rupture of the iris, and is specially serious because it not only delays recovery but makes the chance to see again very remote. The symptoms of abscess and ulcer are intense pain, redness and watering of the eye, while the effects described can be seen on opening the eyelid. I need hardly say that in such a serious matter a competent oculist should be at once consulted.

EXCESS OF URIC ACID

It is a well-known fact that all sufferers from Gout in whatever form it may be, have an excess of uric acid in their system, and the first object of treatment is always to remove the excess. When this has been accomplished and only then does the patient find relief from the pains, swellings, stiffness of joints and the inflammation which are signs to be dreaded by all who have once experienced them. In early life, or as long as a perfectly healthy activity of the organs continues, a man is not troubled by excess of uric acid, because nature eliminates it as fast as it can be formed and thus holds the balance even. Yet even under such conditions it does not take much to destroy the balance, especially in the case of anyone who has a gouty tendency; exposure to damp, chill, an accidental blow, a sudden shock, mental worry, either of these very different causes will bring on an attack of gout. The uric acid, constantly in process of formation, finds its way into the blood, the density of which it increases, thereby diminishing the rapidity of the circulation. The stomach and other organs, instead of receiving their full supply of healthy food, get a contaminated supply and the digestive processes are upset, while the liver and kidneys are unable to do their special work. Pain in the region of the liver, continual headache, depression, and irritability. The various forms of ill-health that result from an excess of uric acid in the system are all grouped under the name of gout, but we specify them according to the spot chosen as the point of attack. Thus if the pain occurs in the lumbar region we call it lumbago, if the skin be affected we diagnose the trouble as eczema and so on.

MAKING A POULTICE

To make a poultice properly and expeditously is an art, and as this remedy cannot be ready made there is a immense advntage in being able to prepare it successfully. To make a linseed poultice for instance you must have in readiness plenty of boiling water, an old knife or a wooden paper qnife, crushed linseed (not linseed meal) and some old muslin for a foundation. This should be cut decidedly not larger than the part to be covered, so that the edges may be folded, the poultice and prevent the linseed from soiling the garments. Every thing should be at hand, the knife placed in the basin and some boiling water poured into this. After a few minutes the water should be poured away, leaving the utensils hot, and a supply of water into the basin. Put a napkin or towel in the basin, and from this battle while on the hot, and then add the linseed. Stir briskly till the water is thoroughly mixed. The right consistency is when the knife cuts the poultice clean, and the mixture leaves the sides of the basin without sticking. If a linseed poultice be desired begin with more water, spreading the mixture evenly on the muslin to within an inch of the edges, then turn these over. A layer of muslin, but nothing thicker, should be laid over the face of the linseed before the poultice is applied. The heat will be kept in longer if a folded flannel or jacket which still is left over the poultice after it is in position. An hour is usually long enough to leave such a poultice on, and if another is to follow immediately, this should be prepared before the first is removed.

HEADACHES

(By a Physician.)

Generally speaking, a headache is a sort of a stomach-ache. That is to say, it is merely a symptom of trouble, not in the head, but in the abdomen. More than two-thirds of all headaches are due to some trouble in the stomach or bowels.

Some of these are due to constipation, some to over-eating, some to alcohol—very many—some to nervous derangement of the stomach.

The only cure for them is that which cures the original trouble.

DON'T take headache powders. Take, rather, something to relieve your digestive tract, and—eat less—or drink less. For the headache merely signifies that you have been poisoned by material that you stomach, liver and bowels haven't been able to cope with and eliminate. You have choked your machine.

Headache powders are merely drugs that deaden pain. None of them gets to the seat of the trouble as does a dose of castor oil.

But better than cathartics is temperance.

CALL OF THE NIGHT.

Dark, and the wind-blurred pines,
With a glimmer of light between,
Then I, entombed for an hourless night
With the world of things unseen.

