

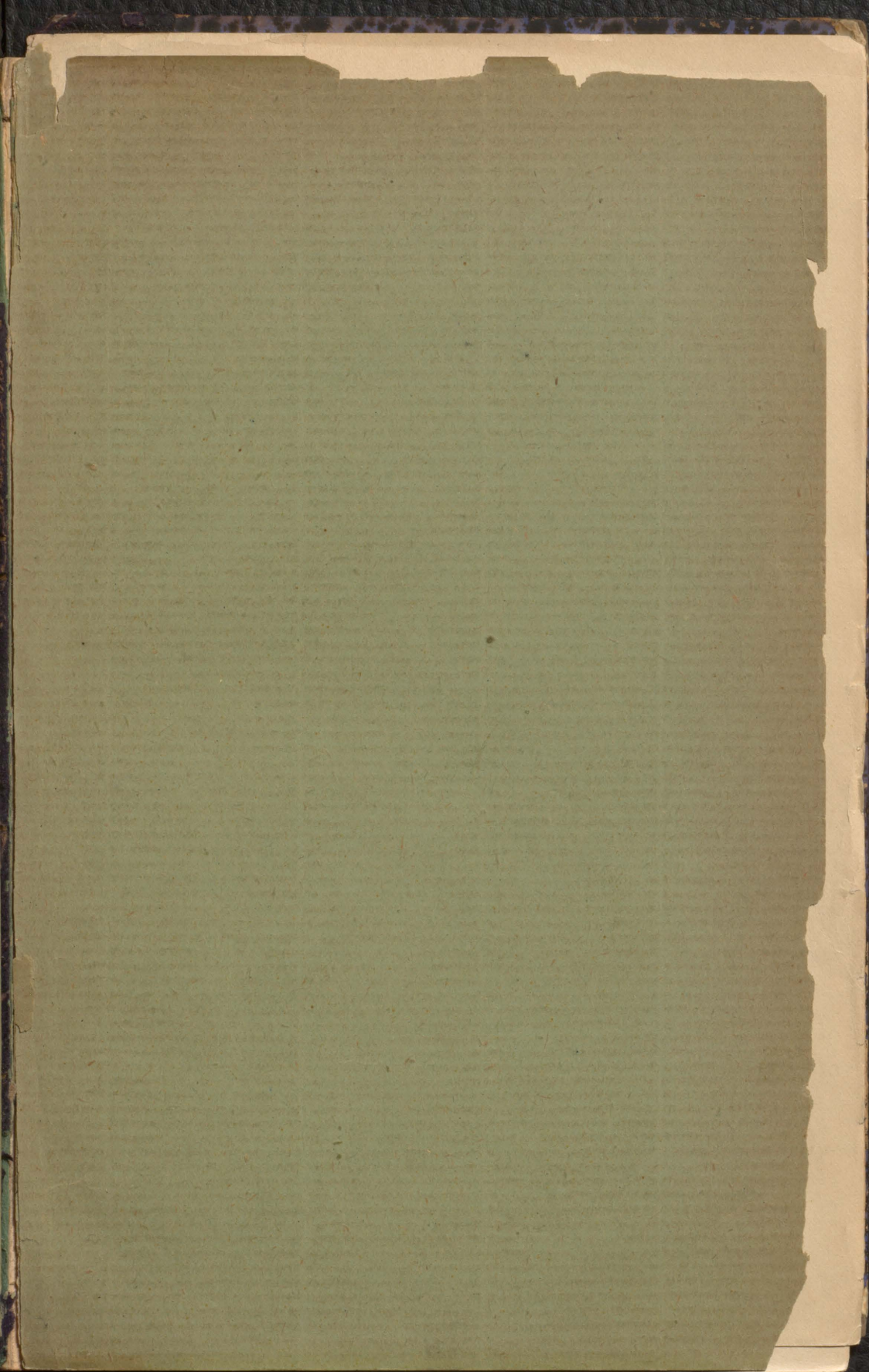


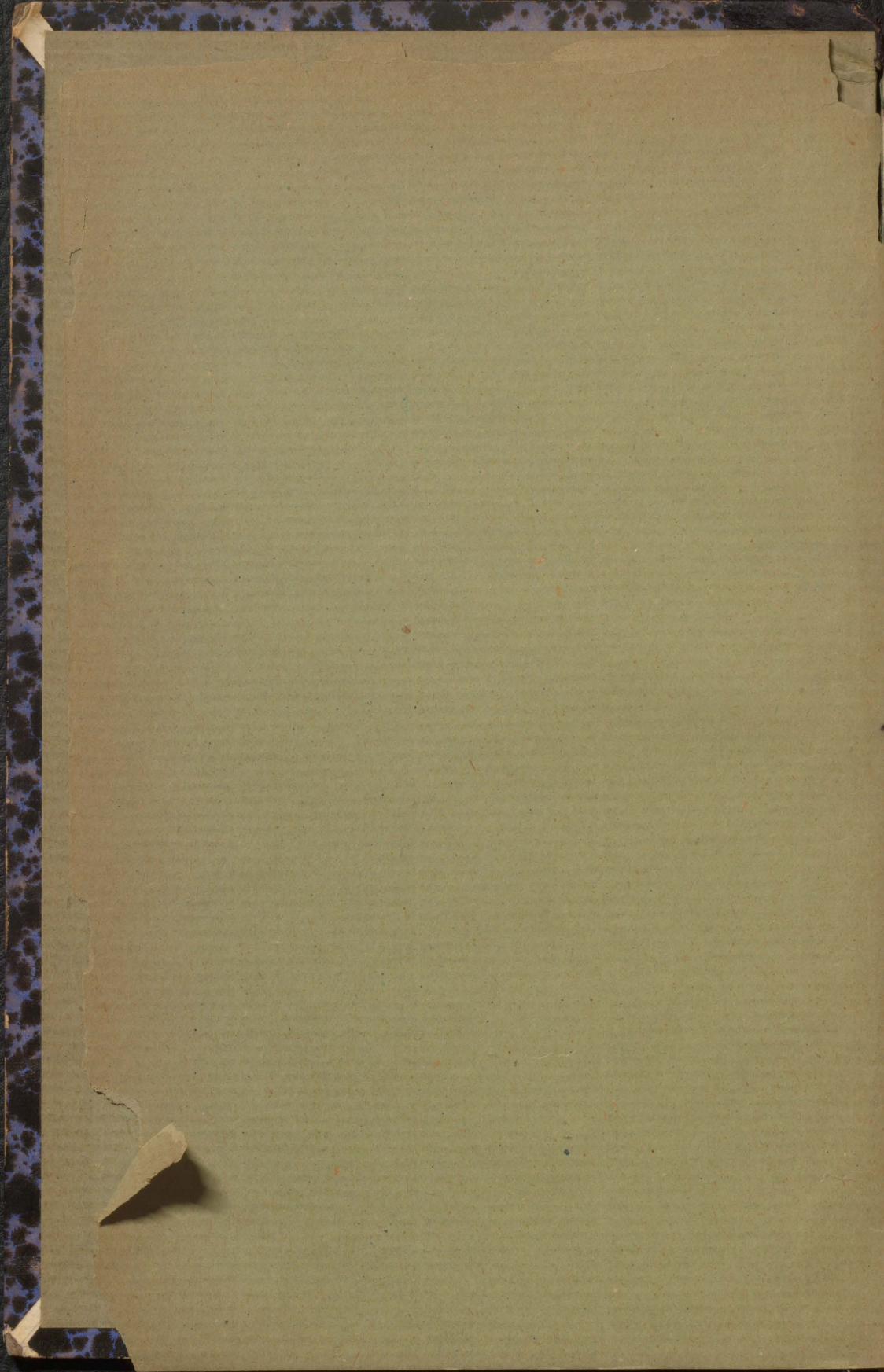
McGill

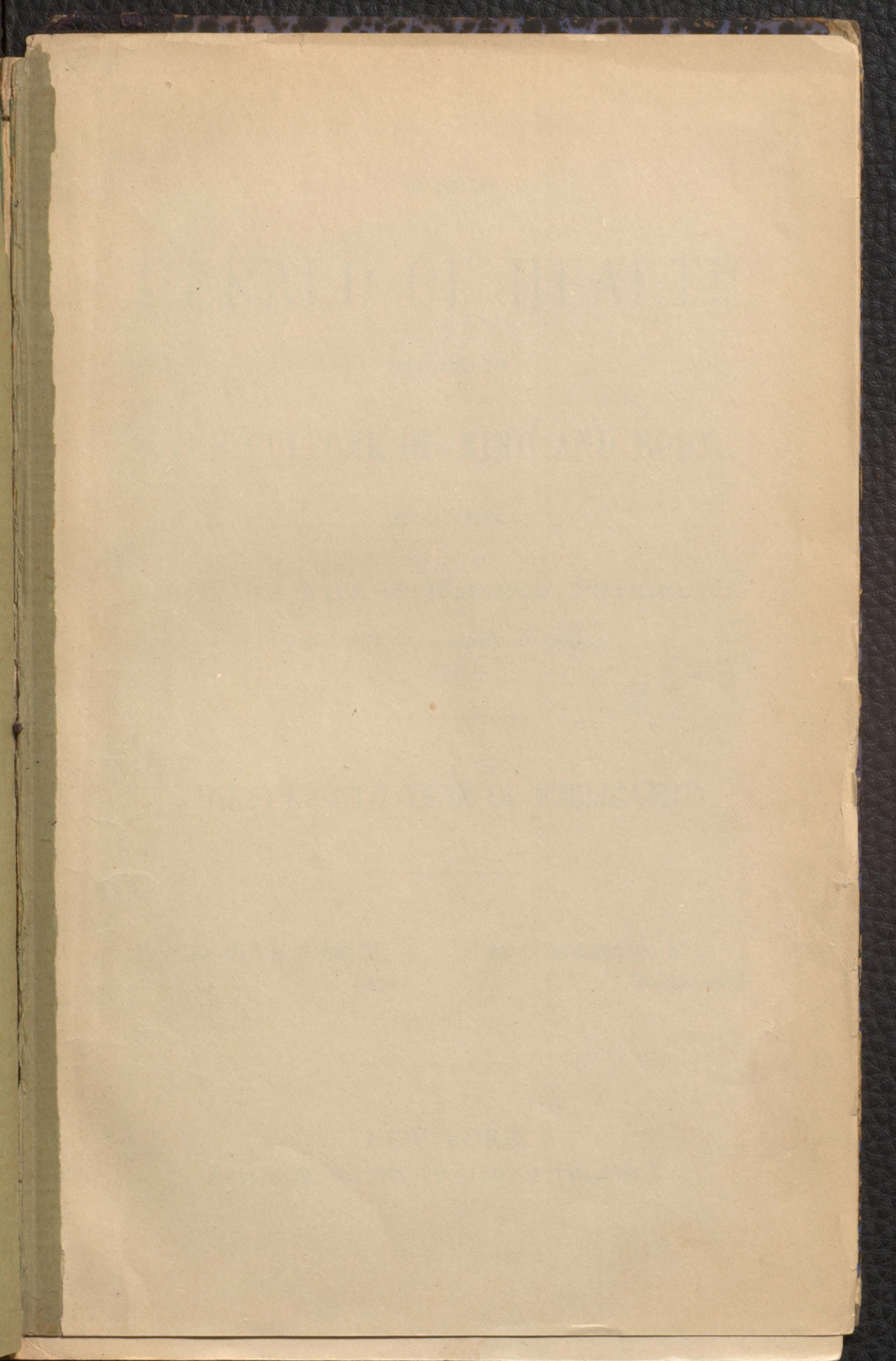


Osler
Library
Montreal

T. LEMIEUX
RELIEUR
à QUÉBEC







GENERAL INDEX.

GENERAL ARTICLES.

The Need of an Intelligent Motherhood..... 1

A Novel Suggestion as to Marriage Regulations..... 4

Digestion Promoted by the Odor of Food..... 5

The Health Habits of Two Distinguished Inventors..... 7

Tragical Truths by S. O. M..... 9

Hospitality without Grudging..... 10

Comfort for Weak Hearts..... 10

How a Confirmed Dyspeptic Cured Himself..... 25

A Woman's Time..... 27

Some Hints on Protection Against Cold..... 29

One Hundred and Fifteen Years' Old. Health Habits of a London Physician 30

The Abomination of the Cheap Cigar. 55

Rational Health Cranks..... 58

Indoors and Out..... 61

Alcohol from a Physiological Point of View..... 79

A Well Known San Franciscan's Health Habits..... 82

Some Peculiar Nervous Tricks and Habits..... 83

The Higher Education of Women... 85

Vegetarian Faith, Works and Results. 107

Scientific Preventives of Epidemics... 111

Sedentary Habits of Professional Men and their Effect..... 113

Experts Tell of Alcohol's Deadly Effects..... 135

Combinations of "Quacks" and "Quack" Literature..... 139

New Born Babies and How to Treat Them..... 141

A Barley Pudding..... 144

Various Matters Concerning Health 163, 219

Another Chapter on "Quack Combinations" and "Quack" Literature..... 166

On the Value of Cold Bathing..... 168

The Irregular Habits of a Distinguished Sculptor..... 191

A Request..... 194

GENERAL ARTICLES.

Some Good Advice for August Weather..... 195

How to Become a Good Swimmer... 199

The Food of the German Farmer... 223

How Infection May be Carried..... 225

Eating from Necessity..... 228

Prof. Chandler on Nostrums..... 229

Notes Concerning Health..... 247, 275

How Quacks and Quackery Flourish. 251

People who Enjoy a Vigorous Old Age..... 255

The Temperature of Our Food and Drinks..... 259

The Health Habits of Sixty-Two Centenarians..... 278

How to Live Long.—A New Prescription for Attaining this Desirable End..... 280

Ventilation in Sleeping Rooms and Effects of Cold..... 282

Important Facts Concerning Consumption and Kindred Complaints. 303

Seasonable Hints Upon Colds..... 306

On the Proper Nursing of Children... 309

EDITOR'S STUDY.

Pages 12, 32, 62, 87, 116, 146, 170, 201, 230, 261, 284, 313

WOMEN AND THE HOUSEHOLD.

Pages 14, 38, 67, 92, 121, 152, 175, 206, 236, 266, 289, 318

MOTHERS AND THE NURSERY.

Pages 17, 42, 72, 96, 125, 155, 179, 210, 239, 269, 295, 320

QUESTIONS AND ANSWERS.

Pages 22, 45, 74, 102, 130, 157, 184, 214, 243, 270, 298, 321

HEALTH INVENTIONS AND APPLIANCES.

Pages 48, 75, 104, 132, 160, 186, 216, 272

PUBLISHER'S DEPARTMENT.

Pages 21, 49, 77, 105, 132, 161, 188, 217, 245, 273, 300, 324

CONDIMENTS.

Pages 20, 31, 189.

NEW PUBLICATIONS.

Pages 273, 301.

IMPORTANT NOTICE.

All letters and other communications for the editor, and all subscriptions and business correspondence for the publisher, should be addressed to HERALD OF HEALTH, P. O. Box 2141, New York City. Checks, Post Office Orders and Registered Letters should be made payable to HERALD OF HEALTH CO.

THE HERALD OF HEALTH.

Vol. XXXVIII.

JANUARY, 1888.

No. 1.

THE NEED OF AN INTELLIGENT MOTHERHOOD.

A woman under the signature of "Ernestine" writes to the Detroit Commercial Advertiser that she is puzzled to understand how we are to bring about the desired fitness of men for parenthood until we have more intelligent and better educated mothers to teach the boys, and bring them into manhood with pure and self-controlled minds. "Why are our sons and daughters" she asks, "permitted to come to the marriage relation in utter ignorance of themselves, physiologically and spiritually? knowing nothing of the responsibilities or sacred obligations of life in relation to parentage." She then goes on to say. "It is the mother alone who can keep the confidence of her son, so that he will, in maturing manhood, gladly counsel with and be taught of her, and farther on instruction be imparted which will enable him to enter the marriage state conscious of the purity of conditions that should hallow it, and the wisdom which should govern all relations; and the observance of which alone can preserve that respect and affection, which lift it above the lowest level of prostitution and licentiousness.

THE MOTHER ALONE CAN TEACH

and wield that influence over his son, that will enable him to gain the mastery of passion, that will prevent the sad wreck and happiness that so often result from the ignorant entering the marriage state. The mother should

that for the sacred office of parentage he should devoutly prepare himself by using every means in his power to attain physical health and spiritual harmony; that his power to transmit like conditions to offspring is largely before maternity commences. After that he should hold his wife, not as the instrument of his gratification, but sacredly as the temple of his divine incarnation, shrining her in his inmost soul, and shielding her from unsuitable associations and necessity for exhaustive exertion. Think you a generation even of such teaching by wise mothers would be barren of good results? What then must we do but to begin the education of mothers? And I charge upon you, mothers of to-day, the grand duty of educating yourselves in all the scientific knowledge, all physiological and psychical laws, to prepare the means for a free and

UNPOLLUTED MATERNITY TO COMING GENERATIONS.

“While admitting the great necessity of improvement in fatherhood, for the greatest good of offspring, I dwell mostly upon the mother's duty to her son, because in its fulfillment, it seems to me, lies the only hope of guiding the surging passion of masculinity into those channels of enlightenment which can save parentage from perpetuating and intensifying the diseased conditions, physical and spiritual, which are eating into the core of life. I charge it upon an ignorant motherhood—a motherhood not yet conscious of its high duties, its far-reaching, God-endowed powers—this deplorable ignorance, this fearful ignoring of knowledge that should lighten every man into a pure and holy marriage, and forever do away with this degenerated and degenerating standard of physical womanhood, with all its attendant evils that surge over our broad country now like

A BESOM OF DESTRUCTION.

“Why has not man sought out the means of developing and perfecting human forms, as well as in the animal kingdom below him? Because in the nature of his being, it is not his province. God has not written in the construction of masculinity, its powers nor faculties, nor its position toward offspring. In maternity alone can the conditions important to maternity be experienced; and through this experience be revealed. They are not within the scope of intellect

THE LABORATORY OF THE DIVINE ARTIST,

is one whose secrets cannot be fathomed by man; he
at the portal. The responsibility and working in-
ity are by no means to be left out of account. The

many instances of well-developed and highly endowed offspring not indebted to paternal influence for anything but the first impulse of life, prove that the maternal function is not dependent upon the paternal for the fulfillment of its office. To motherhood, by every quality of fitness for the office, belongs the sacred obligation to secure to itself the best conditions for developing, in healthy proportions the forms she shall bring forth, and of transmitting to the moral and intellectual natures the most complete and harmonious qualities that is possible for human beings to inherit; then, when her child has taken a separate existence, it is her privilege as well as duty, to educate him in all those delicate and vital questions which affect the springs of existence and the foundations of social life.

