the country and across the great sea. The death of a New Yorker was announced the other day in Nice, on the shores of the Mediterranean, in his seventy-fifth year. He had owned and occupied one of the most elegant mansions in Fifth Avenue; the appointments within were almost regal; and yet he died in a little room, more than three thousand miles away, among strangers and a strange people.

No person should go from home for health who has not plenty of time and money. To have a limited amount of means, and to see them slowly melting away day after day, even with a moderate improvement, is enough to worry a sensitive mind to death. And it drives many thousands to death every year; puts them into their graves long before their time.

To be benefited by a change of climate in any ailment which has been a long time present, necessarily requires months and months of time; it should be a residence, rather than a visit. Those most likely to be benefited by going from home are such as are able to go about and to attend to business every day, but who are evidently invalids as a result of worry and anxiety and responsibility and care or family trouble arising from death or social causes. Absence and travel will always break in upon depressing trains of thought and help them out of the ruts of sameness and mechanical routine.

A person thin in flesh, easily chilled, easily worried, with any kind of daily cough and a pulse always over ninety, should never think of going farther than a day's journey from home.

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DROWNING.

Some persons have been brought to life as late as three hours after having been taken from the water, and yet cases are occurring where life failed to be restored, although the body was recovered within twenty minutes after
falling into the water, doubtless from the fact that none were present who knew how to treat a drowned person. A drowned person dies because the lungs are so full of water that no air can get in. Place the person so that the forehead shall rest on the arm, to keep the nose from touching the ground or bed; get astride the body, and with both hands under the middle raise it up, making a declivity to favor the water running from the bottom of the lungs, which are now highest, towards the mouth, which is the lowest, taking care that the mouth be kept open by drawing the tongue forward, hoisting and lowering the body quickly all the time. If there is no appearance of life within five minutes, the Belgian experiment should be tried. Place an iron plate heated to a white heat for an instant over the pit of the stomach, which is just below the breast bone; a person came to life after this treatment who had been seemingly dead for three hours; the plate should be about five inches across; it is a desperate remedy, but the case is desperate. An iron red hot causes more suffering than if white heated. While the iron is in preparation, do all possible to keep the body warm with hot baths to the feet, under the arms and over the stomach, keeping several hands busy in rubbing the skin wherever it is practicable. In rescuing drowning persons, approach them from behind, and hoist them up by the hair of the head.

A little boy fell into a canal ten feet deep, and soon sank out of sight, but one of his companions, only eleven years old, promptly dived after him; after several efforts he grasped the lad around the neck, raised him to the top of the water and pulled him on shore, apparently dead. Not satisfied with what he had done, he began to try to bring him to life by placing him on his stomach and rolling him gently but quickly from side to side; this caused a free vomiting of water; the air took its place, and the boy was saved. The ordinary directions about resuscitating
drowned persons are obscure and complicated, but every one should acquaint himself with this method, and which should always be carried out as promptly as possible.

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NOSE BLEED,

or Epsistaxis, as physicians love to call it, is an annoying symptom to many. The best possible treatment is to let it bleed, as it many times prevents an attack of apoplexy, and always, when spontaneous, is a relief to the system; nature, finding herself oppressed, thus endeavors instinctively to relieve herself of the injurious surplus. As long as the bleeding does not exceed half a tablespoon, make no effort to stanch the blood; if, however, it then continues, do not hold the head over a basin, as is universal, but hold it upright in a perpendicular position, and hold a cup under the nose, its rim touching the upper lip. Cold water may be snuffed partly up the nose and allowed to fall out again; a flat cold iron or piece of ice may be placed against the head, along the spine or between the shoulders, or place in the palm of the hand half a teaspoonful of the dust of a tea canister or caddy, unpulverized alum or finely powdered gum arabic, and snuff it up the nose. A large roll of paper pressed up against the nose under the upper lip, between it and the gums, is sometimes efficacious; or press the finger hard and persistently on the small artery at the wing of the nose on the bleeding side; or raise both the arms high above the head, and keep them in that position for some time; or soak a bit of lint or cotton in strong alum water, and plug up the nose; or apply a wet towel all along the spine, and renew as often as it gets warm. In slow and weakening diseases, a spontaneous nose bleed indicates great poverty of blood, and is a bad sign; but in all other conditions let the bleeding be followed by more exercise, half as much food, open air,