Mist, the dust of flowers,
Leagues, heavy with promise of snow,
And a beckoning road 'twixt vale and hill,
With the lure that all must know.

A light, my window's gleam,
Soft, flaring its squares of red—
I lose the ache of the wilderness
And long for the fire instead.
You too know, old fellow?
Then lift up your head and bark.
It's just the call of the lonesome place,
The winds and the housing dark.
—Djuna Chappell Barnes in Harper's Weekly.

WANTED

Wanted—Ladies' to do plain and light sewing at home, whole or spare time, good pay, work sent any distance, charges paid; send stamp for full particulars, National Manufacturing Co., Montreal.

UNCONVENTIONALITIES.

"I'll do the best I can to make a musician of your boy, madam; but he'd succeed better as a window washer.

"I like the candy you bring me, Mr. Squallop; but your company bores me beyond measure."

"Maria, there's going to be trouble if you don't take your cold feet away from the small of my back!"

"You knew well enough, Uncle Jonathan, that we wouldn't entertain as disagreeable a man as you if you weren't rich and childless."

"Rinkle, you and I would get along all right if you'd move to some neighborhood where I never could see you."

"Bobby, when you go home will you please tell your mamma that I think she ought to wash your face at least once or twice a week?"—Chicago Tribune.

When Your Eyes Need Care

Try Murine Eye Remedy. No Smarting—Feels Fine—Acts Quickly. Try it for Red, Weak, Watery Eyes and Granulated Eyelids. Illustrated Book in each Package. Murine is compounded by our Oculists—not a "Patent Medicine"—but used in successful Physicians' Practice for many years. Now dedicated to the Public and sold by Druggists at 25c and 50c per Bottle. Murine Eye Salve in Aseptic Tubes, 25c and 50c.

Murine Eye Remedy Co., Chicago

MOVING PICTURES FOR SOLDIERS.

(Pittsburg Gazette-Times.)

When Queen Victoria sent a box of chocolates as a Christmas present to every one of her soldiers in South Africa a stern old warrior could not repress a few heated remarks on the "mollycoddling" of modern fighting men. What would he say now to the Italian Government's scheme for cheering and entertaining its troops in Tripoli by treating them to moving picture shows? On New Year's Day in all the military camps films will be exhibited portraying groups of soldiers' families taking in most of the cities, towns and villages in Italy.

Don't Forget About Your Corns

Cure them in one night, by Putnam's Corn Extractor. It is sure, safe and painless, guaranteed to cure or your money back, price 25c.

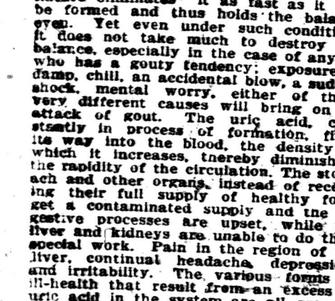
THE VETERAN'S REMINISCENCES

(From "Ballads and Songs of the Brigade," by Royalist (Col. C. Coote Grant).

A rusty blade, again I view
The scenes remembered well,
How bright before the crimson hue
You won, when Dillon fell.
His voice is ringing loud and clear
Amid the battery's brunt,
I hear once more the Irish cheer,
With "Colors to the front."

Not mine to fill the soldier's grave,
Which fortune has denied
But, oh, to see the banners wave
I bore with boyish pride.
Now old and friendless I may be
Of comrades all bereft,
Yet still the glorious memory
Of other days is left.

Let France forget the honored dead
Who battled by her side,
Her foes who bore "the Cross of Red"
Their valor ne'er decreed.
Their swords like mine, are only rust
Who long have passed away!
The soldiers who held honor first
In foray and in fray.



WALSH'S EPITAPH.

"Good God! There goes Walsh!"