BUT HOW LACKING IS THE MOTHERHOOD

of to-day; deaf to the appealing agony of miserable bodies, and still more miserable souls, all discordant from the physiological and psychical conditions bearing upon them, back to the moment of conception; when a frenzied passion, and perhaps stimulated by alcohol on the part of one parent, and a sickening terror in the heart of the other lest maternity should ensue, ushered into being its house-flesh and imprinted deep in every fiber of its being, during the months of gestation, the revulsion of the mother's soul, with perhaps a murderous desire against its life; and at best only a conscientious acquiescence in the undesired condition imposed upon her! No marvel that murderers are born, but only that more are not thrust upon society. In motherhood desired, all the energies of soul, as well as body, contribute to the new life, and provide with conditions in accordance with physiological and psychical law.

A MOTHERHOOD FITTED TO INSTRUCT

and courageous to perform its duties, is the only possible hope for the consummation of a divine order of society upon earth, and through it alone can the Kingdom of Heaven come to be established. All reformatory efforts, not commencing here, lack the basis of permanency. To build human society upon the basis of righteousness we must first get down deep to the causes which from the dawning of existence, and operating continually toward the harmony and purity of right relations, and the introduction of pure elements into the social fabric.

AS MOTHERHOOD ALONE IS CAPABLE

of comprehending the considerations bearing upon human reproduction, it is evidently the divine regulation that woman should discover

and promulgate the laws of maternity and the conditions necessary for the highest development of the physical form not only, but the spiritual tendencies of those to whom she gives birth. I charge you, mothers of to-day, if you would have the fathers of the future such as they should be, yes, and the mothers, too, to put forth your souls' energies to save your sons from the polluting influences of low associations, and teach them yourself, in all the relations of life; and save your daughters from ruined health and degraded wifehood."

A NOVEL SUGGESTION AS TO MARRIAGE REGULATION.

EDITOR OF HERALD OF HEALTH—No intelligent person will deny that the present system of legalizing marriage is objectionable. Men and women have only to show that they are of sufficient age to entitle them to enter the relation, and forthwith they are ushered into matrimony regardless of their qualifications to render each other happy. To use a slang phrase, "go it blind."

Now what is the result? Occasionally you will meet with a couple that are really happy, and whose children are all they should be, physically and mentally. But such cases are rare. And what is the reason? People marry without any idea, or a very dim one, at least, of their adaptability to each other. Were this subject thoroughly understood, it is safe to assert that divorces and crime would be reduced fully seventy-five per cent. A lack of space prevents me from going into details concerning the above assertion, but any person who will seriously examine into the proportion, can prove it to his own satisfaction.

"I've heard all that before," you say. "We know the evils exist, but, to use a rather celebrated expression, what are you going to do about it?" I reply as follows: Do away with the present system of legalizing marriage, substituting therefor a board of phenologists and physiologists in every county seat, whose functions shall consist in the power to examine into the mental and physical characteristics of candidates for matrimony; to grant or refuse marriage license according to the congenialities of the parties presenting themselves, and to grant divorces to those who are miserably mated into wedlock. You doubtless think this queer. But give it five minutes' thought before you denounce the suggestion.

In Switzerland "the native of the Cantons obedient to the law of nature as well as that of his country, seeks the permission of the magistrate when his assent is only accorded when the parties are fitted by nature, age and circumstances. The consequence of this wise legislation is a hardy and mature race, capable of every manly effort and endurance." It is also said of the Swiss that "they are indomitable people, who have perserved their independence for five hundred years, surrounded by despotism." If the dictation of a wise magistrate works so well in the Cantons of Switzerland, what great results might we not expect here, if a board of phrenologists and physiologists had the power to refuse or grant marriage licenses according to the fitness of applicants.

Isn't this subject worthy of some thought?

CHAS. T. BRODHEAD.

DIGESTION PROMOTED BY THE ODOR OF FOOD.

[FROM A LECTURE BY DR. HOWE BEFORE THE LOUISVILLE POLYTECHNIC SOCIETY.]

Dr. Howe lectured recently before the Louisville Polytechnic Society on the subject of "Smell and Taste," and brought out many facts not generally known and of much interest. In the first place he described the organs of smell and taste, illustrating them by a number of fine views with the calcium light. As ordinarily considered, the tongue is the sole organ of taste, this function residing in minute glands, which are most numerous in the back part of the tongue. In order to taste by the tongue it is a necessary condition that the substances be soluble, at least to a minute extent, in water. The taste noticed when the tongue is touched to a copper plate, when a piece of zinc is below the tongue and in contact with the copper, is not really taste, but the effect of imitation of the ordinary nerves by the galvanic current generated.

THE SENSE OF SMELL

is located in a portion of membrane in the nazal cavity, and this is irritated by small portions of any odoriferous substance in the form of vapor or minute dust. In order to render our sense of smell more sensitive we sniff the air, thereby forcing it more strongly against the olfactory membrane. So sensitive is this sense that it is possible to

direct as small a quantity as one-thirty-sixth billionth of a grain of mercaptan vapor. In man, however, the sense of smell is but poor in comparison with that of many animals. Dogs will follow their master by the sense of smell, no matter how many men cross his track, and wild deer will recognize a man, at a great distance, by the power of smell. There is reason to believe that the sense of smell in man is gradually growing poorer and may in time disappear.

OF MORE INTEREST

the fact that while we ordinarily consider the sense of smell more restricted than that of taste in reality it is the sense of taste that is exceedingly restricted. The recent researches of several investigators have shown that the only tastes which we can recognize are probably sweet and sour, saline, bitter, alkaline and metallic; what we call flavor is in reality smell, and not taste. Henry T. Fincks has suggested the experiment of tasting with the nose held tightly and the eyes blindfolded. In this way, by the sense of taste, it is found impossible to distinguish between different kinds of meats, as beef, mutton, pork, etc., or between many fruits, as apples, pears, and peaches: and, what is more remarkable, the different spices and condiments seem alike. Ginger, cinnamon, and cloves do not differ in taste. Mustard loses its pungency, and one cannot tell it from horse-raddish. We are all familiar with the fact that when our nose is stopped by a cold nothing "tastes" good.

THE MECHANISM OF TASTING

really consists in holding the object on the back of the tongue and gradually, by raising the back of the tongue, forcing the air in the back of the mouth into the throat, while at the same time we breathe only through the nose very gently. Thus the real flow comes mostly from the odor which passes out through the nose. In other words, for taste we are mostly dependent upon the smell. What has been said applies no less to liquid than to solid food. For the judgment of coffee and tea we are wholly depended upon odor, and this is still more strikingly true of wines. For determining the quality of wine one is absolutely dependent upon odor, and to a man with a cold all qualities are alike.

THE PRACTICAL BEARING

of this subject is that our digestion is materially promoted by the odors of our food, when they are agreeable. To enjoy food we should eat slowly in order to get the full value of this "taste odor," as it might be called, and in cooking every effort should be made to prevent the loss of the agreeable odors of the food and to develop others.

THE HEALTH HABITS OF TWO DISTINGUISHED
INVENTORS.

The health experiences of Mr. A. H. Frank, of Buffalo, the distinguished inventor, as narrated in the December issue of the *HERALD OF HEALTH*, have attracted no little attention and elicited much comment. Mr. E. Hunn writes from Philadelphia as follows:

DR. M. L. HOLBROOK:—The letter of A. H. Frank is such a wonderful experience and such a confirmation of what I have suspected for a long time that I trust you can induce the writer to give the public such further particulars as will enable all the readers of the *HERALD OF HEALTH* to put in practice what he has found so simple and cheap, provided they feel so disposed. I know the runners of India travel all day with a small bag of rice roasted, and I think there is a wild plant in South America that supplies nourishment sufficient for a day or so. A means of continuous living during hard work, securing at the same time good health, at a rate of a few cents per day, is a discovery of more importance to the poor working classes than the enriching our lands to double their present production. If he will say just what he finds ample nourishment for each meal, say three per day, and of what composed, and whether that includes all taken for nourishment, and if his labor is light, what he would think sufficient for a man handling coal all day of ten hours, and with what rest (*this I consider very hard work*), and any idea that he may think useful in practice. I consider this letter of A. H. Frank ample pay to me for my subscription, and I judge many others will feel as I do; and I trust he will serve you and oblige your readers by the further information asked for.

THE HEALTH HABITS OF CAPT. ERICSSON.

Captain John Ericsson the inventor of the Monitor and one of the most prominent engineers of modern times is now in his eighty sixth year. He enjoys vigorous health and a mind unimpaired. He attributes his enjoyment of such remarkable vigor at his age, in his own words, "to the understanding of the machinery of his being, its care, and its needs." The construction he inherited from his sturdy Swedish ancestors is the first important factor in the question, and regular habits and daily physical exercise are the others. Yet he very seldom goes out. For many years he took outdoor walks, and they were principally in the evening, because in the absence of the dust and noise and bustle of the day he found them more beneficial. He gave up these walks a long time ago when he found that he was not getting the benefit from them that he had formerly observed. But in a room full of gymnastic appliances, and in the big apartments of the old fashioned house, he gets sufficient exercise, and there is always plenty of

FRESH AIR LET IN BY OPEN WINDOWS.

His day begins at 7 o'clock in the morning, at which hour he rises, the year around. The first hour is spent in exercising, and a tepid bath followed by a cold shower and a vigorous rubbing, follow

it. At 9 o'clock he is ready for breakfast. This consists of tea, with a great deal of milk in it, two or three poached eggs, and half a loaf of bread. The bread is prepared by a formula of his own, and is a coarse brown bread. It is thoroughly dry before he eats it, a loaf being always disposed on the mantel by the grate fireplace for that purpose. Newspapers and periodicals, many of them being scientific publications, and his mail, take up his attention for awhile. Then he gets down to solid work in his individual workshop, the second floor front room. He draws most of his own plans, and is one of the quickest and most finished draughtsmen living. In mechanical work of almost any kind in connection with models and experiments he shows

A STEADINESS OF HAND,

a strength and skill that would be wonderful at any age of life, and are almost miraculous at 85. His calculations are his own, and he shows none of that dependence upon assistants for the drudgery of mathematical work that many great engineers are willing to have. At 4 o'clock he dines, and the meal consists of vegetables, tea and bread, with about one ounce of meat. It is not weighed or so very carefully limited, but it is very certain that the quantity never exceeds two ounces, and rarely is as much as that. There are no other meals, and there is no more eating. Nothing else passes his lips unless it is occasionally a drink of water. He uses no tobacco, and never drinks wine, beer, or liquor. He is not fanatical on the point, but goes without them because he thinks they are not good for him.

AFTER DINNER HE READS

an hour or two before going back to his work, though his reading is generally of a scientific or technical character, and in the line of whatever investigations and experiments he has on hand. But when he does go back to work again it is to the principal work of the day. He prefers the night for real effort. His ideas come more freely and there is less disturbance of noises from the outside world. At 11 o'clock he stops, at whatever stage his work may be in. It is never with any feeling of being tired, he says, but with the idea of giving his brain a little rest before bed time. This comes at midnight and means sleep at once with refreshment and reinvigoration that finds him ready at 7 o'clock for another day of the same routine.

TRAGICAL TRUTHS.

The suicidal impulse among young men, is of alarming frequency. Three, among my own acquaintances, within a little more than as many months, have brought the fact home to me, with startling intensity. One friend parts from another late in an afternoon spent in cheerful chat—largely of business, and plans for the future—apparently buoyant and hopeful—with promises of meeting early the next day. Before the dawn of that day, one of them has blotted out his promising young life. The startling news reaches the other while he is almost momentarily expecting him to enter. After the first benumbing shock is over all naturally speculate as to the cause. One present suggests “embarrassing business complications”—another thinks “disappointment in some love affair” to which a message left for some lady friend gives a color of reason. Are we not all inclined to adopt the cynical view of the ancient philosopher who at every mysterious calamity exclaimed: “Who is she?” And this woman is indiscriminately blamed for every failing and trouble that flesh is heir to. So go on the endless and useless “supposings,” which get them no light on the terrible mystery.

We feel it is the outcome of the times and manner of living. Twenty years ago, young men, even in the twenties, were content to secure a position at a reasonable salary. If circumstances gave promise of advancement after several years of steady fidelity to employer's interest that young man was considered “a lucky fellow.” Cheerfully, and full of energy, he toiled early and late, acquiring, with his little savings, a manliness and force of character by his steady purpose, which showed itself in physique and manner. The pure hearted maiden of his choice (for young men married more generally then) contentedly awaited the day of his advancement to a salary which would warrant them in setting up their few little household gods, and journeying on in life together. He endowed her “with all his worldly goods,” easily enumerated. She brought to him, her rich dowry of health and sweet temper and this, with their true old-fashioned love, was the wealth which insured to them a happy future. Now-a-days, young Croesus, must have an elegant house, horses, carriages, yacht, opera box, and all the paraphernalia of wealth, to lay at his “faire ladye's” feet. She, with her travelled, cultivated taste, thinks him “eligible.” He declares she will make a “stunning” appearance at the head of his menage. His hand over-

flows with generous gifts and glittering baubles, and they somehow do not miss the warm clasp, which to the empty-handed lovers of a simple age brought a thrill of happiness. The ambitious young aspirant for the position of a mature man, assumes heavy responsibilities, runs immense risks, lives in a state of anxiety and excitement. Result—overstrained nerves, distracted brain—suicide! And here the curtain falls.

S. M. O.

New York, 1887.

HOSPITALITY WITHOUT GRUDGING.

THE writer was once invited to spend a week in a family where the extra expense of an additional member was a frequent subject of discussion, greatly to her disturbance. "Have the milkman leave an extra pint because we have company," or "order more berries to-day than usual and tell the grocer we shall want six pounds of butter this week instead of five," were among the orders given by the mistress with extreme frankness in the presence of her guest, greatly to the latter's discomfiture. At evening time it was the custom of husband and wife to discuss expenditures and make up accounts, and the excellent habit was not waived, as it might have been, till the couple were alone, but every item was talked over; if surprise was expressed at any one charge, the wife would kindly explain that one must expect company to add something to the expense. "You are so much at home with us that we don't mind you," was frequently said as a sort of apology for the uncomfortably candid conversations that took place in her presence. But the "company" did not thoroughly enjoy her visit and gave herself strict orders never to let her own future guests feel that they caused trouble or expense in her house. True hospitality spares no pains to make a visitor comfortable, and a little self sacrifice to gain that end counts as nothing in a truly cordial, warm-hearted family.—New Orleans Picayune.

COMFORT FOR WEAK HEARTS.

When a young man is down in the valley of humiliation because he has failed in some cherished undertaking and in despair argues the likelihood of becoming a failure altogether. It would

suggest to him to look away from himself for a while to other lives and study their successes and failures.

When a young woman with her first great heartache and disappointment wishes she was dead because all future life will be of no account to her, let her do the same. When I see these dear, brave young hearts struggling with their disappointments, I long to take them by the hand and assure them out of my larger, older experience, that it is not so bad as they think:—that it will not last forever;—that life is only the sum of a succession of experiments, successes and failures, and that all this experience *means something* to them of great importance in the end;—that the terrible agony of the present suffering *may* be, if we will it so, the birth-pains of a greater success than we have dreamed of yet.

Dear blind young eyes without the power to see what results will follow upon your impulses of passion, try to see that half the world suffers as you do at times, and still manages in time to be happy again.

Dear ignorant souls, learn the lesson that the baby learns by burnt fingers that certain things *must not be touched*. Dear loving souls keep for your watchwords Honor and Purity and “guard well the door of your hearts.” I would repeat Holmes’ words to the over-ambitious one,

“Heaven is not reached by a single bound,
But we *climb* the ladder by which we rise.”

LUCY HOLBROOK.

337 Fourth Avenue, New York.

HEALTH DISCOVERIES AND INVENTIONS.

COLOR-BLINDNESS CURED.—Color-blindness is usually esteemed incurable but Dr Babbit, Dean of the New York College of Magnetics, 39 West 27th street, believes he can cure every case. He affirms that Chevreul Tyndall, Helmholtz and the other scientists are not acquainted with the correct philosophy of vision and that all color forces are received upon the retina on principles of chemical affinity.

EDITOR'S STUDY.

OUR RULES FOR GOOD HEALTH.

1. Be regular in your habits.
2. If possible go to bed at the same hour every night.
3. Rise in the morning soon after you are awake.
4. A sponge bath of cold or tepid water should be followed by friction with towel or hand.
5. Eat plain food.
6. Begin your morning meal with fruit.
7. Don't go to work immediately after eating.
8. Be moderate in the use of liquids at all seasons.
9. It is safer to filter and boil drinking water.
10. Exercise in the open air whenever the weather permits.
11. In malarious districts do your walking in the middle of the day.
12. Keep the feet comfortable and well protected.
13. Wear woolen clothing the year round.
14. See that your sleeping rooms and living rooms are well ventilated, and that sewer gas does not enter them.
15. Brush your teeth at least twice a day, night and morning.
16. Don't worry, it interferes with the healthful action of the stomach.
17. You must have interesting occupation in vigorous old age. Continue to keep the brain active. Rest means rust.

DIVORCE AND THE SOCIAL VICE.—At the recent service of the Evangelical Alliance in Washington, the most important topics were "The Perils of the Family" and "The Social Vice," handled respectively by the Rev. S. W. Dike, of Massachusetts, and by Colonel Greene, of Hartford, Conn. France, it was shown, was the only European nation whose birth rate was as low as that of this country, and what made our situation worse than hers was that she was concerned about this matter while we were not. The divorce rate is double what it was twenty years ago both in America and Europe. In enlightened New England two thousand divorces had been granted in a single year, and nearly as many had blackened the record of the state of Ohio in a year. Mormonism, it was held, did not threaten half the mischief that our easy divorce laws did. Touching the social vice, Colonel Greene contended that what was done openly by those lost to shame was but a small part, and not the vilest part either, of what was going on. Amongst the corrupting influences at work upon children and youth he mentioned, first in the order of time, the promiscuous association of the good and bad in the public schools, the work too often begun there being supplemented afterwards by the novel, the sensational newspaper, the obscenity lurking under the guise of art, the saloon, and the loose moral code prevailing in society. His plea was for a general support of the White Cross movement as an antidote to this social vileness, in which he was ably supported by Dr. Thomas, an eminent physician of

Baltimore. Dr. Thomas held that there were more pure men in America than in any other nation, and that the great need was for those believing in purity to put themselves on record.

