

Juice from Hall's Journal of Health.

A child should have food when it desires it. A fretful infant will be quieted by a little food or a drink of cold water, three times in four.

To secure good health and long life, keep yourself content and comfortable, and yourself and surroundings clean, take wholesome food when you need it, and plenty of exercise in fresh air and sunshine (except when the sun is too fierce).

Cholera infantum is a congested and torpid state of the liver, the irritation of the bowels and diarrhoea are sympathetic, and opium is hurtful in such cases.

Fashion is the most terrible tyrant over women, and civilized, refined and polite people are its especial victims.

Granulated wheat biscuit, made from pounded grain and water only, mixed by machinery, and baked in soapstone ovens, makes the best bread.

Typhoid fever is most successfully treated in Great Britain without the aid of medicine. Pure, sweet new milk is the best diet, beef tea, or a raw egg every twelve hours, makes a salutary change. Milk will stay down and digest, if all else fails.

Breakfast is a good time for a hearty meal.

Bilious people should live on a light and unstimulating diet, with little or no meat in summer. Eat fruit and vegetables, drink milk and water, and you will not be likely to suffer from biliousness.

The application of dry cold by Dr. Mattson's syphon cone is a great cure for piles, giving absolute freedom from pain in one minute.

Dr. Van Deren's remedy is excellent for cholera infantum. No opium in it.

Opiates are the greatest boon to suffering humanity, if employed intelligently and with the greatest caution, but the effect of opium on young children is terrible, and no child under twelve years of age should take it. Thousands of young children are sacrificed every summer by the use of opium.

The simplest and most seasonable food is the best. A sound stomach will profit by whatever an unspoiled palate enjoys.

Marriage is the normal and legitimate order of society, and whatever tends to prevent marriage tends to destroy that order, to disrupt the true social bond, and to open the door for immorality.

Three or four inches depth of bruised limestone under a few inches of iron ore, the latter bruised to a coarse powder, and subjected to heat long enough to drive off the sulphur, copper and other volatile matter, makes the best filtering material.

Tar soap is healing.

Sedentary persons, especially the dyspeptic and the bilious, might cure themselves, in many cases, by a diet largely of oatmeal and milk, with a cup of hot (not too hot) drink at breakfast and supper, and half a pound of ripe raw fruits and melons.

A boy swallowed a cent. He was given the whites of three raw eggs daily, a bread and milk diet, a dose of castor oil each night, and the fourth day the cent was voided.

Carbonic acid gas, which is poisonous, ascends to the top of a room in hot weather, and descends to the bottom in cold weather. So don't sleep on the floor in cold weather.

Wet coal is liable to spontaneous combustion, and when warm gives off carburetted and sulphuretted hydrogen.

Antidote for poison by oak, ivy, etc. Paint the poisoned parts with water in which a handful of quicklime has been dissolved. Three or four applications are sufficient.

Poison from bees, hornets, spider-bites, etc., is instantly arrested by the application of equal parts of common salt and bicarbonate of soda, well rubbed in on the place bitten or stung.

William Alger, of Davenport, Iowa, has eloped with two of his nieces; and their mother—his sister—helped on the event.

Church and meeting goers, who have defective hearing are now assisted by pipes running from the pulpit to their seats; at the seat end of the pipes flexible tubes connect earpieces with them.

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H. B. CLAWSON,

SUP'T.

Salt Lake City, 1875.

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Salt Lake City, June 1st, 1875.

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Yours very respectfully,

JOHN W. LOWELL & CO.

Salt Lake City, March 4th 1875.