That was all that was said when the third floor of the Equitable building gave way yesterday, but it was a last tribute to William J. Walsh, battalion chief of the New York fire department. He was doing his duty, regardless of the danger which is all in the day's work of New York firemen. No man who flinches or shirks finds life endurable in that splendid service. Battalion Chief Walsh knew the risks and took his chances. The time came and Walsh was gone, while the other firemen went on with their work, and Walter Frost, the battalion chief's driver, stood by the empty wagon, weeping.

"Good God! There goes Walsh!" That is his epitaph.—New York Herald.

PILES CURED AT HOME BY NEW ABSORPTION METHOD

If you suffer from bleeding, itching, blind or protruding Piles, send me your address, and I will tell you how to cure yourself at home by the new absorption treatment; and will also send some of this home treatment free for trial, with references from your own locality, if requested. Immediate relief and permanent cure assured. Send no money, but tell others of this offer. Write to-day to Mrs. M. Summers, Box P. 8, Windsor, Ont.

A KENTUCKY LIFE SAVER.

(Cadiz Record.)

Arthur Burnett is the most complete and all round public official on the court house square, and comes nearer knowing just how to do than any of them. For instance, when he got his pork a few days ago he present ed the editor of the Record with a fine sample of his sausage, and we "so" did enjoy it. It is strange that other officials, and for that matter, many private individuals, do not know just how to do like Arthur, but we hope they will learn better the next hog killing time at least. We want to thank Mr. Burnett and his good wife for this kindness on their part, and to assure them that the sausage was certainly appreciated.

WOULD YOU LIKE THIS MUSIC? IT IS OFFERED FREE!

A fine compositon for the pianoforte, by the famous composer, J. Michael Watson, has been published by the Zam-Buk Co., of Toronto; and we are able to make our readers the very useful offer of a copy of this March for simply paying postage on same. The composition is not very difficult, is quite within the reach of young pianoforte players, and is a wonderfully effective piece of work. To obtain a copy, forward 2 cents (cost of postage) to The Zam-Buk Co., Toronto, asking for a copy, and mentioning this paper.

REFLECTIONS OF A BACHELOR.

(New York Press.)

A woman would rather have a tailor one day a year than a dressmaker every week.

You can tell how most people don't care for you by how much they tell you they do.

Good conduct takes years to make an impression; but when it's bad it makes it right away.

When a girl acquires the habit of liking to be in her own room for reflection she has reached the love letter stage.

An open fireplace would be fairly comfortable for the family if the men of the house didn't have to sit right in front of it and cut off all the heat.

STAMMERERS

The Arnott Institute treats the CAUSE, not the HABIT, and permanently cures the most hopeless looking cases in four to eight weeks. Write for proofs, references and information to J2

THE ARNOTT INSTITUTE, BERLIN, ONT., Can.

THE BEST EDITORIAL.

(Austin Statesman.)

We are going to enter that contest for the Joseph Pulitzer prize for the best editorial in an American newspaper during the year. The editorial has just been written. There is not a chance for the editorial not to win. As soon as the money is delivered we are going to buy a farm and use the office paste-pot as a water trough for the chickens. The editorial which is going to win the prize follows: Come to Texas.

Minard's Liniment Cures Distemper.

Malta's Valuable Sponge Beds.

There are unworked sponge beds of Malta which seem capable of profitable development. Several years ago an experienced Greek sponge fisherman while passing the island noticed signs that indicated the presence of sponges. He tested several spots and upon instituting diving operations found beds from which he gathered in one boatload sponges valued at $6,000. The sponges were large and of a fair quality.

Minard's Liniment Cures Diphtheria.

SHE WON.

(Montreal Herad)

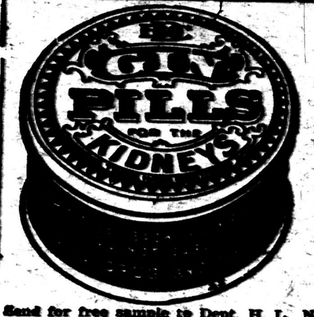
"Well, Bobby, how is your sister? asked the carson.