HOW ONE MAN CURED DYSPEPSIA.—After suffering twenty-five years with a weak, dyspeptic stomach, I am now aged 62 years, but thanks to health journals, or the application of the principles as therein laid down, I now have a stomach that I can beat like a base drum without flinching, and a back equal to any part of the body. My great cure all has been a careful study of a diet adapted to the wants and whims of a weak stomach, excessive rubbings and deep breathing. I have enjoyed almost uninterrupted good health for the last eight years; don't know what it is to be sick a day or ever have a headache. In proof of this fact, fifteen years ago I abandoned horse shoeing on the account of a weak stomach. Six years ago, I took it up again, and am still shoeing up to the present time. The exercises must be persevered in as regular as the eating, taking from fifteen to thirty minutes according to age and strength, the first thing in the morning, the last thing at night.

J. N. SEMPLE, Middleport, Ohio.

POSITIONS THAT AFFECT SLEEP.—According to Dr. Granville, the position affects sleep. A constrained position generally prevents repose, while a comfortable one woos sleep. He says lying flat on the back with the limbs relaxed would seem to secure the greatest amount of rest for the muscular system. This is the position assumed in the most exhaustive diseases, and it is generally hailed as a token of revival when a patient voluntarily turns on the side; but there are several disadvantages in the supine posture which impair or embarrass sleep. Thus, in weakly states of the heart and blood vessels and certain morbid conditions of the brain the blood seems to gravitate to the back of the head and to produce troublesome dreams. In persons who habitually in their gait or work stoop, there is probably some distress consequent on straightening the spine. Those who have contracted chests, especially persons who have had pleurisy and retain adhesions to the lungs, do not sleep well on the back. Nearly all who are inclined to snore do so in that position, because the soft palate and uvula hang on the tongue, and that organ falls back so as to partly close the top of the windpipe. It is better, therefore, to lie on the side, and in the absence of special diseases rendering it desirable to lie on the weak side so as to leave the healthy lung free to expand, it is well to use the right side, because when the body is thus placed the food gravitates more easily out of the stomach into the intestines, and the weight of the stomach does not compress the upper portion of the intestines. A glance at any of the visceral anatomy will show this must be. Many persons are deaf in one ear and prefer to lie on a particular side; but, if possible, the right side should be chosen. Again, sleeping with the arms thrown over the head is to be deprecated; but this position is often assumed during sleep, because circulation is then free in the extremities, and the head and neck and muscles of the chest are drawn up and fixed by the shoulders, and thus the expansion of the thorax is easy. The chief objection to these positions is that they create a tendency to cramp and cold in the arms, and sometimes seem to cause headaches during sleep and dreams. These small matters often make or mar comfort in sleeping.

MILK AS A STIMULANT.—Milk heated to much above one hundred degrees Fahrenheit, loses for a time a degree of its sweetness and density, says the *Medical Record*: No one who, fatigued by over exertion of body and mind, has ever

experienced the reviving influence of a tumbler of this beverage, heated as hot as it can be sipped, will willingly forego a resort to it because of its being rendered somewhat less acceptable to the palate. The promptness with which its cordial influence is felt is indeed surprising. Some portion of it seems to be digested and appropriated almost immediately, and many who now fancy they need alcoholic stimulants when exhausted by fatigue will find in this simple draught an equivalent that will be abundantly satisfying and far more enduring in its effects.

WHY MEN FAIL.—Few men come up to their highest measure of success. Some fail through timidity, or lack of nerve. They are unwilling to take the risks incident to life, and fail through fear in venturing on ordinary duties. They lack pluck. Others fail through imprudence, lack of discretion, care or sound judgment. They overestimate the future, and build air castles, and venture beyond their depth, and fail and fall. Others, again fail through lack of application and perseverance. They begin with good resolves, but soon get tired of that, and want a change, thinking they can do much better at something else. Thus they fritter life away, and succeed at nothing. Others waste time and money, and fail through ruinous habits; tobacco, whiskey and beer, spoil them for business, drive their best customers from them, and scatter their prospects of success. Some fail for want of brains, education, and fitness for their calling; they lack a knowledge of human nature and the motives that actuate men. They have not qualified themselves for their occupation by practical education. Still others are unsuccessful, because circumstances seem against them; through no fault of theirs, death causes losses and expenses which no effort on their part can make up or repair.

TAKE A DAY IN BED.—Apropos of a paragraph that recommends hard worked people to take a day now and then, in bed, the *Philadelphia Press* observes:—“What with colleges, universities and newspapers, with political campaigns and tariff debates, with reform in politics and constant changes in social customs, with social clubs and clubs political, with art culture and the decorative mania, we are cultivating every side of man's nature but his physical side. Learned physicians are experimenting with us, healing some of us and failing to heal others, but few or none of these tell us how to keep well. We believe in the bed cure; it is better than the hot water cure, or grape cure, or gymnastics and other exercise. It is not exercise, but rest we need, and we hail the bed cure as the greatest discovery of the Nineteenth Century.” Perhaps if more people believed in the bed cure and took it in time there would be less heard about “nervous prostration.”

WOMEN AND THE HOUSEHOLD.

[CONDUCTED BY HELEN FLETCHER.]

CONSTIPATION OF THE BOWELS is the almost sure result of slow and imperfect digestion, says Dr. E. G. Cook, and from these manifest ills arise. Many women who would scorn to take the trouble to eat properly and keep their digestive organs

in good condition, spend time and money on freckles, moth spots and pimples upon their faces, vainly trying to cover with cosmetics, that, which proper care in diet, would entirely remove.

HOW WOMEN REST.—How differently men and women indulge themselves in what is called a resting spell. "I guess I'll sit down and mend these stockings, and rest awhile," says the wife, but her husband throws himself upon the easy lounge or sits back in his arm chair, with hands at rest and feet placed horizontally upon another chair. The result is that his whole body gains full benefit of the half hour he allows himself from work, and the wife only receives that indirect help which comes from change of occupation. A physician would tell her that taking even ten minutes' rest in a horizontal position, as a change from standing or sitting at work, would prove more beneficial to her than any of her makeshifts at resting. Busy women have a habit of keeping on their feet just as long as they can, in spite of backaches and warning pains. As they grow older they see the folly of permitting such drafts upon their strength, and learn to take things easier, let what will happen. They say: "I used to think I must do thus and so, but I've grown wiser and learned to slight things." The first years of housekeeping are truly the hardest, for untried and unfamiliar cares are almost daily thrust upon the mother and home maker.—*New England Farmer*.

THE COOK'S LOSS OF APPETITE.—Often after cooking a meal a person will feel tired and have no appetite; for this beat a raw egg until light, stir in a little milk and sugar, and season with nutmeg. Drink half an hour before eating.

VENTILATION IS A SPLENDID PROVISION of nature for human good. The circulation of air is wisely adapted to enter any crevice. There is an ancient riddle "Round the house, and round the house, peeks in every crack." This is the mission of the wind, and if we open the chamber window we shall be amply repaid by the fresh, exhilarating air that is waiting to replace the foul, stagnant breath of the gathering night watches. This everybody knows. But, please, don't carry bed-making past the sunset. Every one knows that the dew falls before old Sol has thought of retiring to his golden pillow. One hour and a half is quite sufficient for a thorough airing of a sleeping room. A nice breeze invited through open windows in the morning hour, secures all the health that is necessary in this line; and the exercise that follows the proper adjustment of our dwellings guarantees the blessing of good digestion, and gratifies the love for that harmony which should prevade every home.

WOMEN FROM AN INSURANCE STANDPOINT.—"We don't care about insuring women," said a Massachusetts company recently. "We take women in the company, but we never seek them; and at most we only insure them for \$2,500. Some companies refuse to insure them at all. The expectancy of life is not so great with them. The liability which they are under of bearing children makes the risk in insuring. I have no doubt that the decision of the insurance companies is based on mortuary statistics, though I know that the popular impression is that a greater number of women live to exceedingly old age than men. It is true that men are more liable from the nature of their lives to be killed accidentally, and it is also true that their vices cause much physical degeneration. But, on the other

hand, women are subject to many complaints incident to their sex which make them bad investments from the standpoint of an insurance agent. I am not among those who assert that they will not insure women because they do not wish to have any business dealings with them. I have heard it said that they were not prompt in keeping up their policies, but that has not been my experience. It is even said that the examining agents can not trust a woman to tell the truth about herself—that she will neither confess to her diseases nor her age, and that she is inaccurate in her statements about her ancestors. Personally I would believe a man as quickly as a woman. Of course it seems hard when a widow is working for her children that she can not insure herself for them for a good round sum. It is not that her life is not valuable, but simply that it is uncertain. She is more apt to break down than a man would be under the same circumstances. And so it stands, and will stand for a good while to come, I fear.”

HOW TO SAVE THE BOYS.—Women who have sons to rear, and dread the demoralizing influences of bad associates, ought to understand the nature of young manhood: It is excessively restless. It is disturbed by vain ambitions, by thirst for action, by longings for excitement, by irrepressible desires to touch life in manifold ways. If you, mothers, rear your sons so that your homes are associated with the repression of natural instincts, you will be sure to throw them in the society that in any measure can supply the need of their hearts. They will not go to the public house at first for love of liquor; they go for the animated and hilarious companionship they find there, which they find does so much to repress the disturbing restlessness in their breasts. See to it, then, that their homes compete with public places in their attractiveness. Open your blinds by day, and light bright fires by night. Illumine your rooms. Hang pictures upon the walls. Put books and newspapers upon your tables. Have music and entertaining games. Banish demons of dullness and apathy that have so long ruled in your household, and bring in mirth and good cheer. Invent occupations for your sons. Stimulate their ambitions in worthy directions. While you make home their delight, fill them with higher purposes than mere pleasure. Whether they shall pass happy boyhood, and enter upon manhood with refined tastes and noble ambitions, depends on you. Do not blame miserable bar-keepers if your sons miscarry. Believe it possible that with exertion and right means, a mother may have more control of the destiny of her boys than any other influence whatever.

G. W. S.

THE BLESSINGS OF SUNSHINE.—There is no better medicine, no greater purifier, no better friend to good health, cleanliness and long life, than sunshine. Sunshine costs nothing, is refreshing, invigorating, life-giving to both sick and well. People have somehow got the idea that nothing is valuable that does not cost something, and are apt to value all blessings by the money value they present. Always bear in mind that the three greatest blessings humanity receives—sunlight, pure air and water—the types of a beneficent Father's unstinted bounty—are all free to all, they are everywhere, and can be had without money and without price. If you would enjoy good health, see that you have pure air to breathe all the time, that you receive the direct benefit of the sunshine an hour or two every day, and that you quench your thirst with nothing but pure water. Houses should be so built that every room occupied for living or sleeping purposes shall receive the full benefit of direct sunlight at some time of the day. The sleeping rooms should

always be large and roomy, and if possible have an eastern exposure to receive the benefit of the morning sun. Too many shade trees too close to the house are an injury rather than a benefit; and should be removed if they prevent free access of the sunlight to all the rooms. Let in the sunshine that is struggling with blinds, shades and awnings, and let it do its blessed work of purification.

HUSBANDS AS NUISANCES.—Sometimes the effect of marriage is to transform a male exquisite into a sloven, says a correspondent, especially if the cares of poverty and an increasing family rest upon his shoulders; or it may be that he is by nature solvently and easily relapses into that ideal-destroying condition when the vanities of youth cease to act as a spur. Husbands of this kind commonly let their beards grow, neglect to polish the heels of their boots, and develop an irritating tendency to affect rubbers in all weathers. Their hats, if not actually shabby, are usually antiquated, and their trousers, being worn too short, invariably bag most ugly at the knees. They wear long overcoats, and either carry no umbrellas (caring nothing for their dingy old clothes) or umbrellas of prodigious circumference, of cheap material, and warranted to turn inside out every time the wind happens to catch them right. These men if living out of town, are almost sure to hatch a fondness for poultry and to spend their Saturday afternoons and Sunday mornings pottering about hencoops and watching the strut of their favorite roosters. They care nothing for society, not much for the opera or the play, and are alarmingly prone to fall asleep over their newspapers in the evening. They usually prefer a pipe to a cigar, and they are mighty consumers of beer. Even to such base uses may the married man descend.

SCHOOL FOR MARRIED WOMEN.—I sometimes think I would like to open a school for the education of married women—teach them how to keep their husbands. I think American women, more than any others in the world, need this school. The English woman, when she keeps her husband, does it because she is a fine animal; the French woman is clever enough to combine the material and intellectual, but the American woman, having been petted until she is quite spoiled, thinks the man, once gained, is always owned, and does not believe the coquetish wiles used by the maiden at all necessary for the wife. Poor little donkey! What a hard lesson she has to learn, or else what a hard life there is before her.—“*Bab.*”

MOTHERS AND THE NURSERY.

[CONDUCTED BY MRS. F. C. PRESSLER.]

RUINING CHILDREN'S DIGESTION.—It is at once surprising and infinitely irritating that thoughtless people will persist in offering to children at all times and seasons all kinds of things to eat. People who have had occasion to take their children in the cars must remember how constantly they have been annoyed by strangers who were more generous than judicious and who bestowed upon the little folk fruit or cakes or candy, to the great damage of the patience of the parents and

the detriment of the digestion of the children. Then there are those innumerable individuals, for the most part kind hearted old ladies with whom it would be impossible to remonstrate, whose single idea of entertaining children is to cram them with indigestibles, and a visit to them is as naturally followed by a colic apiece for the children as a lady's letter is supplemented by a postscript. Mothers take their flock to pay visits of duty to these well meaning old dames with the same feeling they would have in leading pet lambs to the slaughter, feeling that it must be done, but inwardly raging at the fate that so cruel a necessity is laid upon them.

In these and a score of other cases which will occur to anybody, says a writer in the Boston Courier, the entire dietary system of the family is thrown into confusion because some thoughtless person is selfish enough to gratify an impulse to please himself or herself by feeding children much on the same principle as children feed monkeys. People who flatter themselves that they are actuated by kindness are far more likely than not to be deceiving themselves. Parents dislike to thwart their children, and it is not pleasant to face the comments of the would-be donors of small gifts when their will is thwarted. The instinct to excuse themselves generally prompts them at once to attack the judgment of the parents. They say at once, "Oh, it can't hurt the child!" or something of the sort, a sentiment which easily appeals to the minds of the little ones, with the dainties before their eyes. It is idle to hope that this race of injudicious nuisances will vanish, and the only thing possible is to meet them with a resolute front. They must be endured but they should not be allowed to injure the small victims of their selfishness.

INFECTIOUS DISEASES.—Measles begin as a cold, with running at the eyes and nose, and the rash is in dark red spots, first seen on the face and forehead. Scarlet fever commences with a sore throat, and the rash appears as a general redness of the skin, and shows itself first about the neck and chest. Diphtheria begins with marked weakness; and the inflammation in the back part of the mouth soon has a peculiar smell, as of putrid meat. In no case should either of these diseases be trusted to home treatment. While the physician looks after the cure of the patient, the friends should actively co-operate in preventing the spread of the disease, not only in the whole matter of disinfection, but in completely isolating the child until the possibility of communicating the infection is over.—*Youth's Companion*.

A READY EXPERIMENT FOR THE RELIEF of the distressing cough occasioned in children in cases of whooping cough is this: Drop oil of turpentine on the pillow where the fumes will be inhaled while sleeping and during the convulsive cough, hold a handkerchief before the child's face with fifteen or twenty drops on it.

HOW TO MAKE A BED WITH A SICK PERSON IN IT.—If the sick one's apparel is to be changed, attend to that first; then allow a little time for rest. Placing the patient on one side of the bed with a light covering over him, proceed to make the other side, putting on a clean sheet with one half folded in the middle of the bed; place a clean pillow ready for the head; now move the patient over to the fresh side and make the other, drawing out the folded part of the sheet. Take the clean upper sheet and spread over the covering already on the bed. If the patient is not too sick to hold the upper part of the sheet he can do so; if he is, pin each upper

corner to the bed; from the foot draw out whatever is under, and put on the remaining covering, and the feat is accomplished without exposure or embarrassment to either.—*Housekeeper*.

RELIEF FOR TOOTHACHE.—Spirits of nitre mixed with alum and applied to the cavity of the tooth affected with toothache will usually relieve the pain even though the nerve be exposed. It is best applied on a little cotton. If the pain extends upwards to the eye, or takes the form of neuralgia, procure some horse radish leaves, take out the stems, wet them and apply on the face over the seat of the pain. This will generally bring relief.

THE CARE OF THE EARS.—Never put anything into the ear for the relief of toothache.

Never wear cotton in the ears if they are discharging pus.

Never attempt to apply a poultice to the inside of the canal of the ear.

Never drop anything into the ear unless it has been previously warmed.

Never use anything but a syringe and warm water for cleaning the ears from pus.

Never strike or box a child's ears; this has been known to rupture the drum and cause incurable deafness.

Never wet the hair if you have any tendency to deafness; wear an oiled silk cap when bathing, and refrain from diving.

Never scratch the ears with anything but the finger if they itch. Do not use the head of a pin, hairpins, pencil-tips or anything of that nature.

Never let the feet become cold and damp, or sit with the back toward a window, as these things tend to aggravate any existing hardness of hearing.

Never put milk, fat or any oily substance into the ear for the relief of pain, for they soon become rancid and tend to incite inflammation. Simple warm water will answer the purpose better than anything else.

Never be alarmed if a living insect enters the ear. Pouring warm water into the canal will drown it, when it will generally come to the surface and can easily be removed by the fingers. A few puffs of smoke blown into the ear will stupefy the insect.

Never meddle with the ear if a foreign body, such as a bead, button, or seed enters it; leave it absolutely alone, but have a physician attend to it. More damage has been done by injudicious attempts at the extraction of a foreign body than could ever come from its presence in the ear.—*Health and Home*.

HOW TO AVOID TAKING COLD.—We must "toughen" ourselves to endure cold. We should depend more on exercise and less on clothing to keep our bodies warm. The clothing should be the lightest compatible with comfort. Cold sponge bathing or the air bath is essential to the health of all who can properly employ either. We, as a rule, need less heat in our houses and better ventilation. Personal care and the application of a little common sense "fill out the measure."

THE BEST NURSING BOTTLE is a two to six-ounce flask, with a rubber nipple drawn over its mouth.

THE NUTRITION OF INFANTS was the subject of a paper before the International Medical Congress, by Professor Albert R. Leeds, of Stevens' Institute, N. J. He had undertaken to find a true basis for the preparation of artificial food by analyzing eighty samples of human milk. He found that human milk differs from cows' milk chiefly in the proportion and digestibility of the caseine, which is smaller in quantity and more easily digestible in human than cows' milk. He believed that he had solved the problem by digesting the caseine by a peptogenic powder, easily obtainable and of constant strength, which, with the aid of heat, reduced the caseine in five minutes. Before this cooking, the milk had been first diluted with water in order to lessen the proportion of caseine, and then had been enriched by the addition of cream to restore the normal proportion of fat. The results of a very large number of trials, followed by careful observation, encouraged the belief that by this process the artificial feeding of infants had nearly reached perfection.

