

THE FAMILY DOCTOR.

HABITUAL CONSTIPATION.—In the *British Medical Journal* Dr. J. Mortimer Granville offers three prescriptions which he claims are generally applicable to the treatment of all well recognized forms of habitual constipation. He sees three forms of the disease, one due to deficient peristaltic action, one due to deficient glandular secretion and one due to interruption of the habit of periodic evacuation. For the relief of the first form he prescribes:

R. Soda valerianatis..... gr. xxxvi.
Tinctura nuci vanilicæ..... m. ix.
Tinctura capsici..... m. xvij.
Syrupi aurantii..... or. ii.
Aqua..... ad oz. vi.
M. F. mixta. Sig.—Tablespoonful in water half an hour before meals
For the second form:

R. Alumina..... dr. ii.
Tinctura quassiae..... oz. j.
Infus quassiae..... oz. viij.
M. Sig.—Dessertspoonful after meals
For the third form:

R. Ammonia carbonatis..... dr. j.
Tinctura valerianæ..... oz. v.
Aqua camphorata..... oz. v.
M. Sig.—Take one ounce as directed on arising from bed.

Dr. Granville insists upon a regular hour for going to stool, at least to make an effort at evacuation. He proposes to establish in this way the normal habit, and thinks aperients in habitual constipation do no good.—*Druggists' Circular*.

SCROFULA.—This, in the past, was known as "King's Evil," probably from the fact that it prevailed in the families of royalty, among those who "fared sumptuously every day," or were the victims of a luxurious style of living. The name is derived from the Latin *scrofa*, "a sow," since it was long ago marked by an indolent swelling of the glands, particularly in the neck, followed by suppuration and breaking, in some instances running for a long time, because the supply of waste and putrid matter is still kept up by false habits of living, by a want of cleanliness, pure air and sunlight, the healing also proceeding slowly. From this fact, and many bad habits of living, the idea has prevailed among the ignorant, that these discharges are "running the life away," an idea too absurd to deserve a moment's thought. It may be that such half-created victims of sensuality may not live, even with all that nature can do by these discharges of putrid and poison matter, while a sudden check, this poison being thrown inward, would destroy life in a few hours; not only let this pass off, but urge its discharge by the use of poultices, or, far better, wet cloths, kept warm by bandages; and then direct attention to the removal of the cause, since such filthy suppurations are rarely, if ever, found among the Jews, or even blotches on the surface, or humors, or indeed in any non-pork-eating nation. The first cause to be removed is the use of the most diseased of all meats found on the tables of civilization, pork, and its concentrated filthiness—lard. Let the doubters carefully examine the entrails of the hog, the fat deposits, the neck, and see how many corrupt abscesses may be found in these fatty deposits, sometimes holding a quart of "matter," as dealers will assure you, if the hog is very fat and therefore very much diseased. To see, is to be convinced. Or, let them ask Moses, who was instructed by Jehovah, as seen in the eleventh chapter of *Leviticus*.

These victims at birth are "rickety," have large abdomens, joints, heads, flabby muscles, a clear skin filled with corruption, so filled and so slightly vitalized, that most of them, aside from a great deal of good nursing and training, will become consumptive.

To avoid this, let them be subjected to correct treatment, as well cared for as are our favorite horses by the intelligent expert, or as are the pugilists while being trained for an ignoble, disgraceful fight! Let them be put on to a bread and milk diet, with eggs, fruits, potatoes, using but little meat, and then only the lean, plain fish, the bread being the genuine article, not the impoverished fine flour product. Let them be kept clean by washings daily, if they are warm afterward, (salt may be added,) rubbed or brushed thoroughly. Let them be regular in their meals and in all respects, sleeping as much as possible. But above all, let them have an abundance of out-door exercise, as much air and sun as possible, well clad and fed, and kept out of school till they are vigorous.—Dr. J. H. Hensford.

Free Liquor.