"Oh, she sick in bed: hurt herself together," replied the youth.

"I'm sorry to hear that. How did it happen?"

"We were playing who could lean the farthest out of the window,—and she won."

INSURANCE IN EUROPE.



Send for free sample to Dept. H. L. National Drug & Chemical Co., Toronto.

THE LADIES' AID.

(Virginia Ryder, in the Chicago Record.)

We are a big society,
We're called the Ladies' Aid,
Our treasury is heapin' full
Of money we have made.
We held our annual meetin'
There wa'nt a vacant chair,
The room was just a-swarmin'
With wimmen everywhere.
We hold these yearly meetings
To vote the money out,
And places where it orter go
We know without a doubt
The deacons want the money
To pay up some old debt.
Says I—"they'll never get it
If I know myself—not yet."
Says I, "I move a hundred
Be put into the floor.
The carpet's old and faded
In places near the door.
The choir needs new music,
The organ's got a squeak.
Let's put some shingles overhead
Where the roof has sprung a leak."
Says I, "They ain't no sense at all
In payin' that old debt.
Just let them deacons dig like us,
And let them stew and fret."
The chairman rose and meekly said:
"Your plea we can't resist,
The time is up—no argument,
The meetin' is dismissed."
And so we spend the earnin's
We have worked so hard to get,
And let the deacons figure out
The payment of the debt.
But if the tasks beyond them,
The bills are still unpaid,
They'll find financial backin'
In the faithful Ladies' Aid.

Shiloh's Cure

STOPS COUGHS HEALS THE LUNGS PRICE, 25 CENTS

OUR LITTLE BROTHERS.

They're in fur.
They're in feathers.
An' they're suffering.
Many of us can help some.
We can trust our own animals well.
We can at least blanket our horses.
We can object to cruelties practiced by others.
We can see that they invariably have fresh water.
All wanton cruelty should be immediately suppressed.
What is more cruel than trapping animals in the various contrivances in use?
Fancy how brave is the hunter who kills an animal in a trap—or even who "gives it a chance for its life" by shooting it as it is liberated and running with one foot mangled and dragging!
"Just a minute, old chap. You're just the man I want to see." "No, I'm not. I can't spare a cent."—Washington Herald.

SHORTHAND TUITION FREE

Write for particulars.
THE BUSINESS UNIVERSITY of Canada,
Correspondence Dept.,
King's Hall, Montreal, P. Q.

THE BEST WAY

To Get the Most Heat Out of the Furnace.

Economical requirements of house-heating demand a variable service; some days as much as the furnace will deliver, others a more moderate amount and others none at all. Theer is no economy in this connection where this fact is not duly considered.

The coal consumption should be as nearly as possible in exact proportion to the experimenting systematically with the adjustments of the furnace before the adoption of a fixed procedure, and the following hints will greatly facilitate this:

The slide in the fire door should be kept almost entirely closed under all normal conditions of operation; the opening of it varying in size according to the kinds of coal used, and this requires the first experimenting in order to arrive at the proper adjustment.

The slide in the ashpit door should likewise be kept open in normal conditions. In very cold weather when a greater amount of coal is consumed, more air is likewise required, and then the ashpit door should be opened to increase the passage of incoming air.

COLD FIRES.

(Buffalo Times.)

Many of the "cold spell" fires are caused by crude methods in trying to thaw frozen water pipes.

"What is that noise?" asked the presiding Judge, when a witness' voice was nearly drowned by a rasping uproar outside the court. "My lord," said the counsel for the defendant. "I think it is the plaintiff filing affidavits."—Tit-Bits.

FREE TO GIRLS

We will give this beautiful extension bracelet free of all charge to any girl or young lady who will sell 40 sets of our handsome Valentine, St. Patrick, and other Postcards at 10 cents a set (six beautiful cards in each set.) The Extension Bracelet is of rolled gold and fits any arm. Send us your name, and we send you the cards. When sold send us the money and we send you the bracelet. Address

HOMER-WARREN CO., DEPT. 19, TORONTO, ONT.