BETTER THAN A BASKET FOR LUNCHEON.—A prominent physician says that children's school luncheons should not be placed in the old-fashioned lunch basket or tin box, as bad odors always cling to a much-used receptacle. What he recommends is a fresh, clean napkin, wrapped neatly round the bread and butter, or other edibles, and a pasteboard box to hold it all. The box can then be thrown away when the meal is done. The good sense of this will strike every person given to wholesome living and it will also delight the box manufacturers who should get up a cheap little box especially adapted to the conveyance of school luncheons. Parents, no doubt, would be glad to buy these boxes as they buy matches, by the quantity, should they supersede the luncheon basket.

THE DUTY OF TEACHING CHILDREN to be useful and handy in everything cannot be too strongly impressed upon the minds of parents. And let these lessons begin when the mind is young and ready to receive. Early life is the time when children will best secure knowledge, and then they may be prepared to use it when needed with confidence and self control. Even if never needed in afterlife, the knowledge will not injure any one.

MRS. HENRY WARD BEECHER.

CONDIMENTS.

WHEN you see a doctor leaving a house you need not necessarily send the undertaker around. While it may be a death, still there are chances that it is only the beginning of life.

ONE of the contemporary poets asks: "Where are the bright girls of the past?" Our own observation is that some of them are administering cautious doses of paregoric to the bright girls of the future.

A BOSTON surgeon has extracted the nerves from a man's cheek. What business house the patient intends to serve as commercial traveler is not started.

A PATENT medicine advertiser advises: "Give your lungs exercise." The father who walks the floor at night to quiet a vociferous youngster thinks the advice superfluous.

NEVER employ a doctor who is on speaking terms with an undertaker.

A PHYSICIAN has discovered that the older a man grows the smaller his brain becomes. This explains why the young men know everything and the old men know nothing.

PUBLISHERS' DEPARTMENT.

TO OUR FRIENDS.—In our December issue were enclosed as customary renewal blanks for subscribers whose terms expired with that month. The response has been most gratifying, and we enter upon the new year with a largely increased subscription list. Still we want to do better and we appeal to our friends to aid us in the good work we have for so many years prosecuted. The magazine each month speaks for itself. Its influence was never more extended; its "field is the world," and no pains nor expense will be spared to maintain its position in the front rank of journals of its class. There will be no change in its price. One dollar per year is certainly cheap enough and in no other way can that sum be better invested. Endeavor to obtain for us new subscribers. No thinking man or woman who can afford it will object to taking the *HERALD OF HEALTH*. Sample copies will be sent to addresses forwarded us. We have but a comparatively small supply on hand, but these we will be pleased to send. Subscriptions can commence with any number as each issue is complete in itself. Ask your friends to look over the *HERALD* carefully; they will be sure to find therein something to interest or profit them.

GOOD WORDS FOR THE *HERALD OF HEALTH*.—I have been a subscriber to the *HERALD OF HEALTH* for 20 years. Its teachings have saved many dollars in doctors bills. Have raised a family of 3 children to ages of 10, 17 and 19, and have had occasion only once to call a doctor. My wife says one article in December number is worth a whole year's subscription to her. A writer tells just what she wanted to say to her daughter, much better than she could tell her.--

D. R. P.

We subscribe for eleven other papers and journals but feel our number not complete without the *HERALD OF HEALTH*. We are much interested in "Health Habits." I wish to endorse Mr. A. H. Frank in last *HERALD OF HEALTH* as I have been in almost the same fix myself and followed much the same rule as Mr. Frank with equally good results.—*J. K. H.*

I have been subscribing for the HERALD OF HEALTH for many years and believe that I saved in one year possibly one hundred times its cost in doctor bills in the useful information and instructions it contained. I read many daily, weekly and monthly papers, but none, nor all of them would supply the place of the HERALD OF HEALTH.—H. K.

WRITE PLAINLY AND ENCLOSE STAMPS.—All letters should be directed plainly HERALD OF HEALTH Co., P. O. Box 2141, New York City, and all names carefully spelled. Otherwise writer and publisher are often put to great inconvenience. Mistakes are constantly occurring through illegible names of post office addresses. Persons desirous of replies to their letters must enclose postage stamps. Two cents is but a small amount for one to pay, but, when you pay that sum, small as it is, upon hundreds of letters, it foots up many dollars.

DEMAREST'S MONTHLY for January is a superb number. Those of our readers who may doubt this assertion should send for a copy and judge for themselves.

THE NATIONAL TEMPERANCE ALMANAC.—The "National Temperance Almanac and Teetotaler's Year Book for 1888" has just been issued by the National Temperance Society. It contains the latest official statistics of the drink-traffic, internal revenue returns, beer and liquor statistics, a full list of temperance periodicals, State Good Templars, Sons of Temperance, Temples of Honor, Woman's Christian Temperance Union, etc., It also contains 19 fine wood engravings with choice stories. Price only 10 cents; \$1 per dozen. Address J. N. STEARNS. Publishing Agent, 58 Reade Street, New York City.

QUESTIONS AND ANSWERS.

REMEDY FOR TORPID LIVER—H.C., OMAHA—One of the best and simplest remedies for torpid liver or biliousness is to take a glass of hot water with the juice of a half a lemon squeezed in it, but no sugar, night and morning. A person to whom this was recommended, tried it and found himself better almost immediately. His daily headaches, which medicine had failed to cure, left him; his appetite improved, and he gained several pounds within a few weeks. This is so simple a remedy that you would do well to give it a trial, as it cannot possibly do you any harm.

CLIMATE AND HEALTH.—In reading an article a short time ago I noticed that the writer—a physician—stated that the dryness of the atmosphere is the cause of the colds so prevalent in winter and that the dry air of the houses is also harmful. I had always supposed that a dry atmosphere was beneficial in lung diseases as I knew that consumptives were often sent to Minnesota. Which is the more conducive to health, a dry or a warm atmosphere? Is a climate where the temperature varies but little all the year round more healthful

than one in which the seasons are distinctly marked the winters cold and the summers much warmer. I notice, Dr. Taylor claims that change of temperature and cold exert a healthful influence on the body while many seem to think an equable climate more healthful. If you will kindly answer through *HERALD OF HEALTH* you will confer a favor.—*S. B.*

In reply we would simply call attention to the fact that the latitude of New York City has the most villainous climate in the Union. The sudden and marked changes in temperature, especially in winter, causing a frightful swelling of the mortality rate from pneumonia and kindred complaints. An equable climate whereby extreme changes are avoided, is undoubtedly the most health for the average man. Gradual changes may be beneficial—but for those suffering from weak lungs a dry atmosphere and steady temperature are most desirable.

SOME TESTS FOR IMPURE WATER.—J. W. C. SALT LAKE CITY.—In the first place, remember that because water is clear and sparkling and without bad taste or smell, that constitutes no proof that it is safe as a drinking water. A teaspoonful of typhoid fever germs in a barrel of clear water will not show contamination by sight or taste, and yet might give the dread disease to 100 persons if that number drank freely of the water. A tolerably reliable test for sewer contamination may be made as follows: Fill a clean pint bottle three-fourths full of the water to be tested, and in this dissolve half a teaspoonful of the purest white sugar; cork the bottle and put it in a warm place for two days. If in twenty-four to forty-eight hours the water becomes cloudy or turbid it is unfit for use. If it remains perfectly clear it is probably safe to use. The color, odor, and taste of water are often unobjectionable when it is first drawn, but various devices may be used to develop anything out of the way. Color in water may be discovered by filling a large bottle of colorless glass with water and looking through the water at some black object. Or it may be noted by filling the bottle but half full, corking it and leaving it for several hours in a warm place. Then shake it and smell critically. By heating the water an odor is sometimes evolved which would not otherwise appear. If there be any smell, particularly if the odor is repulsive, the water should not be used for domestic purposes. Water often develops a taste after it has been warmed which would otherwise be unnoticeable.

CANCER OF THE STOMACH—J. N. S., asks the following:

1st. Is cancer in the stomach cureable? 2nd. What are its causes? 3rd. How prevented?

Dr Fordyce Barker of this city is an eminent authority on cancer and in his address at the New York Cancer Hospital made some interesting and authoritative statements relative to this terrible disease, the conclusion from which is that to-day the medical profession is almost as completely baffled as to the causes, treatment and cure of the complaint as in the days of Galen, eighteen hundred

years ago. It is evident—such is the conclusion of Dr. Barker—that cancer is not hereditary; that it is not a disease caused by poverty or or crowding or bad sanitation; that it is a disease of high civilization and is on the increase, and, most surprising of all, it prevails most in the most healthful countries. This is easily explained by the fact that it is a disease of middle life and old age; therefore, where old people are most numerous there is most cancer. In other words, as our system of living improves, as we get rid of other diseases and lengthen lives, cancer increases. It is much the fashion in medicine now to suspect a “bacillus” when no other cause of disease is apparent; but no cancer “bacillus” has been discovered. No clearly ascertained cause can be stated, and no remedy is yet known but the knife. No drug so far tried has served to arrest or even delay the disease.

CLEANSING DRAIN PIPES.—Mrs. W. C. M., Louisville—Drain pipes and all places that are impure may be cleansed with lime water or carbolic acid.

FOR A COUGH—W. J. M., Montreal—For a cough, boil one ounce of flax seed in a pint of water, strain and add a little honey, one ounce of rock candy and the juice of three lemons; mix and boil well. Drink as hot as possible.

THE HERALD OF HEALTH.

SUBSCRIPTION:

UNITED STATES AND CANADA,	ONE DOLLAR.
GREAT BRITAIN AND IRELAND, AUSTRALIA AND NEW ZEALAND,	SIX SHILLINGS A YEAR.
SINGLE COPIES,	TEN CENTS EACH.

CONTENTS FOR JANUARY, 1888:

GENERAL ARTICLES—

The Need of an Intelligent Motherhood.	1
A Novel Suggestion as to Marriage Regulations.	4
Digestion Promoted by the Odor of Food.	5
The Health Habits of Two Distinguished Inventors.	7
Tragical Truths by S. O. M.	9
Hospitality without Grudging.	10
Comfort for Weak Hearts by LUCY HOLBROOK.	10
Health Discoveries and Inventions.	11
EDITOR'S STUDY.	12
WOMEN AND THE HOUSEHOLD, HELEN FLETCHER.	14
MOTHER AND THE NURSERY, MRS. F. C. PRESSLER.	17
CONDIMENTS.	20
PUBLISHERS' DEPARTMENT.	21
QUESTIONS AND ANSWERS.	22

IMPORTANT NOTICE.

All letters and other communications for the editor, and all subscriptions and business correspondence for the publisher, should be addressed to HERALD OF HEALTH, P. O. Box 2141, New York City. Checks, Post Office Orders and Registered Letters should be made payable to HERALD OF HEALTH CO.

THE
HERALD OF HEALTH.

Vol. XXXVIII.

FEBRUARY, 1888.

No. 2.

HOW A CONFIRMED DYSPEPTIC CURED HIMSELF.

Editor Herald of Health :

I WAS much pleased with Mr. Frank's instructive letter in the HERALD OF HEALTH. It gives me great pleasure to be in company or communication with one of those veterans traveling in the pathway of good health, giving encouragement for well doing to the rising generation. After suffering for twenty-five years with a weak, dyspeptic stomach, I now, at the age of sixty-two, enjoy almost uninterrupted good health. I have not been sick a day in a year, not even a headache, while my abdominal muscles are firm and elastic, beating with the hand like a drum causing neither ache nor pain in that once weak, dyspeptic stomach. Is it any wonder that I become enthusiastic over the HERALD OF HEALTH's intelligent directions as to the study of a careful diet, adapted to the wants of a weak, dyspeptic stomach. Beef is one of the dyspeptic's greatest enemies; coffee is another. Butter can be dispensed with. Fruits of all kinds, vegetables, unbolted flour, mixed with one-fifth good white flour, up to one-half, finding the grade best suited to the last of different constitutions, are to be commended.

Is good health worth the trouble of attainment? An old, chronic dyspeptic surely can answer this, who has suffered its torments and miseries, but who is now freed from its aches and pains. At the age of forty-five, I thought five or six years more of that kind of living would about wind up my earthly career, with a weak, depleted constitution. At the age of fifty-two commenced the new treatment—health by diet, exercise,

and muscle beating. Like all other beginners, I was very imperfect at first, as it took two long years to come into good practice, with another year added to get up to the full capacity of the organism. What has it been worth to me in the last eight years? I think that one thousand dollars' of extra work has been done that could not have been performed with a weak, depleted stomach. To-day I would not take a thousand gold dollars for the balance of my time, be it long or short, and be placed back where I was ten years ago. In proof of the fact, fifteen years ago I abandoned horseshoeing on account of a weak, dyspeptic stomach. Six years ago I took it up again, and am still shoeing. My age is now sixty-two. About the time I abandoned shoeing, if I sat down to read a newspaper, within half an hour I had to get up by degrees, with darting pains in the back, like tearing stitches. I can now come out from under a horse's hoof much easier than I then could from under a newspaper.

I had not a very good constitution to begin with. My father was Scotch, my mother, Irish. This treatment requires much perseverance and practice, otherwise it may to some extent prove a failure; but renewed vigor will always be in proportion to the practice. *Be not discouraged.* First thing in the morning and last thing at night rub the abdomen down the left side and up the right in a round circle, also rub down the breast; now pace across the room once or twice, and then snap the lower limbs, like a whip-lash, for exercise. Now twist the lower limbs first on one side, then on the other, and rock up on the toes. Now for the lungs and abdomen: first, take in a half breath, then exhale all the air possible, then fill the lungs to their full capacity, walk across the room and back, at the same time throwing the arms back. Now in a half breath send out every particle of air till you see the abdomen working like a bellows, and you will soon become a deep breather. For more extended practice in deep breathing, the morning before rising is a good time, provided there is full ventilation and that the air inside is as pure and fresh as that on the outside. Before a good fire wash the hands and face, wet the back of the neck, arms and lower limbs slightly, and rub down with a coarse towel. This is sufficient for a beginner, but entirely inadequate for the old, chronic dyspeptic. The latter must rub himself from the crown of the head to the soles of the feet. First, the lower limbs, commencing at the feet; rounding up to the thighs, then follow with a five-cent brush; next the arms, which rub round with the hands; then followed with a sea-grass brush, with a handle screwed on, commonly used as a scrub brush. This brush is only to be used as a muscle beater in the arms and lower limbs. A softer ten-cent brush, with

a handle, should follow the muscle beater, commencing over the ears, down the back and up. Now comes the wash and sprinkle bath. With a little practice, there is not much difference between the dime brush and the dollar brush. The dollar brush will last one year. I have been using a dime brush for two or three years, and it is a good brush to-day. Try them both.

In conclusion, would say to the dyspeptic: These exercises occupy from twenty to thirty minutes in the morning and the same at night. Don't be discouraged; don't say it is too much trouble. It has paid me better than any other work I do, if in no other way than securing the enjoyment of good *health*. The platform is broad and adapted to all constitutions; a good substitute for drugs; and all who will, may escape by this treatment medicine taking. From a firm believer in true hygiene.

J. N. SEMPLE, Middleport, Ohio.

A WOMAN'S TIME.

"A WOMAN'S time is not worth much," is a common and much mistaken belief.

"Why, you have an easy life—if mine were only half as easy!" the best of husbands will answer to any complaint of too much crowding of work. "Why don't you go out more, and lay aside your little frets and worries?" and John puts on his hat and walks off, with the sense of having given good advice that will cover the case and cure the patient. Well, it *is* good advice, and I would follow it every time, if I found myself in a rut and had run on one track until "just ready to fly" from sheer nervousness and weariness. I do try it when that point is reached, and let little duties go to the wind, and take a vicious delight in seeing them scattered. One's first duty is to one's self after all. But rest and change for even a short time, unless the burden has been too great and endured for too long a time, will give back the clear head and the tranquil nerves, and in our clearer vision we wonder that we could have magnified trifles so.

To say that woman's work is easy, if faithfully done, is false. I have heard women, the wealthiest and apparently the most favored of the city, say that the burden of their large establishments, with the care of servants and guests, and the accompanying social life, required the constant exercise of brain, nerve and tact to a degree that kept them without time or strength for the pleasures and comforts of their children and home, however much they longed for them.

On the other side, I talked with an artist friend of mine, who lives

alone, makes her living, pays her rent, and clothes herself by her work. She is not celebrated enough to realize the prices for her work that would enable her to keep help, and she *will* not eat at restaurants. She gets her own meals over her little gas stove, and takes care of her own rooms; but, with a sigh, she says: "What an amount of valuable time it consumes! I rise at half-past six, and do not get through my work before ten. Then I work absorbingly at my easel from ten until four, taking only the lightest possible lunch. I walk and do my shopping from four to five; then I must consider my evening meal, and I am not through and tidied up much before eight. From eight to ten I read and do my necessary sewing and go to bed. So every day goes, and only so can I meet my expenses. I must deny myself nearly all social life; I cannot afford it."

"But do you not get very tired of it all?"

"Sometimes; but my great hope is that some day I shall paint a grand picture that will bring me money enough to rest, and, perhaps, go to Europe; who knows? And, besides, *I like my work.*"

Liking her work! This is the secret of her cheerfulness—and she has good health. But too many women have the drudgery of housekeeping without liking it, and without the hope of better times ahead.

Hester Poole, in her article on the "Philosophy of Living" in "Good Housekeeping," says of the girl about to be married: "She has to confront problems deeper than Euclid ever propounded. Has she learned how to be healthy and to keep so? Are her muscles well developed, her nerves steady, her brain cool and clear? Has she a knowledge of the essentials of housekeeping?" etc. I would add, is she able to bear a healthy child once in two or three years; to hold herself responsible for the irresponsible "help"; can she keep the home and herself attractive for the husband, whose temptation will be to lose his interest in her and home as time goes on; can she attend to the health and happiness of the little ones, and properly superintend the tables and the clothes? Then we will add to the list the social duties and the entertaining of guests; the keeping herself informed of the best improvements of the day, and, where she can, putting them in practice in her home; the constant endeavor to be always young in heart, always loving, always cheerful and sunny in temper, always ready with sympathy and wise advice for the little ones and the older ones, hushing her own griefs and heartaches. If she, a frail woman, should find all this work unappreciated after all, should become sometimes discouraged, disheartened, then I would do as John says—let it all go, and take a good holiday and *rest*.

337 Fourth avenue.

LUCY HOLBROOK.

SOME HINTS ON PROTECTION AGAINST COLD.

Protection against cold while at work out of doors is very essential, especially when the work does not call for very violent exercise. If one is clad lightly enough to be able to move with comfort a temperature of 25° below zero is likely to find the joints in his harness, and if he keeps comfortable, he will have to spend some time in clapping his hands. When the chest and back are well protected, half the work is done. If we can then keep the hands and feet warm the man may be left out to face pretty severe cold without suffering. Some rules on the subject are laid down by a writer in the *Mechanical News*.