"I'm out getting opinions on liquor selling," said a sharp reporter to a saloonist. "Are you in favor of free liquors?"

"Well, I should smile," answered the barkeeper. "I think this country is the home of liberty, and I believe every man should have a right to drink what he pleases, and where he pleases, absolutely free, and all legislation to the contrary is sumptuary and therefore unconstitutional."

"You want to be so recorded?"

"You bet your sweet life."

"All right; now I'll take a glass of champagne; that kind you sell at 25 cents."

It was set out for him, and he poured it down and poured another in on top of it and started off.

"Hold on," said the bartender, "you owe me half a dollar."

"No, I don't; didn't you just say you believed in free liquor, and that anything to the contrary is sumptuary and unconstitutional? If there's anything I do like to see it is a man who lives up to his principles," and he walked out, wiping his mouth on his coat sleeve, and leaving the saloon man to study up the law points of the case.

Not Appreciated.

One night a policeman who was patrolling Grand River avenue and trying the doors of business houses came to a grocery and found the door unlocked and the key in the lock. He sprung the bolt, put the key in his pocket and sauntered on, and in the course of an hour he found opportunity to send word and the key to the proprietor. He didn't expect any particular praise for his action, but he was hardly prepared for the storm which soon swooped upon him. The grocer himself, with battered hat, torn coat and two fingers bleeding, suddenly appeared before him and said:

"If I've any influence in this town I'll have you off the force inside of two days!"

"Why, what's the matter?"

"Matter? Ask me what's the matter? Oh! I'll fix you!"

"For what? For finding your store unlocked and sending the key to your house?"

"Yes, sir! I was down there hunting up mustard for a sick child at home, and what do you do but lock me in and promenade off?"

"Is it possible?"

"And there I've been for an hour or more, and would be yet if I hadn't crawled through a cellar window! Oh! I'll lay for you, old guardia of the peace!"—*Detroit Free Press*.

Dead Men's Shoes.

"Dead men's shoes? Yes, sir, several dealers make a specialty of them, and sell large numbers." The speaker was the proprietor of one of the innumerable second-hand stores which line D street from Eighth to Tenth street, and whose presence has christened the thoroughfare the "Chatham street" of Washington.

"How do you get them?"

"Oh, that's easy enough," he replied, with a strong German accent accompanied by an odor of onions. "We have agents. They go about town, and whenever they see a crape on the door they put down the number and street in their memorandum book. Then, after waiting a reasonable time, until the burial is over, the agent calls again and makes an offer for the dead man's shoes, which is generally accepted. Sometimes the agents buy clothing in the same way, but boots and shoes can always be bought. If they are out of repair we mend them. I guess at least 5,000 pairs are sold on D street every week at an average price of \$1 per pair. Colored men are the best customers." At this point the dealer in pedal coverings of defunct citizens was called inside by the minor clerk, who was trying to force the sale of a large ulster on a very thin man, with the frequent remark that it "fit him like the paper on the wall."—*Washington Republican*.

ANNOUNCEMENT—A CARD

On account of frequent and urgent solicitation on the part of prominent citizens from all parts of the district and from all political parties, I have been induced to announce my name as a candidate for State Senator, in this Senatorial District, subject to the popular vote in November next.

Respectfully,
DAVID H. PATTON.
Remington, Ind., July 21, 186.

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SUMMER RESORTS OF THE NORTH WEST—Tourist tickets at lowest excursion rates via the Monon Route, are now on sale at the Company's offices and at all principal points in the South, to Chicago, Milwaukee, Ashland, Waukeash, Madison, Oconomowoc Lake Gogebic, Spirit Lake, Lake Minnetonka, St. Paul, Minneapolis, and other delightful resorts in the cool Northwest. Tourists are given choice of routes either via Louisville or Cincinnati, and are able to make the trip between these cities and Chicago on solid fast express trains in Pullman's Finest Buffet Sleeping Cars.

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