DIFFERENT VIEWPOINTS.

(Four Leaf Clover.)

Old Lady—There is one thing I notice particularly about that young man who calls to see you. He seems to have an inborn, instinctive respect for women. He treats every woman as though she were a being from a higher sphere, to be approached only with the utmost delicacy and deference.

Granddaughter (sweet 18)—Yes, he's horridly bashful.

Fairville, Sept. 30, 1902.

Minard's Liniment Co., Limited.

Dear Sirs,—We wish to inform you that we consider your MINARD'S LINIMENT a very superior article, and we use it as a sure relief for sore throat and chest. When I tell you I would not be without it if the price was one dollar a bottle, I mean it.

Yours truly,
CHAS. F. TILTON.

A PAUPER'S SILK HAT.

(London Evening Standard.)

A man discharged from the Bexley Workhouse has applied to the guardians for 14 shillings 6 pence as compensation for damage to a silk hat which he was wearing when first taken to the institution. A firm of carriers has already paid him four shillings as compensation damage in transit to a silk umbrella forwarded to Lewisham, the parish to which he belonged.

THE WHISKERS.

(Buffalo Times)

Dr. Wiley warns young women against kissing men with whiskers. Good gracious doctor, nobody much wears whiskers these days except J. Ham Lewis of the pink ones and a former governor of New York likened to a feather duster. And the former governor has modified his now to a great extent.

A 5½% INVESTMENT

¶ Western Canada Power Co. First Mortgage 5% Bonds selling at 90 yield 5½%. This company has perpetual water rights from government on Slave Lake. Plant is located 35 miles from Vancouver and New Westminster, B.C. which cities it supplies with electric power. This year's net earning should be over 3 times bond interest. Can develop 100,000 H.P. as needs of rapidly growing British Columbia demand: Engineer in charge—Mr. R. F. Hayward, late of Mexican Light Heat and Power Co.; President, C. H. Cahan. Directorate, A. R. Doble, Secretary Bank of Montreal; Sir Max Aitken; T. J. Drummond, President Lake Superior Corp.; John Hendry, Vancouver; Wm. McNeill, Vancouver; Campbell Sweeney, Manager Bank of Montreal, Vancouver. Western Canada Power Bonds will appreciate in value. An absolutely safe and profitable investment. Write us for literature with list of bondholders and full information.

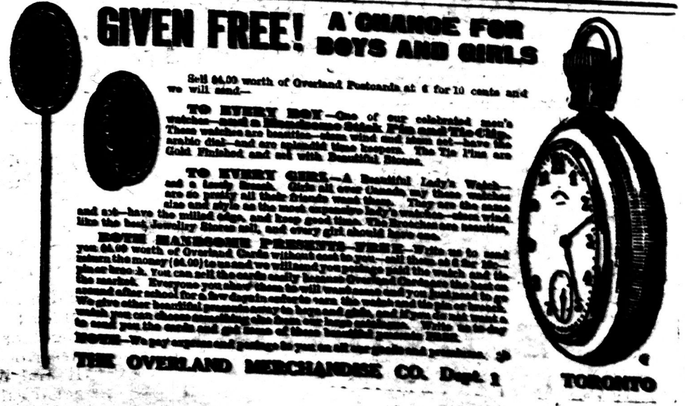
ROYAL SECURITIES CORPORATION LIMITED

BANK OF MONTREAL BUILDING, YONGE AND QUEEN STREETS, TORONTO

R. M. WHITE, Manager

MONTREAL-QUEBEC-HALIFAX-OTTAWA LONDON (ENG.)