The most important thing in keeping the hands warm is to prevent the "pulse" or wrist from becoming chilled. At this point the arteries supplying the hand with blood come very near the surface. If the wrist is exposed the hand is quickly benumbed. Better to have the ends of the fingers bare, and the wrist well protected, than to have the wrist bare and the hand covered with a thick mitten. Keep the wrist very warm and the hand will be quite easily protected. In windy weather leather is better than woolen for outside gloves or mittens, because the wind will drive through the latter, while the leather keeps it out. Some people find relief from cold feet by wearing cotton socks; others say they are warmer when they go without stockings. But when a person is called upon to work out of doors in extreme weather, none of these plans are likely to answer the purpose. Fortunately, feet may be kept warm in almost any weather and with any covering. The method known to old lumbermen should be more generally employed, and would probably save many a frozen foot.

Take two bunches of common curled hair as large as the closed fist of the person whose feet are to be kept warm. A little liberality in the quantity will do no harm. Pull this out and make a pad large enough to cover the sole of the foot from heel to toe. It must be pulled out light and free from lumps and bunches. Put one of these pads in each stocking next the foot. The quantity of hair must depend to some extent on the looseness of the shoe. But whether much or little is used, the object is to cover the sole of the foot only with hair, and prevent the foot from coming in contact with the stocking. The sides and top will then take care of themselves. The writer has successfully used a bunch of hair less than the bulk of the fingers of one hand. So small a quantity is likely to be full of lumps and does not well protect the foot; yet it prevents the foot from becoming cold enough to ache.

If curled hair is not to be had that which can be combed from

the mane and tail of the horse, or cut or pulled from the necks and heads of cattle or other animals will answer. When the shoe or boot is so tight that no space remains for the hair, remove the stocking and place the hair on the bottom of the shoe. In one of the Northern States, where the temperature was 25 or 30° below zero, an incident happened which probably saved a man's feet. A man had driven into the woods some distance, left his team and walked to where some gangs were chopping. The snow was light and several feet deep. The man had on light calf boots which fitted like a glove. He complained of cold, and it was evident that he could never reach a house without freezing his feet. An old man in the party said: "Comb a good bunch of hair out of the heads of the oxen," of which there were several yoke at work. Two or three helped, and a pair of soles or pads were soon made. The boots were taken off, but the stockings had to come off as well to make room for the hair. In a few seconds the pain stopped, and he had no further trouble. The action of any kind of hair is peculiar. If the fingers are smarting or aching with cold, and are thrust into a bunch of hair, the pain, in most cases, instantly ceases. When the ears are tingling with cold the pain stops as soon as they are covered by the hair, even though they are not warmed especially for some time. The hair in the stocking does not act in the same way as a simple non-conductor. Its action is altogether out of proportion to the bulk employed. When worn regularly it should be frequently removed from the stocking, pulled out and dried. This will prevent it from getting into hard lumps and causing discomfort.

Bearing these instructions in mind, a person may, even at short notice, prepare himself to go out of doors and work in the coldest weather without suffering, and without much danger to hands or feet or the general health.

ONE HUNDRED AND FIFTEEN YEARS OLD AND NEVER TOOK MEDICINE.

THE oldest person in the State of Wisconsin, if not in the entire Northwest, is Mrs. Bridget Doody, of Mineral Point, Wis. The old lady has been a resident of Mineral Point about fifty years, and first settled in Wisconsin in 1827. Her maiden name was Bridget Lynch. She was born on the 5th day of April, 1772, near the town of Knockmahon, in the County of Waterford, Ireland, and is over 115 years old. The above date of her birth was fully substantiated a short time ago by the Catholic priest of her parish, who obtained a certified copy of the record of her baptism in Ireland.

When Mrs. Doody first settled in Wisconsin in 1827, she was the

mother of seven children, and has given birth to three since, she being, it appears, 58 years of age at the time of her last confinement. She has been twice married. Her first husband's name was Manning, and her second Doody. She has been a widow twenty-five years. Her children are all dead. She has three grandchildren and four great grandchildren living. Mrs. Doody has never used glasses, and can see at the present time apparently as well as she could at 50. She also hears distinctly, and claims not to have spent five cents for medicine at any time during the whole course of her life. The old lady cannot read or write, and never could, she having had no educational advantages whatever in her childhood. Her mother had fifteen children—ten sons and five daughters—most of whom were long-lived, she being the last of the number. Her memory concerning the leading events of seventy-five or one hundred years ago is somewhat vague, yet is sufficiently acute in minor matters to make an interesting chapter. Aside from the feebleness of old age, Mrs. Doody is enjoying excellent health, and is at the head of her son-in-law's household at Mineral Point.

CONDIMENTS.

EVERY time a lady physician calls on a gentleman patient she shows plainly that she's Mr. calling.

DR. AGNEW first failed as a surgeon, went into the coal business, and then back to surgery. It must make him sore these days when he thinks of the money he might have made in coal.

AN old colored preacher, not very well versed in reading the Scriptures, once read the words, "Wine is a mocker, strong drink is raging," as follows: "Wine is a mocassin, strong drink is a rattlesnake, and whosoever is deceived thereby is not wise." The reading was miserable, but forcibly true.

"WHAT two beautiful children! Are they twins?" said an old bachelor to a lady with two children. "Oh, yes, they are twins," replied the lady. "Excuse my curiosity, madam, but are you the mother of both of them?"

MR. FEATHERLY—"What beautiful teeth Miss Smith has!" Miss Sharptongue—"Yes, I think her last set much prettier than her other."

EDITOR'S STUDY.

OUR RULES FOR GOOD HEALTH.

1. Be regular in your habits.
2. If possible go to bed at the same hour every night.
3. Rise in the morning soon after you are awake.
4. A sponge bath of cold or tepid water should be followed by friction with towel or hand.
5. Eat plain food.
6. Begin your morning meal with fruit.
7. Don't go to work immediately after eating.
8. Be moderate in the use of liquids at all seasons.
9. It is safer to filter and boil drinking water.
10. Exercise in the open air whenever the weather permits.
11. In malarious districts do your walking in the middle of the day.
12. Keep the feet comfortable and well protected.
13. Wear woolen clothing the year round.
14. See that your sleeping rooms and living rooms are well ventilated, and that sewer gas does not enter them.
15. Brush your teeth at least twice a day, night and morning.
16. Don't worry, it interferes with the healthful action of the stomach.
17. You must have interesting occupation in vigorous old age. Continue to keep the brain active. Rest means rust.

A CURE FOR FROSTED FEET.—For years I have suffered so with frosted feet that for days and weeks at a time I could not wear leather boots or shoes at all. And when spring came the itching was almost intolerable. I tried every remedy I could think of. I tried physicians' and druggists' prescriptions, and would probably be wailing at my lot yet had I not read of this simple remedy. "In a gallon of water as hot as can be borne dissolve all the powdered alum you can. In this soak your feet two hours, adding warm water as the other cools. The next morning draw on your boots in comfort." I tried it the same evening. I remember that I wanted to go to a meeting that night, and could not get my boots on. I went to bed and once more slept the sleep of the just. The next morning I pulled on my boots without pain, and caracolled around in the excess of my joy. My feet have rarely troubled me since, and when they have showed signs of again taking up the old habit, a dose of hot water and alum brings them back to the paths of rectitude. Although I can recommend this as an infallible remedy, it is not desira-

ble to let your feet be frost-bitten. Boots or shoes should be roomy ; if tight they retard the circulation of the blood, and your feet will freeze much more easily. Wear woolen socks. If you can get those made of homespun yarn, do so. Factory yarn is twisted so hard that it holds very little air in its interstices, hence is not so warm as that more loosely spun. If your boots or shoes are roomy enough to easily admit it, wear a pair of cotton stockings inside of these ; or, if you will get some tissue paper and wrap it around your foot outside of the woolen stocking, it will save your feet very much. I have come to consider it poor economy to deprive one's self of overshoes.—*J. M. Stahl, New York.*

HABIT OF CHEWING SNUFF.—“Chewing snuff is a bad habit, greatly on the increase in this neighborhood,” said a New York tobacconist the other day. “Young women are usually our largest customers. We buy the snuff specially prepared for chewing purposes. Most of it is made of half tobacco and half salt, and the remainder is prepared by the addition of various ground spices. We generally sell it in five cent packages. When our customers get it they immediately proceed to make an imitation scoop with a piece of paper, and fill the space between their lower lip and teeth with their purchase. As the snuff gets gradually wet with saliva the watery extract filters into the mouth through the crevices between the teeth. The effect of the snuff is to make these women feel dazed and stupid. With a single glass of beer and the requisite quantity of snuff the appearance produced is that of beastly intoxication. I believe the custom was introduced originally from the south, where the class of people styled by the colored people ‘poor white trash’ are in the habit of chewing a fibrous piece of wood which has been previously impregnated with snuff.”

VALUE OF EGGS FOR FOOD.—Eggs are a meal in themselves. Every element necessary to the support of man is contained within the limits of an egg-shell, in the best proportions and in the most palatable form. Plain boiled, they are wholesome. The masters of French cookery, however, affirm that it is easy to dress them in more than 500 different ways, each method not only economical, but salutary in the highest degree. No honest appetite ever yet rejected an egg in some guise. It is nutriment in the most portable form and in the most concentrated shape. Whole nations of mankind rarely touch any other animal food. Kings eat them plain as readily as do the humble peasant. Far more than fish—for it is watery diet—eggs are the scholar's fare. They contain phosphorus, which is brain food and sulphur, which performs a variety of functions in the economy. And they are the best of nutriment for children, for, in a compact form, they contain everything that is necessary for

the growth of the youthful frame. Eggs are, however, not only food—they are, says the *London Standard*, medicine also. The white is the most efficacious of remedies for burns, and the oil extractable from the yolk is regarded by the Russians as an almost miraculous salve for cuts, bruises and scratches. A raw egg, if swallowed in time, will effectually detach a fish bone fastened in the throat, and the white of two eggs will render the deadly corrosive sublimate as harmless as a dose of calomel. They strengthen the consumptive, invigorate the feeble, and render the most susceptible all but proof against jaundice in its more malignant phase. They can also be drunk in the shape of that “egg-flip” which sustains the oratorical efforts of modern statesmen. The merits of eggs do not even end here. In France alone the wine clarifiers use more than 80,000,000 a year, and the Alsations consume fully 38,000,000 in calico printing and for dressing leather used in making the finest of French kid gloves. Finally, not to mention various other employments for eggs in the arts, they may, of course, almost without trouble on the farmer's part, be converted into fowls, which, in any shape, are profitable to the seller and welcome to the buyer. Even egg-shells are valuable, for allopath and homeopath alike agree in regarding them as the purest of carbonate of lime.

SWEATING FOR HYDROPHOBIA.—The Rev. James J. Curran, Director of the Catholic Protectory, at Arlington, N. Y., writes as follows: “A great many have died of hydrophobia during the past few years. Our ‘medicine men’ have been unable to do anything for them. They were dosed with morphine and chloral and such other things for the purpose of lessening their sufferings, but as the medicine men very wisely admitted, these remedies were only palliative, not curative, as the results proved. Years ago I made up my mind that if I ever came in contact with a case of genuine hydrophobia, I would have recourse to a remedy (an old one, but none the worse for that) which would accomplish the cure without any possibility of its recurrence. Two years ago I had a chance to ride my hydrophobia hobby, and I did it successfully. One of the boys of the institution of which I have charge was bitten by a rabid dog, and on the twenty-first day after the bite he had convulsions, with every evidence that they were hydrophobic. The doctors said so, and I was convinced that such was the case from the beginning, and consequently I used my own judgment in the dealing with it. The treatment was this: I put him into a vapor bath of very high temperature until he was completely sweated out. The sweating cured him, and he has ever since been in perfect health. Why cannot our physicians, once in a while, descend to what they call an unprofessional practice to save life? Do they think it is better for

society that a hundred men should go into the grave professionally than that one should be saved by other means? It would seem so. There have been many lives saved by the simple means which I adopted in the above case. These means have again and again been made public, but the medicine men will not even stop to examine them. Unprofessional, you know. One of the best physicians in the State of New Jersey said to me some time ago: 'If I had a hydrophobic patient I would not allow anybody to put him in a vapor bath.' So say they all, especially those who try to bolster up Pasteur. Pasteur has accomplished nothing. The statistics show that the rate of deaths from hydrophobia has not diminished, even in France, since the introduction of his system of inoculation, but that, on the contrary, a new disease has been introduced (Pasteurism), which is as deadly in its effects as the real article. Nature has a remedy for all the ills that human flesh is heir to. Why not use them when we know them?"

SUN FLOWER REMEDY.—The seed of the common sun flower is the best remedy for whooping cough that I have ever known. Brown the seeds slightly, like coffee, then grind and steep; when sufficiently steeped drain clear of the dregs and sweeten with rock candy or lump sugar. Let the little ones drink freely of it at intervals throughout the day, and especially before retiring at night. In all ordinary cases, where children are properly cared for and kept in bad weather, no other medicine will be required. It also has a very loosening effect on a hard, tight cough, and thus it seems that even the despised sun flower is good for something. To any who are inclined to be skeptical I would say, please try it before you condemn. I consider it so excellent a remedy that last summer I devoted a considerable portion of my summer garden to the raising of sun flowers that I might gather the seeds for medical purposes.—"Mrs. J. J. C." in *Detroit Free Press*.

THE TREATMENT OF NEURALGIA.—The treatment of neuralgia must be guided by its causes. If a carious tooth is at the end of the painful nerve, it should be extracted in order to remove the source of irritation. If the neuralgia is rheumatic in origin, the treatment must be directed to the removal of that cause. Many sufferers find that the habitual wearing of flannel undergarments will obviate the attacks of their old enemy to which they were subject at every change of the weather. In cases of sciatica swathing the limb in flannel dipped in hot water or in spirits of turpentine will often cut short an attack. In old chronic cases due to inflammation in or along the track of the nerve, the persistent use of electricity will often effect a cure. The proper use of such a potent remedy requires,

however, a thorough study of the different currents employed, as it is easy to see that harm may be done by its injudicious employment. In very obstinate cases, especially of sciatica, the nerve has been exposed by the surgeon, picked up out of its bed, and stretched with considerable force. In many cases this procedure has been completely effectual. In others, a piece of the nerve has been excised so as to cut off the transmission of painful sensations from the seat of disease or injury to the brain. This has also sometimes resulted in cure. When all is done, however, some cases will resist the utmost efforts of doctor and patient combined. The latter can often, by watching the effect of deleterious influences, learn to avoid them, and thus render the visits of the physician unnecessary.

RIDGES IN THE MOUTH'S ROOF.—Dr. Harrison Allen called the attention of the last meeting of the Academy of Natural Sciences to the subject of the rugæ, or ridges of mucous membrane, on the roof of the mouth. He proposed naming them for the purpose of description in accordance with their relation to the medical suture and the incisive foramen, the sutural, pre-sutural and post-sutural folds. He had found in man certain constant peculiarities in the disposition of these folds which serve to distinguish the left side from the right. For instance, on the left side there is a tendency for the sutural fold to be turned back, while on the right side it forms a union with the fold in front. He regarded the peculiarities of the left side to be owing to a physiological overgrowth of the bone on that side. The data based on an examination of the mouths of his patients did not, however, apply to those free from disease or irregularity. He considered the study of these rugæ to be of importance in comparative physiology. In the lower animals there is no variation in the two sides, and the rugæ are constant in the different groups.

HOW SHOES WEAR OUT.—There are a number of small cobblers in basements and hallway stands off the main thoroughfares, who make a specialty of "repairing while you wait," and who derive a profitable custom from the passers-by who need a heel tipped or a sole renovated to put their footgear in good condition whom the stores or more pretentious shoemakers would compel to wait at least a day. There are few men who do not wear off the right heel sooner than the left, because the majority put more force in the right foot in walking. Women walk much more evenly than men, especially in the high-heeled shoes in vogue, and not walking as much do not need so often the attention of the cobbler. Women wear their shoes out sooner in the sole of the foot, where the position in their even walking is greater, and the work in their shoes is

finer than these cobblers can perform, and so they are seldom customers. The prevalent style of the men to walk with toes outward is very severe on the heels, and a good sole will outwear at least two heelings.

THE TWO MOST PROLIFIC SOURCES OF DISEASE are taking cold and over-eating. These agencies produce three-fourths of the deaths, and yet both are controllable to a very large extent. Many a person perpetrates deliberate suicide through indifference or carelessness. Cut this out and paste it in the crown of your hat. You act on it; it will materially improve your chance for reaching a good old age.—*Albany Sunday Press*.

THE BEST POSSIBLE THING FOR A MAN to do when he feels too weak to carry anything through, is to go to bed and sleep as long as he can. This is the only recuperation of brain power, the only actual recuperation of brain force; because during sleep the brain is in a state of rest, in a condition to receive and appropriate particles of nutriment from the blood, which take the place of those which have been consumed by previous labor, since the very act of thinking burns up solid particles, as every turn of the wheel or screw of the steamer is the result of consumption by fire of the fuel in the furnace. The supply of consumed brain substance can only be had from the nutritive particles in the blood, which were obtained from the food eaten previously; and the brain is so constituted that it can best receive and appropriate to itself those nutritive particles during a state of rest, of quiet and stillness of sleep. Mere stimulants supply nothing in themselves; they goad the brain and force it to a greater consumption of its substance, until it is so exhausted that there is not power enough left to receive a supply.

CONDITIONS WHICH MAKE MATRIMONY PLEASANT OR OTHERWISE.—Marriage is still only too often a bargain, but at least it is no longer an entirely one-sided bargain. It is tending towards the only true ideal lifelong companionship—a partnership on equal terms, with equal give and take on both sides. Women no longer feel bound to render that implicit obedience which was considered *de rigueur* in our great grandmother's days, and men no longer universally demand it. Husbands, moreover, are beginning to learn that their prime duty is not to look after their wives. The very sentence is indicative of the most ghastly misapprehensions of the whole ideal of matrimony. The general feeling of society, says a writer in the *Pall Mall Gazette*, condemns a man who lives to rule his wife on the same principles as a pasha rules his harem. And, indeed, the whole scheme of modern life makes it practically impossible for him to do so. A married woman enjoys, as a rule, complete liberty during the live long day, and even at night it is frequently impossible for a busy man to escort

his wife. Thus everything turns on the relations between the married couple. If a girl is really in love with the man she marries she may be trusted with any amount of subsequent freedom. If not, not; and therefore we say that the injudicious and worldly parents who are responsible for the great majority of ill-assorted unions are also responsible for the many evil results which are to be seen in society at this day. For it is a fact that lots of English girls are as much forced into marriage as the French girl, whose husband is selected while she is yet in her convent. Not by main force, no—but by the whole tone of her education, by the exaggerated fear of being an old maid, by the obvious necessity of making way for a young sister, by the persistent scheming of her parents, and by her own longing for emancipation. For marriage undoubtedly does mean emancipation to most women; and it is precisely those who look forward to it most who are likely to make the worst use of it.

