

the part being afterward thoroughly dried, by mopping not rubbing, with a piece of absorbent tissue, of soft turkish toweling, or of old linen—not paper. The imperfect removal of impurities, in the usual method of cleansing, conduces to irritation, turgescence, and spasm, which in its turn becomes a provocation to further nervous and vascular excitation. To restore the local circulation within physiological limits, and secure nerve rest, should be the surgeon's aim, as the surest means of arresting local pathological changes, and restoring bodily health. In the event of protrusion, light continuous pressure with the cold sponge assists reduction, or hazeline may be applied to the mucous membrane if it be very irritable or bleed readily.

A very useful practice, on completion of the local toilet, is to place a piece of dry absorbent gauze and cotton tissue between the buttocks, the natural contraction of which is quite equal to keeping the small pad in its place: the elastic pressure is soothing, and conduces to shrinkage, and the parts are comfortable in proportion as they are kept dry. It is very remarkable what formidable looking piles may be benefited—nay, cured—by these simple measures, long persevered in. But when the piles are of old standing, and bleed, or protrude much, when external piles form a solid ring in which the protruding inner ones are apt to become semi-strangulated, an operation is the readiest and most lasting method of relief.

SPONGING OUT A HEADACHE.—In case of an ordinary nervous headache from which women suffer so much, says an authority, remove the dress waist, knot the hair high upon the head, out of the way, and, while leaning over the basin, place a sponge soaked in hot water, as hot as can be borne, at the back of the neck. Repeat this many times, also applying the sponge behind the ears, and if the as-

sertion of the writer is not a mistaken one, in many cases the strained muscles and nerves that have caused so much misery will be felt to relax and soothe themselves out deliciously, and very frequently the pain promptly vanishes in consequence.

Every woman knows the aching face and neck generally brought home from a hard day's shopping, and from a long round of calls and afternoon teas. She regards with intense dissatisfaction the heavy lines drawn around her eyes and mouth by the long strain on the facial muscles, and when she must carry that worn countenance to some dinner party or evening's amusement, it robs her of all the pleasure to be had in it. Cosmetics are not the cure, or bromides, or the many nerve sedatives to be had at the drug shop. Here, again, the sponge and hot water are advised by the writer quoted, bathing the face in water as hot as it can possibly be borne. Apply the sponge over and over again to the temples, throat, and behind the ears, where most of the nerves and muscles of the head centre, and then bathe the face in water running cold from the faucet. Color and smoothness of outline return to the face, an astonishing freshness and comfort results, and, if followed by a nap of ten minutes, all trace of fatigue may vanish.

#### DE PROFUNDIS.

"The eternal silence of these infinite spaces terrifies me."—*Pascal*.

Space—beyond, space—unthinkable—etern—  
Vainly we number add to numbers vast,  
And stretch the weary thought—it shrinks  
aghast,

The limitless infinitude to learn—  
Where are the stars that should an index  
turn?

Where red, resounding comet flitting past?  
Where some great crash from thunder-bolt  
out cast?

Poor human heart! vainly thy pulses yearn—  
Silence—eternal silence, darkly reigns,  
In heavy folds of darkness and dim night.  
Thy cry of terror—thy appealing call—  
Go echoless along receding plains,  
Where silence sits in her unconquer'd might—  
O silence! terrible is thy mute fall!

ELIZABETH OAKES SMITH.