GIVEN FREE! A CHANCE FOR BOYS AND GIRLS



Sell $6.00 worth of Overland Postcards at 6 for 10 cents and we will send—

TO EVERY BOY—One of our celebrated men's watches, made in Washington Gilded, Plain and Fancy Cases, stem wind and stem set, open face, reliable dial—and are sold at three hours. The Tin Plate are Gold Finished and all with Beautiful Movements.

TO EVERY GIRL—A Beautiful Lady's Watch—and a lovely Brooch. Girls all over Canada say these watches are so pretty all their friends want them. They are the nicest size and style in the most expensive ladies' watches on the market. They are nickel plated cases, and keep good time. The Brooches are beauties, like the best Jewelry Stores sell, and every girl should have one.

HOME MANAGER PRESENTED WITH THREE. Write us to send you $6.00 worth of Overland Cards without cash to you, and when we get them the money ($6.00) to us and we will send you premium right to your home. You can sell the cards easily in your spare time, and the first one to succeed either school boy or girl will receive three premiums. Write us to-day, and we will send you the cards and get home of these beautiful premiums. Write.

HONOR—We pay expense and postage to you on all our goods and premiums.

THE OVERLAND MERCHANDISE CO. Dept. 1 TORONTO

ISSUE NO. 5, 1912

AGENTS WANTED.

JAPANESE SHOE POLISH 100 SHINES FOR 10¢

CHILDBIRTH

Without Danger & Almost Painlessly

A Book for Prospective Mothers,

Describing the Principles and Practice of Dr. Chamberlain's Method of Painless Childbirth, Giving Testimonials from Many Mothers who have used it, and Containing Other Information of Priceless Value to Every Woman.

Sent Free, Postpaid, to Any Address.

67 ADELAIDE ST. EAST, TORONTO.

THE NA-DRU-CO. ALMANAC FOR 1912

A good almanac is ever welcome. The annual number of the Na-Dru-Co. Almanac, the 1912 edition, now out, is if anything more interesting and more useful than its two predecessors.

Besides the usual solar and lunar tables and dates of eclipses, the Na-Dru-Co. Almanac gives much information which it would be difficult to find elsewhere. Examples of this are the Map of Altitudes, Time Tables of the World, Figures on Area, Population, Exports and Governors-General, etc.

Nearly all leading druggists have copies of the Na-Dru-Co. Almanac for their customers, or it may be had by writing the National Drug & Chemical Co., of Canada, Limited, Montreal.

NEW ROLLING STOCK FOR GRAND TRUNK

To augment present equipment, the Grand Trunk System has recently placed orders for over four thousand cars of various kinds. These include 44 passenger coaches, 23 baggage cars, 300 box cars and 1,000 coal cars. In addition to the above, 948 cars of all kinds have been received from the manufacturers and put into service during the past three months.

Minard's Liniment Cures Colds, Etc.

WINTER—NOW AND THEN.

(Chicago Tribune.)

Have we lost the stamina of our forefathers, the hardihood of former generations which brushed snow off the bed covers when it sifted down through cracks in the roof, dressed in cold rooms, broke an inch of ice in the water bucket, washed, did the chores and ate heartily of pork sausage and cakes? They had winters in those days. They had them without steam heat, electrically warmed street cars, comfortable means of locomotion, comfortable places of work, and comfortable places of habitation.

They accepted winter as a winter and did not make great fuss about it. Even later, when the snow had no chance to sift through the roof and when the hardwood heater or the glowing base burner supplied a measure of heat all night long, they accepted "below zero" as a thing of nature's ordering and thought nothing particular of it.

Minard's Liniment Cure Garget in Cows.

EXPLAINED.

(Harper's Weekly)

"Heigho," sighed Mrs. Stoutly. "You used to sit with your arm around my waist, John, but you never do it any more."

"I'm sorry, dear," replied Stoutly, "but there are some things that are beyond my reach."

Blobbs—How does Scribbler's new play end? Slobbs—Disastrously, I'm afraid. It closes Saturday night.