A WARNING AGAINST CARBONATED WATERS.—Dr. Herzog, a German physician, calls attention to the evil results of a continuous use of carbonated waters. A daily use of such beverages will, in consequence of the distension of the digestive organs, caused by the carbonic acid gas, produce nervousness, numbness, irritation, and even rupture of a vessel. These, like powerful medicines, should only be employed under the advice of a physician.

WOMEN AND HOUSEHOLD.

[CONDUCTED BY HELEN FLETCHER.]

THE INCONSISTENCY OF WOMANKIND.—A woman jumps on a chair, holds her petticoats around her legs, and yells like a small cyclone at the sight of a mouse. But she runs up three flights of stairs in a burning building to rescue another woman's baby. She's afraid of a book agent in broad daylight, yet, pistol in hand, follows up a burglar at midnight. She cowers when the furniture creeks, and is a lioness if a drunken man assaults the front door. She tells tales out of school, yet is the first to do a kindness to a woman she has talked about. She steals a car ride with a crystal conscience if the conductor forgets her fare, and then opens her purse to its widest to help a man out of a corner. She haggles at the remnant counter for herself, and then triples the money on flannels for her washerwoman's sick boy.

IMPATIENT WOMANHOOD.—Womankind will never get repose until she is willing to be apparently ignorant of many things. She ought never to

know as much as the man with whom she is talking, and she really ought to know just enough to make him wish to educate her a little more. Voltaire said, some place or other, about a very wise woman, that she told him there were three follies of men which always amused her: "The first was climbing trees to shake the fruit down, when, if they waited long enough, the fruit would fall itself; the second was going to war to kill one another, when, if they only waited, they would all die naturally; the third was that they would run after women, when, if they refrained from doing so, the women would be sure to run after them." But some of them get tired of waiting. They forget another very good French proverb about all things coming to her who knoweth how to wait. Naturally, we have not achieved the knowledge of the value of not hastening. Our women will always lack something until this is gained—that something which is the perfume to the rose, the sparkle to the diamond and the song of the bird.

CHERISH YOUR GIRLHOOD.—Dear girls, don't be so often wishing you were grown up women, that you will neglect your girlhood. In the rush and hurry of these fast times there is danger that you will reach and strain after "young ladyhood" too much. Be girls awhile yet. Be tender, joyous, loving, obedient and industrious. Womanhood, with its privileges and power, its burdens and trials, will come soon enough. On this point one has wisely said: "Wait patiently, my children, through the whole limit of your girlhood. Go not after a womanhood; let it come to you. Keep out of public view. Cultivate refinement and modesty. The cares and responsibilities of life will come soon enough. When they come you will meet them, I trust, as true women should. But oh! be not so unwise as to throw away your girlhood. Rob not yourself of this beautiful season, which, wisely spent, will brighten all your future life.

TO CLEANSE FEATHER BEDS.—To cleanse feather beds there is no better way than to empty the tick, wash and scald it thoroughly, and, when dry, return the feathers to it and let the bed lie in the sun for several days, turning it every day and beating it up carefully. Some housekeepers wash the ticks of feather beds without removing the feathers, by using a brush and hot soapsuds, then rinsing carefully in clear water, and leaving the bed in the air and sun until it is dry. Feather beds are much criticised by writers on health, and with reason; but for the very old in very cold nights they are comfortable.

AN ENGLISH VIEW OF AMERICAN WOMEN.—American women are much more the equals of men in America than they are considered in England.

To begin with, they are more independent in every way. They share equally with their brothers in money or property; consequently, there is no head of a family. They are also accustomed to much more freedom in their education; they read the same books, study the same subjects, and hear them discussed precisely as their brothers do. They are used to women doctors, women editors; in fact, women in every sphere which hitherto have been kept entirely to men on this side of the "herring pond." Consequently, when they come over here they charm us with their frankness, gaiety and spirits, as well as by the ease of manner, natural grace and ability to shine in society, which they share in common with Frenchwomen. Like Frenchwomen also, they are essentially and entirely feminine in all their ways. They are usually very pretty, with very good complexions, small hands and dainty feet, and always very well dressed; so that, when, to all these graces of mind and body they lay themselves out to please, no wonder they are thought charming, and have the success in society they appreciate so much, and so well deserve.—*London Queen*.

CARE OF THE HAIR.—Young girls of the present day completely destroy their hair by crimping it with irons and twisting it up tightly with thick, hard hairpins. This treatment may make the hair look pretty for the time being, but no thought is given as to the ultimate result and the appearance it will present a few years hence. The hair should be well brushed every night and morning with a moderately hard brush—brushes made with short, unbleached bristles are the best—and on retiring to rest the hair should be drawn back lightly over the ears, plaited in one long plait, and allowed to hang down the back; it should not be fastened up with hairpins, nor should any cap or covering be worn on the head. This method makes the hair bright and glossy, without the aid of oils or pomades, which are best avoided. The fewer hairpins and ties used in dressing the hair the better; and twisted hairpins are injurious. It is not well to continue the same style of dressing the hair for too long a period, as that is apt to make it thin in some places; a little change is a relief to the head and otherwise advisable. Cutting the hair occasionally is necessary, and should not be neglected.

BOYS DOING HOUSEWORK.—In the training of children, a subject upon which I have been asked by many to write, I cannot suggest anything better than that mothers should teach their children to be useful, and begin the lessons early—from the first step out of babyhood. Parents would more readily accept this suggestion if they would give it an honest examination. Unfortunately, except among the poor, whose poverty

compels them to practice it, this is a doctrine that receives of late but little attention, and it is in great danger of becoming obsolete. Mothers—who must be chiefly responsible—scout at the idea. The excuse is advanced that usefulness with girls is possible, but that to teach boys to be of service is an absurd and hopeless task. It is said that boys are troublesome, restless and awkward, and more given over to mischief and play than work. We are asked: “Would you have us teach boys, as they grow older, to run on errands, up stairs and down, at the risk of overturning everything with which they come in contact? Would you try to teach them how to dust a room, to help set the table, etc.?” Certainly! Why not? Is any mother willing to believe that she cannot teach to boys what can be taught to girls? Surely, each one, boy or girl, can be very early taught to be useful, and can be so gently and skillfully guided that they will find it all “as good as play” to be able to help their mother and others, indoors and out, and with such teaching they learn to help themselves.—*Mrs. Henry Ward Beecher.*

SAND BAG FOR THE SICK ROOM.—One of the most convenient articles to be used in a sick room is a sand bag. Get some clean, fine sand; dry it thoroughly in a kettle on the stove. Make a bag about eight inches square, of flannel, fill it with the dry sand, sew the opening carefully together, and cover the bag with cotton or linen. This will prevent the sand from sifting out, and will also enable you to heat the bag quickly by placing it in the oven or even on top of the stove. After once using this you will never again attempt to warm the feet or hands of a sick person with a bottle of hot water or a brick. The sand holds the heat a long time, and the bag can be tucked up to the back without hurting the invalid. It is a good plan to make two or three of the bags and keep them on hand, ready for use at any time when needed.

HOT WATER IN EYE DISEASES.—Dr. L. Connor, Detroit, Mich., in a paper read before the International Medical Congress, says that there is no morbid state of the eye on which hot water may not exert a beneficial influence. The water should be as hot as the forefinger will bear without discomfort. The best method is to take a common tumbler, fill it to the brim with hot water, and, inclining the head slightly forward, apply the rim of the tumbler to the side of the nose and to the brow and cheek about the eye, which brings the eye itself actually into the water. The water loses its heat slowly, and does not require frequent changing. The eye may be kept in hot water with very little trouble for hours at a time. Antiseptics may be added, and the remedy is easily attainable with means for application. It is safe without the watchful care of the physician,

while moist heat by any solid substances, as poultices, should never be used except under the direct supervision of the attendant. Poultices are unsafe and unreliable means of applying heat to the eye; also dirty, especially on denuded surfaces. Compresses are less objectionable, and may be used as a substitute for hot water. Local effects: Contraction of blood vessels in and about the eye. Controls hæmorrhages better than cold water, and blanches the tissues in conjunctivitis, blepharitis, phlyctenulæ; after the use of hot water the ophthalmoscope shows the retinal vessels to be reduced in size. The temperature of the water must vary with the patient's sensation. The tissues should not be exhausted. Hot water will wash away or destroy all morbid secretions or excretions. At a temperature of 132° F. it destroys the anthrax bacillus and many others; many eyes can bear a somewhat higher temperature. It promotes the healthful activity of reparative tissue; it directly relieves muscular fatigue and spasm.

MOTHERS AND THE NURSERY.

[CONDUCTED BY MRS. F. C. PRESSLER.]

THE SUFFERING OF MOTHERS.—Despite the suffering which comes under their notice, physicians probably still fail fully to appreciate the agony and terror of the fearful ordeals some women must endure whenever a human being is brought into the world. Simpson says that custom, prejudice and the idea that it is inevitable, lead the profession and their patients to look upon the amount and intensity of pain endured in ordinary labor as unworthy of very serious consideration. The actual pain endured in an average labor is far greater than that attendant on most major surgical operations. Merriam, referring particularly to the passage of the child's head over the perineum, describes it as almost beyond human endurance. Velpeau speaks in very emphatic terms of "those piercing cries, that so lively agitation, those excessive efforts, those inexpressible agonies and those seemingly intolerable pains which accompany parturition's termination in woman." All this each one of us has observed time and again.—*N. M. Doelson, M. D.*

BAD EFFECT OF MEAT DIET UPON CHILDREN.—"Dr. Clouston, of Edinburgh, says: 'My experience is that children who have the most neurotic temperaments and diatheses, and who show the greatest tendency to instability of brain, are, as a rule, flesh-eaters, having a craving for animal food too often and in too great quantities. I have found, also, a large

proportion of the adolescent insane had been flesh-eaters, consuming and having a craving for much animal food. My experience, too, is that it is in such boys that evil habits are most apt to be acquired, and when acquired, seems to produce such a fascination and a craving that it ruins the bodily and mental powers. I have seen such a change of diet to milk, fish and farinaceous food produce a marked improvement in regard to the nervous irritability of such children. And in regard to such children I most thoroughly agree with Dr. Keith, who in Edinburgh for many years has preached an anti-flesh crusade in the bringing up of all children up to eight or ten years of age, I believe that by a proper diet and regimen, more than in any other way, we can fight against and counteract inherited neurotic tendencies in children, and tide them safely over the periods of puberty and adolescence.'"

A BOY'S EARLY TRAINING.—I believe that from the outset of a child's career the appeal should be constantly made to his manhood. It may be true that we inherit a large heredity of the brutal sort; but there is also in every one, or in most, a large heredity of the noble and good. All the progress of the ages has not gone for nothing. It is in our blood. It can be felt as instinct. It can be appealed to and used as a fulcrum to move the boy to generous deeds. I do not believe in appeals to a boy's avarice and greed, whether it be in the way of apple tarts or paradise. Nor do I believe in appeals to his fear, whether in the way of rawhides or eternal bonfires. But from the beginning, and continuously, let us call out the noble and make the mean a source of mortification. Our young men at 16 would then go out of the family with courage of convictions, and an abhorrence for selfishness.—*M. Maurice, M. D.*

A MOTHER'S DEVOTION.—All the way through a man's life, be it consumed like a beautiful fabric in unholy passion or held aloft like St. George's banner undefiled in the battle of life, his mother stands by him, and yearns over him, and prays for him to the last. If he is successful, she is proud; if he is often cast down, she is pitiful; if he is wicked, she excuses him; if he dies young, her hopes are buried in his grave, and she never ceases to dream of what her darling might have been. Others may love him well, but their love never discounts hers. Others may be proud of him, but she always sits in the front row with those who applaud, and catches the splendor of his achievements before it is more to other eyes than a light reflected from afar, or the noise of wings that tarry in their coming. She anticipates his triumphs and antedates his victories. There is an "I told you so" in her proud eyes long before men hand in the verdict of his greatness, and all his achievements are but the prophecies

of her loving dreams. And when she dies; when the fluttering breath has expended itself in the last kiss, when the soft old hands have loosened their clasp, never before removed since his helpless baby days, when the patient, yearning eyes have withdrawn their gaze to look their first on God, what loss can overtake a man's life like this? The dove that brooded above the household nest and kept every nursing in the shadow of her wings, has winged her flight to heaven. The everlasting love that no unfaith, nor sin, nor ingratitude could chill or destroy, has vanished like the sun from out the sky, leaving only a few faint stars and a wan and chilly moon to fill its place.—“*Ambler.*”

NEVER MAKE FUN OF NERVOUS CHILDREN.—A word about nervous children. Never scold them nor “make fun” of them. They suffer enough without your threats or sarcasm. Pretend not to see their awkwardness when in company nor their grimaces when alone. A case was reported the other day of a boy of ten years who, on being vexed, and often without any apparent provocation, will clench his hands and make the most frightful contortions of the muscles of his face and head till his poor mother fears he is idiotic. By no means. He is the brightest boy in his class at school, fond of reading and of natural history, but he is of a highly nervous temperament, and has not been taught to control the little wires, so to speak, on which he is strung. This is no single case. There are thousands of children who give way to their nerves in similar fashion. Talk to them about these curious little fellows that should be their servants, not their masters. Never whip them. The man or woman who whips a nervous child is on a level with brutes that have no reason. Encourage them. Help them. Be patient with them. They are the making of our future successful men and women, for they will work hard at whatever they undertake. Brace up your own nerves first, and then be indulgent towards the capers of your over-nervous children.—*Boston Globe.*

NEVER PUT KID GLOVES upon little children. It is simply barbarous. In winter woolen mitts are good and sensible, with Lisle thread for moderate weather; but in summer it is perfectly sinful to hide the dimples and fetter the motion of cunning baby fingers.

OFTEN PARENTS WITH ALL GOOD INTENTION reprove their children for making remarks on the nature of the food placed before them; but when children are at home they ought to be encouraged rather than otherwise to bestow well-merited praise or blame, as it indicates a refined and acute condition of the senses of taste and smell.—*Olfactics.*

QUESTIONS AND ANSWERS.

HOT MILK AND CREAM.—In reply to the question of R. G. Reynolds, of Astoria, L. I., in reference to the use of hot milk, the experience of Mr. Tuer, of the *Leadenhall Press*, will be found of interest. That gentleman writes: "The value of cream as a nourishing and sustaining food is well understood; but it is a food apt to disagree. If mixed with milk before boiling, cream becomes partially coagulated; and cold milk with added cream is difficult of digestion. Some months ago, I tried the effect of good, thick, sweet cream, stirred into very hot milk—that is, immediately after boiling. The mixture remained, as I had hoped, perfectly limpid and without tendency to coagulate. Grateful to the palate and easily assimilated, I find, from daily experience, that a full midday meal of this food—at all times, for the weakly, infinitely superior to cod liver oil—consisting of a quarter of a pint of cream, a pint to a pint and a half of milk, and a due proportion of bread, may be taken even by a dyspeptic like myself without fear of after discomfort."

THE NEW TREATMENT OF CONSUMPTION.—*Physician*, Baltimore, Md.: In reference to the so-called recent discovery, that consumption is caused by a germ, medicines which will kill germs are actively employed in the treatment. Dr. Sommerbrodt (Paris) claims to have treated five thousand consumptive patients almost exclusively with creosote, and usually with good results. He has given it in capsules containing one-twelfth of a drop of creosote, with one-third of a drop of balsam of Tolu, three capsules a day after food, and gradually increased up to nine. It is inadvisable, he says, to use creosote when there is much dyspepsia or the disease is very acute.

WEANING.—*Young Mother*: You should not let your infant nurse longer than nine months; for after that period the milk, owing to physical changes in the mother, loses much of its nourishing qualities, and the health of both mother and child is likely to be affected by the deterioration.

FOOD LAXATIVES.—*G. F. W.*, St. Louis: Cracked wheat, oatmeal and Indian meal gruel, Graham bread, bran bread (three-quarters flour, one-quarter bran), new potatoes, green corn, turnips, onions, apple sauce, rhubarb and gooseberries, stewed prunes, honey, molasses candy, fresh fruits (oranges, apples, pears, peaches, plums, apricots), dried fruits (raisins, figs, prunes, dates, tamarinds, dried apples, etc.), salad oil, porter, ale, cider, mineral water.

CONGESTION OF THE BRAIN.—*Mrs. S. W.*, Hammondsport, N. Y., asks: What are the symptoms of congestion of the brain? The special symptoms are fullness of the head, flushing of the face, and a sensation as if the head were confined in a tight band. The sufferer complains of "roaring in the ears," and very often sees bright or dark specks or motes. There is a sense of pressure behind the eyeballs, and the eyes are red and watery. Headache is a constant symptom, and the patients are troubled with loss of memory, irritability, and general restlessness. They are often low-spirited, and mental action is obscured and slow. Sleep is troubled and disturbed by dreams. The skin, especially of the face, is puffed and red, and at times the vessels of the temples stand out prominently. The patient, after suffering in the way described above, may suddenly fall to the ground. His face is congested, and he breathes heavily. He becomes unconscious, and so remains for a short time, but regains control over himself in a few minutes. He is confused and dazed after the attack, and speaks with difficulty. There may remain, for a short time, a slight paralysis of one side. The patient may for a short time be entirely insane. Sometimes the attack bears the resemblance of an epileptic fit. A person suffering from an attack is not liable to sudden death. This disease is a nervous affection. The disease may result from any cause preventing a return of blood from the head or a determination thereto. Among these may be mentioned the bad habit of wearing tight neck-gear, the use of stimulants, exposure to the sun, or overwork of any kind. An enlarged heart often exists with congestion of this character, and the co-existence of liver troubles of various kinds is not uncommon, especially in middle life. The removal of the exciting cause is of the first importance in the treatment of this affection, and next to this, the patient should be required to lead a quiet life. If the case is at all persistent, no time should be lost in consulting a physician.

DRAGON'S BLOOD.—*C. W. L.*, New Orleans: Dragon's blood is a resinous substance obtained from the fruits of several small palms in the East Indies, from the trunk of a large tree growing in the Canary Islands and Azores, and from a tree of the West Indies and South America. It is inodorous, tasteless, insoluble in water, but soluble in alcohol, ether, and the volatile and fixed oils, with which it forms red solutions. It was formerly employed in medicine as an astringent, but is nearly or quite inert. It is sometimes used to impart color to plasters, but is chiefly valued as an ingredient of paints and varnishes.

DURATION OF INFECTION STAGES.—*Homer Rushton*: The duration of the infection stages of various diseases is thus given by Dr. T. F. Pearse,

an English physician. Measles from the second day of the disease, for three weeks ; smallpox from the first day, for four weeks ; scarlet fever from the fourth day, for seven weeks ; mumps from the second day, for three weeks ; diphtheria from the first day, for three weeks. The incubation periods, or intervals occurring between exposure to infection and the first symptoms, are as follows ; Whooping cough, fourteen days ; mumps, eighteen days ; measles, ten days ; smallpox, twelve days ; scarlet fever, three days ; diphtheria, fourteen days.

TO CLEAN HAIR BRUSHES.—M. N. C.—Dirty hair brushes are an abomination. As hot water and soap soon soften the bristles, and rubbing completes their destruction, use soda dissolved in cold water. Soda having an affinity for grease cleans the brush with very little friction. After well shaking stand the brushes on the points of their handles in a shady place to dry.

TO AID THE STAMMERER.—An anxious mother, Richmond, Indiana.—In reply to the question how to cure stammering in your ten year old boy, we give the following from an authority : “ Let the stammerer begin at once to beat time for *every word he utters*, either in talking or reading, just as if singing the words. If this does not stop the hesitancy, then try beating time to every syllable, and afterwards gradually run into beating for words, and then for sentences. The beating can be done with the foot or with a hand, or with one finger of the hand, or by striking the finger and thumb together. Thus : ‘ When (beat) in (beat) the (beat) course (beat) of (beat) hu- (beat) man (beat) e- (beat) vents (beat), etc.’ A persistent course of measuring the words until the stammerer can read and talk straight forward, though slowly, for an hour at a time, will doubtless overcome the habit of stammering. We do not say that this will always effect a perfect cure in the worst cases, where the stammering or habit has been long established, but from the nature of the defect it must be greatly modified, if not cured.”

THE BACILLUS OF WHOOPING COUGH is the latest arrival. It differs from other bacteria, but is somewhat like Friedlander's pneumonia bacillus. Dr. Afanasiëff, the discoverer, detected the bacillus in the sputum of his own and other children. That was stained with methyl-violet, and the bacilli were detected in the pus corpuscles with a magnifying power of 700-1000 on a 1-12 oil immersion objective.

HEALTH INVENTIONS AND APPLIANCES.

ELECTRICITY CURES HEADACHE.—“Do you know,” inquired a female nurse at Bellevue Hospital, New York, of a reporter, “that electricity is a most effective cure for a violent headache? I have an apparatus at home which I purchased in England two years ago. It is charged with electricity, and it cures headache as if by magic. The apparatus is about fifteen inches in length, and is composed entirely of flat or box-wire links made square. It is an inch and a half wide and one-fourth of an inch thick. At each end of the apparatus is a circular cap or plate. One of the caps is made of carbon; the other is made of zinc. Two separate layers of thin wire run through the links breadthwise. These layers are divided in the centre by sealing wax, the idea being to form the electric circuit. Should the two wires touch one another the electric current would be shut off and the apparatus would be useless. On each cap is an eyelet or small ring made to allow a string to pass through and be fastened to the head. The apparatus must be placed in vinegar for two minutes before being applied to the head. In operating the zinc cap is placed on the right temple and the carbon cap on the left. The electric current generated by the aid of the vinegar then sets to work and the victim of the headache is generally relieved within one or two minutes. The only objection I have to using the apparatus is that the zinc cap is sometimes so strong as to burn the flesh on the temple. I have had my right temple red for weeks after using it. Now, in applying it, I always place a cloth between the zinc cap and the skin, and I find it effective in preventing blistering. No, these apparatuses are not for sale in this country. The duty would be high on them. I paid four guineas for the one I use, and at that rate, and taking the tariff into consideration, it would cost \$100 to buy one here.”

A NEW DISINFECTANT.—A French pharmaceutical journal describes a new disinfectant liquid of great efficacy and power which has recently been produced at Paris from coal oil. In appearance it is a syrupy brown liquid of a not disagreeable odor, which turns milky on the addition of water. It is described as being the result of a peculiar saponification of coal oil by caustic soda. It can be used for all purposes where disinfection is required. It will destroy moss and fungus on trees, and by sponging a horse with a weak solution of the compound, aggressive flies are kept away.

PUBLISHERS' DEPARTMENT.

WRITE PLAINLY AND ENCLOSE STAMPS. —All letters should be directed plainly HERALD OF HEALTH Co., P. O. Box 2141, New York City, and all names carefully spelled. Otherwise writer and publisher are often put to great inconvenience. Mistakes are constantly occurring through illegible names of post office addresses. Persons desirous of replies to their letters must enclose postage stamps. Two cents is but a small amount for one to pay, but, when you pay that sum, small as it is, upon hundreds of letters, it foots up many dollars.

FRIENDS OF THE HERALD OF HEALTH will, no doubt, be pleased to learn that the new year opens for us, not only with warm words of commendation from good wishers in nearly every civilized country on the globe, but with a large addition to our subscription lists. The circulation of the HERALD OF HEALTH is steadily increasing, and the figure reached with the January issue is indeed a most gratifying one; and we have another reason for congratulation, and that is, that so many of our old subscribers remain with us. To the many who have renewed their subscriptions we extend thanks for their promptitude, and to those who have not yet signified their intention of renewal, we respectfully commend their example. While we are always glad to add new names to our lists, we are happy to retain old friends, for their renewals are an assurance that our labors in the cause of good health and good living are appreciated.

WE NEED HARDLY COMMEND "WIDE AWAKE." Like good wine, it needs no bush. The prospectus of this popular monthly for 1888 is a coming feast of good things, not only for youth, but for children of a larger growth. *Wide Awake* is only \$2.40 a year. D. Lothrop Company, publishers, Boston.

"THE YOUTH'S COMPANION" has entered upon its sixty-first volume of well deserved prosperity. In its peculiar field the *Companion* is unrivaled, and no publication in America is more deservedly popular. Its publishers, Perry, Mason & Co., Boston, promise its army of readers a brilliant series of literary novelties during the year, and their promise is sure to be more than fulfilled.

WE HAVE HERETOFORE BEEN LED TO BELIEVE that ice purified itself. Now we are told that in good marketable ice, taken from where the water is polluted with the sewage of cities, there exists an almost infinite number of living disease germs, and they appear to thrive under the con-

dition of being frozen for an indefinite period. As this information is likely to be—as it should—widely spread, it is safe to predict that next summer will be a lively season for those who sell water-coolers in which the ice is used to cool the water without mixing with it.

THE HERALD OF HEALTH.

SUBSCRIPTION :

UNITED STATES AND CANADA, - - - ONE DOLLAR.
 GREAT BRITAIN AND IRELAND, AUSTRALIA AND NEW
 ZEALAND, - - - SIX SHILLINGS A COPY.
 SINGLE COPIES, - - - TEN CENTS EACH.

OUR CLUB LIST FOR 1888.

FOR HERALD OF HEALTH CLUB LIST SEE JANUARY ISSUE.

CONTENTS FOR FEBRUARY, 1888.

GENERAL ARTICLES.

How a Confirmed Dyspeptic Cured Himself. S. W. SEMPLE, - - - 25
 A Woman's Time. LUCY HOLBROOK, - - - 27
 Some Hints on Protection Against Cold, - - - 29
 One Hundred and Fifteen Years' Old, - - - 30

CONDIMENTS,

EDITOR'S STUDY, - - - 31
 WOMEN AND THE HOUSEHOLD. HELEN FLETCHER, - - - 38
 MOTHERS AND THE NURSERY. MRS. F. C. PRESSER, - - - 42
 QUESTIONS AND ANSWERS, - - - 45
 HEALTH INVENTIONS AND APPLIANCES, - - - 48
 PUBLISHER'S DEPARTMENT, - - - 49

CAPITAL, \$750,000. - SURPLUS, \$349,307.

SAVINGS DEPARTMENT

OF THE

J. B. WATKINS LAND MORTGAGE CO.

17 Years' Experience. \$10,363,800 Loaned. \$6,450,681 of Interest and Principal returned to Investors. No delay. Not a dollar lost.

To encourage savings, the obligations of this Company are given in amounts of \$5 and upwards, with 5% interest coupons attached. These obligations can, at any time, be exchanged for 6% First Mortgage Real Estate Debenture Bonds of this Company, in amounts of \$300 and upwards, securities deposited with, and bonds certified by, THE FARMERS' LOAN AND TRUST CO., of New York.

This is a great opportunity for persons of small means.

6% DEBENTURE BONDS FOR SALE at our NEW YORK OFFICE AT PAR AND ACCRUED INTEREST.

For pamphlet with full information, and 450 testimonials, address

J. B. WATKINS L. M. CO., Lawrence, Kansas,
 Or HENRY DICKINSON, New York Manager, 243 Broadway.

IMPORTANT NOTICE.

All letters and other communications for the editor, and all subscriptions and business correspondence for the publisher, should be addressed to HERALD OF HEALTH, P. O. Box 2141, New York City. Checks, Post Office Orders and Registered Letters should be made payable to HERALD OF HEALTH CO.

THE HERALD OF HEALTH.

Vol. XXXVIII.

MARCH, 1888.

No. 3.

HEALTH HABITS OF A LONDON PHYSICIAN.

[BY M. L. HOLBROOK.]

I was much pleased to find that the health habits of a distinguished inventor which I secured for the December HERALD OF HEALTH, created such interest. I now present to my readers the health habits of a London physician, a man who has adopted the hygienic method of treating the sick without drugs, a method which is growing in use and favor everywhere, and among all schools of medicine as well as patients. It will be a great gain to the world when all our doctors study carefully and adopt this method. Dr. Allinson tells his simple story in a most fascinating way in the columns of the *Times and Echo*, a London journal, and I have secured a copy of it. I am sure it will interest every one. It is under the title :

HOW I LIVE.

I am being continually asked what I am like, how I live, and such questions. To satisfy this curiosity, and to instruct as well, I now write this article. I must say, first, that I am an Englishman, bred and born in Lancashire, studied and took my degrees in Edinburgh, and have lived in London a little over seven years. I shall be thirty in March next, am a bachelor; my height is about 5 ft. 9 in., and my weight about 9 st. 3 lbs. I have been lighter in weight but never much heavier. I am of fair complexion, a sandy beard, and a good head of hair brushed back over my head, but not parted. I am full in the face, and my cheeks are ruddy; I stoop a little when walking from writing so much. My health is phenomenally good, but that is because I live by rule, and take care of

it. My spirits are always cheerful, and I have enough energy in me for two or three people—that is because I waste as little of it as possible; excessive food, drink, tobacco, tea and coffee, bad air, etc., waste the vital energy of most people. I try and avoid all these things, and so reserve my vital powers for doing my work. I have not eaten any fish, flesh, or fowl for nearly six years, as I find I can do my work much better without these things. When I first started life for myself, money was an object, and I found

A NON-FLESH DIET

allowed me to make what little I earned go furthest; now I find such a diet allows me to make most of my powers, and so I keep to it in spite of the prejudice of friends. I am practically an abstainer; my wine bill will not average a glass of light wine once in three months, and only then when away from work. I find I can't do mental work and drink any kind of alcoholic liquors. I also make a curious statement, which is, that I am an abstainer because I do not eat meat. I find among the hundreds of vegetarians I know very few who ever drink any intoxicating drinks, and then only of the lightest, and in small quantity. Persons who live on a non-flesh diet rarely drink stimulants, as they have no craving for them; in fact, thirst is done away with in a great measure by such a diet. If I were going to make a speech in public, and a choice was given me of a glass of light wine and water or a cup of coffee or tea, I should drink the wine and water, and I know from experience that I should deliver my lecture better after the wine than after the tea or coffee. When I am lecturing I make it a point to avoid all these things, as I know from experience that they are bad. But by relating this I hope to draw the attention of my temperance friends to the fact that there are other drinks

EVERY BIT AS BAD AS ALCOHOL,

and that asking a man to abstain from alcohol because it is injurious, is only half reforming him. I want to make people teetotalers from my own standpoint. Let me feed this nation on brown bread, grain foods, vegetables, and plenty of fruit, and I will make it a sober nation without a single temperance lecture, and without Act of Parliament. In fact, if people will live properly, they will neither have a desire for strong liquor, nor will they take it. This is a matter-of-fact temperance truth, but nevertheless a true one. As for tobacco, I do not use it. I gave it up seven years ago, and from then until now I have only smoked once; that was four years ago, and it made me feel so bad, made my mouth hot, parched my throat, and made me feel so queer about the head that I have not touched any since. Strong tobacco is now one of my aversions,

and many a time I almost run past a workingman who is smoking shag, because the odor is a sickening and a repulsive one. A man who deadens his taste by

SMOKING STRONG TOBACCO

can find no pleasure in simple foods. To taste anything he must have it highly flavored with mustard, pepper, vinegar, salt, or condiments. Tea and coffee I have practically given up. I found they made me nervous, fidgety, anxious, low spirited, and took some of my energy away. Tea made me tremble, gave me brilliant but false ideas, and confused both speech and writing. Coffee griped me, gave me colic and took my memory away for four hours; so I have given both up. Since doing so I have lost my writer's cramp from which I suffered a little. Salt, pepper, mustard, spices, condiments, pickles, and sauces I rarely use, as I have no craving for them, besides which they are injurious.

I rise between 7 and 8 a. m. usually, and at once spread the bedclothes over the foot of the bed to let fresh air sweeten the sheets and destroy all effluvia. I then throw off my night dress, go to the washing bowl, wash my hands with soap, and then swill my face, ears, and neck with water only. I rarely use soap to my face. Since leaving it off I find that my face is less covered with scurf. I then dip my hands in the water and rub my arms, chest, body, and limbs with the wet hands. Whilst still wet I dry my face, ears, and neck, and then

GIVE MY BODY A VIGOROUS RUBBING

with the towel, and so get into a glow. My head gets washed only every three weeks, as I find too much soap causes scurf in the head, bleaches the hair, and makes it brittle. I use a metal comb and brush, and use them just enough to make the hair assume a civilized form, as too much brushing pulls out the hair and weakens the scalp. Occasionally I go in for a little mild exercise before dressing, such as throwing my arms about, or stooping in various ways to exercise the muscles. When dressed, I go out for half an hour's walk before breakfast, no matter how cold, wet, or foggy. I come in warm, hungry, and bright. I take no food nor drink before going out. My meals are three a day, about 9 a. m., 3 p. m., and 9 p. m. Breakfast consists of six ounces of brown bread, a little butter, two apples, oranges, or other fruit, and a cup of cocoa. I weigh my food usually, and I find that

SIX OUNCES OF BREAD

last me well five or six hours; more than this quantity I find makes me feel dull and a little irritable. I eat my food slowly, chew it well, and

eat bread and fruit together. At the end of my meal I drink my cocoa, which is then nearly cool. I drink it slowly, and hold it in my mouth a little before swallowing. I put half a teaspoonful in the breakfast cup, pour hot water over it, add one lump of white sugar, and a teaspoonful of condensed milk. Made thus it is not bilious, nor does it repeat. I spend about half an hour over breakfast.

MY DINNER, ABOUT THREE P. M.,

varies a little. When I am using my brain more than usual I dine on bread and fruit. I allow myself 12 oz. of brown bread and butter, $\frac{1}{2}$ lb. to $\frac{3}{4}$ lb. raw fruit, and a cup of cocoa. I spend forty-five minutes over this meal, and feel no dullness, cloudiness, sleepiness, nor heaviness after it. Two or three days a week I may have the usual non-flesh dinner of a vegetarian restaurant, such being composed of a vegetable soup, a savory, as haricot beans, potatoes, and cabbage, and finish up with milk pudding or stewed fruit. I am not so comfortable after this as after my bread and fruit. Tea, at 9 p. m., is a repetition of breakfast; for a change at this meal I may have beetroot, celery, or boiled or fried onions. Eggs and cheese I only eat when away at friends' houses, rarely when I am living at home.

ON THIS SIMPLE DIET,

which will not cost a shilling a day, I work fourteen hours out of the twenty-four, am bright and merry at the end of the day, and have uninterrupted good health. I walk from eight to twelve miles every day, one walk of two miles being before breakfast, one in the afternoon after dinner consisting of about four miles according to my time, and I always finish up my day's work with a two miles walk. It is often past midnight before I start for my last walk, but I take it, however late, and in all weathers. This tires my body, draws blood from my brain, gives me time to work out next day's plans, fills my lungs with pure air, and I can turn into a cold bed in a cold room with the window open and not feel chilly. Often on Sunday I will

MANAGE TO GET SIXTEEN MILES WALKING.

The weather never prevents me going out. I rarely wear an overcoat, except when it is wet or I am traveling. If wet I leave my undercoat off and I wear my overcoat instead of my usual one, and change it when I come in. At night I do not wear my hat usually when walking, so as to let the cold air strengthen my head and keep my hair from falling off. Fresh air I try and get everywhere; in my bedroom and sitting-room the windows are always open three or four inches night and day, and in all

weathers. I avoid hot rooms as much as possible, as I find they cause influenza colds. I go to bed as soon after midnight as I can, and just before jumping into bed I pull the blinds up; by this means I awake earlier and more fully; the light acts as a stimulant, making me feel cheerful. I never exclude the sun from my rooms. My boots are broad at the toes, not tight fitting, the heels are low, and the soles fairly thick. I do not wear flannels, and only such clothes as civilization demands. The tall hat I abominate, but yet wear when making professional calls. I hope my readers learn some useful hints from the way in which I live.

T. R. ALLINSON,

Licentiate of the Royal College of Physicians.

THE ABOMINATION OF THE CHEAP CIGAR.

DR. CYRUS EDSON, of the New York Board of Health, is authority for the statement that nine out of every ten cigars are adulterated. When seen by an enterprising reporter upon the subject, however, the genial Doctor hadn't time to discuss the matter; but he said: "So many graver things have occupied our attention that the adulteration of these articles have never been gone into in an official way. Only some of the adulterations are hurtful, and complaints are never made about impurities in these things. Flavors, colorings, and so on are so common, however, that the smokers are few indeed who smoke cigars for the tobacco in them, as they believe. Some time ago the charge was made that a well known brand of cigarettes made in this city was adulterated with morphine, and an examination into the matter was made, showing that the cigarettes were absolutely pure. From personal examinations made on the subject I believe more unadulterated cigarettes than cigars are made. In fact, I believe that the cigarettes made here in New York are all, or nearly all, pure."

While thus speaking a good word as to the quality of the cigarette, Dr. Edson had nothing to say as to its injurious and oftentimes deadly effects upon boys and young men.

AMONG THE ARTICLES

commonly used to adulterate tobacco for cigars may be mentioned vanilla and tonka beans, extract of conmarin, naphthaline, chrome yellow, urine, aniline browns, and other colors. A dealer of many years' standing says that not more than one cigar in fifty is pure. "The imported cigars are not as bad, but the very best are not brought to this market.

They are not to be had. The very best can't be taken from the home market."

"What class of people are the best judges of cigars among smokers?" "Sporting people, gamblers, horsemen, and so on. The ordinary smoker don't know anything about cigars. He may think he likes an imported weed, but if he smokes an imported cigar that he saw taken from a domestic box, as like as not he will say he had a miserable smoke."

NOTHING KNOWN FROM SHAPE.

"Now look here. These are imported Perfectos that cost $22\frac{1}{2}$ cents apiece and are retailed at 25 cents. You can buy three so-called Perfectos cigars in New York for 25 cents. The well known shapes are no protection to the smoker, but plenty of people think they are sure of a fine smoke if they buy Perfectos, Reina Victoria, Conchas, Opera, or some other size and shape that originated in Cuba. But they are all imitated so closely in shape, color, label and box, that but for the stamp an expert would be puzzled to distinguish the imitation from the genuine goods."

"In quality, which is most desirable, foreign or domestic?"

"DOMESTIC CIGARS ARE THE BEST

every time if honestly made. The trouble is to make customers think so. Probably it is the morbid desire to get something that is 'imported' that causes so much doctoring, flavoring and coloring of the domestic article. Retailers want goods that will sell, and manufacturers of course make cigars that will please the retail trade. Probably this accounts for the fact that the best domestic cigars are usually bought by wholesalers of the small manufacturers. The big concerns find it more profitable to cater to the mass of people rather than to the few who really appreciate good unflavored tobacco when they smoke.

"IT IS A SINGULAR FACT

that Englishmen like American (domestic) cigars better even than Havanas. The price may have something to do with this. For a day or two after landing, well-to-do English smokers will call for some well known imported brand at, say, twenty-five cents. But that price seems to set the smoker to thinking, and he will peer around the case till he sees some promising looking domestic cigar at ten or fifteen cents. He tries and likes them, and if an experienced smoker, he makes the discovery that he is smoking what was to him in London an imported cigar."

Of course the leading cigar manufacturers deny that adulteration is

practiced except among unscrupulous parties. Said one of them : " I don't believe the adulteration of cigars is very serious except in cheap grades. Men are plenty among my customers who know a doctored cigar."

"Is shape and size to be relied on, as with Conchas and Reina Victoria brands?" "Here are two Reina Victoria makes," he said. "One is made at New Orleans, and we retail it at a fine profit for five cents. The other is made at Havana and retails for twenty-five cents. Which is which?" These were as like as two peas. "With all the cigar factories, if one makes a hit on a Perfectos size, for instance, the others will imitate it. Yet the shape and size varies some."

"Is it true that the small cigar factories here in New York make better cigars than the large concerns?" "I don't think so. Although the small manufacturer may try harder to please, he can't buy the finest grades of Havana tobacco. The man with capital can best him in that very important particular. The dealer who can only buy a bale or two of stock at a time works at a great disadvantage, for even the big fellows have mighty serious trouble in getting tobacco to please them. No doubt much of the flavoring and coloring that is done is because

THE TOBACCO IS DEFECTIVE.

But our domestic cigars are better than the imported ones, and just as good Havana tobacco can be had in them as in the cigars made abroad, though at a lower price. The difference between the duty on the tobacco and in manufactured cigars is the cause for the comparative cheapness of the American goods. Few smokers know this though, and when the average man asks for a cigar he is apt to look around for some well known brand, made in a large factory and usually flavored a little. When such smokers can't find what they are looking for in the cases before them they will ask for an unflavored cigar, and ten to one be disappointed as they smoke it and think the retailer has cheated them by selling a drugged cigar."

A CONFESSION.

A retail dealer, who does a big business on Broadway, makes a candid confession : "Now," says he, "if I had to buy cigars I swear I'd quit smoking them. I would consider my health was at stake, not alone because all the big cigar manufactories are chemist's shops, but because hundreds of men who make cigars are uncleanly and diseased. I have worked in several of the big factories here and know what I am talking about." Then he gave the names of four or five cigar factories in which

he had worked, all of them well known as turning out popular cigars, and related several specific instances of uncleanness and disease.

"And do these factories adulterate their cigars, too?" the writer asked. "Yes, they adulterate till you can't rest. Much of the drugging isn't hurtful, but it shows there is a demand for drugs more than there is for tobacco. Some of the drugs are narcotics in some shape, others simple flavors. One process is to take canary butts with some wine in them and pack them full with tobacco leaves, sprinkling the layers with urine. This process is supposed to give 'tone.'"

"How are cigarettes adulterated?" "I don't know much about them, but they are made by girls, who are cleaner than men, and healthier, too. But if I didn't know where anything of the sort was made and by whom, I'd stick to a pipe and raise my own tobacco."

It is almost impossible to obtain an honest cigar in New York under fifteen cents, while the stuff sold for five cents, and often ten, is an utter abomination. Smoking even good tobacco is a vile and indefensible habit, but the use of the "weed" as prepared in New York tenements for cheap consumption is not only offensive and degrading, but a direct menace to health and life. The cheap cigar must go.

RATIONAL HEALTH CRANKS.

"LET me give you some idea of what I mean by a 'rational health crank,'" said a physician to a writer in the *Boston Herald*. "Here is Smith, a suburban resident, who never will, under any circumstances, run for a train or horse car, or any other conveyance. Some of his friends call him a fool because he has been known to miss his train by walking when he might have caught it by running, and so have avoided the waste of an hour or so. But, in my opinion, Smith is a wise man. When he misses his train you may depend upon it that he is not to blame. Some unforeseen delay has been the cause. By walking for his train he has to leave his house and his office sooner than his neighbor, who runs or hurries for it. But this habit of Smith's conduces to regular living in other ways. Smith doesn't believe in hurrying. He eats his breakfast leisurely, and he doesn't read his morning paper at the table, because he wishes to 'give his digestion a fair show.' At a stated time he leaves the house and walks leisurely to his train. His neighbor runs, disturbs his heavy, breakfast-laden stomach, and in the course of time he becomes conscious of his folly and realizes that he gained nothing by hurry. Jones, in the winter months, carries a shawl or rug to put over his knees in the horse cars

He is never without it, and he doesn't shiver or have 'cricks in the legs,' like the man opposite who thinks that Jones is foolishly conspicuous with his grandfatherly wraps. Robinson won't have the car window open, no matter how hot the day may be. Very well, Robinson is right. That open window would give a prodigious draught, and no man who had a decent regard for hygienic laws would sit near it. Brown is one of the most active of men, and can never be induced to breakfast on anything more than a cup of chocolate, a roll, and perhaps an egg. He goes to his work with a perfectly clear head. Simpson when he goes to the theatre or the concert always insists on buying a seat in a certain part of the house, and if he can't get the location he desires he refuses to attend the performance. He knows that the theatre or the hall is hot, and that the air gets rather bad before the evening is over, and the chances are that somebody will get up and open a door or a window. It is his object to get as far away as possible from that door or window. He misses a number of performances in the course of a season that he greatly wished to see, but he has stuck to his point, and he is, no doubt, so much the gainer. Black travels a great deal, but he never goes to a hotel without having a fire built in his room, no matter how high the temperature may be, and then the bed is stripped, and all the bedding is aired before the fire. Black has a horror of damp sheets.

"Such men are rational. They are called cranks because it is the rarest thing to find men who systematically consider these trifles, which go far toward establishing health or disease. They prolong their lives. I am sure of it."

REST AN ABSOLUTE NECESSITY. — "Few of us appreciate the blessings of rest. We dislike to go to bed quite as much as we dislike to get up in the morning. Many of us go to bed as if we did it under protest. It is a sort of sacrifice we make to tyrannical nature. And nature is tyrannical. She will not be trifled with. She demands allegiance, and the utmost fidelity to her decrees. If she is not obeyed, the guilty parties suffer. I have said that rest is essential to very many persons. Of course it is essential to everybody, but I mean that there are people who altogether forget this, or appear to do so. They are impetuous, ambitious, eager to get ahead, to finish their present task and to begin a new one; in haste to make a name, a fortune, a distinct place for themselves in the world, and if they think of rest at all they think: 'O, we'll rest when we have made reputation and money.' But when that time comes, health has probably gone, and with it the power of enjoying the fruits of years of labor. How much wiser it would have been had the persons in question taken their rest as they went along. Sleep, nature's sweet restorer, is often robbed of

her share of the work of recuperation. Men who keep their nerves at tight tension, who don't throw off their business cares, but keep them constantly in mind, at home or abroad, cheat sleep, but themselves lose before the game is ended. I know men who carry their cares to bed with them every night of their lives. When they put their heads on the pillows they are thinking of what is to be done to-morrow, or what should have been done to-day. All night long they dream of their several tasks, and when the morning comes they awake unrefreshed to go over the same round of restless labor again and again. Such men are doing nothing to lengthen their lives, I assure you. They could lengthen their lives if they would take the needed rest habitually, for it is habit that kills or cures. From what I have said you will naturally conclude that many deaths are caused by sacrifice of rest. You will be right in so concluding. Many lives might have been prolonged if their owners had given sleep her just dues. I suppose that we Americans are the most restless people in the world. At any rate, I am sure that many of our countrymen die years before they ought to, and because they do not appreciate the necessity of rest."—*Interview with a Boston Physician.*

PAIN is a blessing, being nature's admonition that something is wrong and needs attention. If, for example, there were no feeling in the fingers or feet, they might be frozen or burned off at night and we should wake in the morning to realize a life-long deformity. A most excellent liniment to have in the house for the relief of pain may be made by mixing equal parts of chloroform, aqua ammonia, and sweet oil. This may be rubbed on, or applied by means of a woolen cloth laid over the part, and another cloth applied over that, care being taken not to blister.

Do not sleep, or when working breathe with the mouth open. The nose filters out air impurities, which would otherwise reach the lungs, and regulates the temperature of the air when it might else be very irritating. If you cannot breathe through the nose there must be something wrong with it which should be attended to.

BASEMENTS should never be constructed without an air space between the floor and the earth. If the floor is laid directly on the ground it is sure to be damp. Sub-cellars for this reason alone are very desirable.

PNEUMONIA is most common during the months of February and March. The latter is the most fatal month in the year as regards this disease. Exposure to sudden changes in the weather is the most common cause, and worry or either physical or mental overwork predisposes to it. You need have no fear of this dread disease if you live temperately, dress warmly, and avoid all imprudences.

INDOORS AND OUT.

[WRITTEN FOR THE HERALD OF HEALTH.]

THE good sense embodied in "A Woman's Time," contained in your last issue, should be heartily endorsed. A change of scene and the freshening influence of "out-door" is all that women oftentimes need to remove the "worry" that hangs about them like a little cloud threatening calamity.

"John's" advice *was* good, and I can see the justly satisfied look of his very back as he passed out into the sunshine, himself a living embodiment of the wisdom of it!

But there *are* women to whom better advice would be, "*Don't* go out to-day; be around and take things easy, *just loaf* and forget everything outside and in; assume the happy-go-lucky insouciance of a child for the time being. The trouble is you are trying to do too much!"

Another wise "John" thus brought to me forcibly the fact that a little laziness at the right time coins possibilities of greater activity afterward.

Lectures, picture collections, musical rehearsals, etc., all are tempting us continually to go, go, go. We keep going, growing tired and nervous all the time, but we must see and hear what so interests and improves us (and "John" likes to have us "up" in all these things!).

We perhaps drag through it all without utter collapse, but only half enjoying toward the last, because of our jaded condition.

Women should now and then take a full day of entire, thorough rest, even to *laziness!* They would find it pay in the end in heartier enjoyment, more sincerity with each other, because not forcing poor nature to her last extremity.

Having reached this point, I read it to "John." He remarked, "They will not publish that because it appeals only to one class of women." To which I replied, "Being one of that class, and personally feeling the import of the subject, is why I am impelled to write it."

So, notwithstanding "John's" astute advice, I send it, hoping the presiding power of the HERALD OF HEALTH may realize as I do, how we women unthinkingly overtax ourselves when we are not compelled to by circumstances.

I trust the editor of the HERALD OF HEALTH may endorse my ideas of a "lazy day" by publishing this leaf, growing out of my own experience, but really planted there by the good sense of "John."

February 13, 1888.

SARA M. OSBORNE.

EDITOR'S STUDY.

OUR RULES FOR GOOD HEALTH.

1. Be regular in your habits.
2. If possible go to bed at the same hour every night.
3. Rise in the morning soon after you are awake.
4. A sponge bath of cold or tepid water should be followed by friction with towel or hand.
5. Eat plain food.
6. Begin your morning meal with fruit.
7. Don't go to work immediately after eating.
8. Be moderate in the use of liquids at all seasons.
9. It is safer to filter and boil drinking water.
10. Exercise in the open air whenever the weather permits.
11. In malarious districts do your walking in the middle of the day.
12. Keep the feet comfortable and well protected.
13. Wear woolen clothing the year round.
14. See that your sleeping rooms and living rooms are well ventilated, and that sewer gas does not enter them.
15. Brush your teeth at least twice a day, night and morning.
16. Don't worry, it interferes with the healthful action of the stomach.
17. You must have interesting occupation in vigorous old age. Continue to keep the brain active. Rest means rust.

EXCEPTIONS TO TWO OF OUR RULES FOR GOOD HEALTH.—Editor **HERALD OF HEALTH**: I see that you have dismissed your trumpeting herald; now with him you should at least dismiss the 1st and 13th rules also, because as they now stand they are calculated to do vastly more harm than good, even with all the remaining rules thrown in. What for instance can be more ruinous to good health than eating when you are not hungry? But under that rule people manage to worry down three meals a day, and thereby make themselves invalids under the falsely educated idea that they must be particularly regular in this habit, and eat by the clock at precise hours, regardless of whether there is any true sense of hunger in the stomach or not. Though even the sight and taste of food are repellant, they "manage to worry down something" for the sake of "regularity," "to keep their health" (?), "to avoid getting sick" (?), etc., acting under the rule more like automatons than reasoning and observing beings. The 13th rule is nearly as bad, if the careful observation of good

and close observing physicians and hygienists is to be relied on at all, though this is not so easily demonstrated as the errors of the first rule. I am well satisfied, after an observation of over twenty-five years on others as well as myself, that there is a great deal of harm in the wearing of wool on the skin. When the skin itches it may be, and then doubtless is, an excellent thing to rub it with flannel, the itching sensation indicates impeded circulation, which is set in motion again by vigorous rubbing with flannel, but such fact by no means demonstrates, therefore, that flannel should irritate the skin all the time; rather the contrary.

I am well aware that the universal opinion, almost without exception, is in favor of flannel, that it should be worn "to prevent taking cold," on the theory that as it is a better non-conductor of heat than cotton and other fabrics, it must therefore prevent the sudden closing of the pores of the skin through climatic and like changes. Most wearers of flannel declare that they have the proofs of experience confirming such theory, yet at the same time they are obliged to confess themselves to be afflicted with colds at intervals altogether too frequent to permit such a theory or such observation of facts to pass unchallenged. They do not seem to see the inconsistency of such observed facts and the method, practiced by many, of curing colds by means of Russian, Turkish and like baths, where, after a thorough perspiration, the skin is far more quickly cooled by cold air, or water, or bath, or, as it is said of the Russians, by jumping into a snow bank without the intervention of any such non-conductor, when, according to the flannel wearers' theory, they certainly ought to take more cold. That the wearing of flannel under certain restrictions is good is not to be denied any more than that the eating of warm and wholesome food or the drinking of pure water is healthful, but to claim that flannel should be worn at all times as a skin irritant seems no more rational than to contend that because warm food is good at times and seasons that therefore it should always be eaten, and as hot as possible, or that because eating and drinking are good things to do that it would therefore be best to do so unintermittently.

Yours truly,

St. Louis, Feb 10th, 1888.

WM. ZIMMERMAN.

DOCTORS WHO DISAGREE.—The following are extracts from correspondences in the *Chicago Medical Standard*.

[From W. O'Neal Mendenhall, M.D.]

I do not believe true diphtheria and true croup are identical. That they may have many symptoms in common, as that they may both exist

in the same person at the same time, I do not deny, but I think their pathology widely different.

[From J. F. Kennedy, M.D.]

As a result of clinical experience, inclusive of therapeutics, I believe that diphtheria and membranous croup are identical, and that, from a sanitary standpoint, it is safest so to consider and treat them.

Is any comment needed on the above?—*Ed.*

INFLUENCE OF VARIOUS CIRCUMSTANCES IN PROLONGING LIFE.—Villerme, of Paris, was one of the first to contend that comfort prolonged life greatly by showing that between the ages of forty and fifty years persons in good circumstances, in Paris, had a death-rate of 8.3 per 1,000 against one of 18.7 per 1,000 of persons of similar ages among the poor; and he also found that in Paris, between 1817 and 1836, 1 in 15 of the population of the poor arrondissement died annually against 1 in 65 in the second, or rich, quarter. Mr. Chadwick has shown that in London there were some sub-districts of the wealthy classes where the death-rate did not exceed 11.3 per 1,000 annually, while there were localities (slums) where it rose to 38 per 1,000. In 1843, when the general London death-rate was 24 per 1,000, that gentleman found, in Bethnal Green, that the mean age at death of the gentry and professionals was forty-four years against twenty-two years among the artisan class; and recently, when the death-rate among the gentry was about 55 in England and Wales, that of the artisan class in Lambeth was 29.5. In 1874 Mr. C. Ansell, of the National Insurance Company, found that only eight per cent. of the children of the upper classes died in their first year, against nineteen per cent. in the general population of Liverpool, and thirty-three per cent. in the slums of that and other large cities. Ansell has concluded that whereas there died in England and Wales, in 1874, 368,179 persons under the age of sixty years, if the mortality had been equal to that of the rich, only 226,040 would have died, so that poverty in one year had killed 142,139 persons. Dr. Thouvenin has truly remarked that with the exception of cotton-beating, dividing, and carding silk cocoons, white lead, and grinding, there are scarcely any trades necessarily dangerous to life; but he found that the deaths from consumption were nearly one-fourth of all deaths among the poor, and only, or about one-eighteenth of all deaths among the rich. Dr. Edward Smith's statistics at the Brompton Consumption Hospital, of London, which he had verified at the North London Consumption Hospital, showed that his patients had been the offspring of parents who, on an average, had produced seven children each, and, as such children had been ill-fed, they succumbed more easily to that disease.—*Dr. Drysdale.*

THE LAWS OF HEREDITY.—A certain man had during his entire lifetime gratified his every passion, and died with an oath on his lips and a scorn of decency in his heart. He left three sons. In spite of their mother's prayers and tears, each son followed his father's blighting example. Like their father, at no period in their lives did they ever show the slightest desire to reform. So reckless were they that not one of the three lived to be twenty-five years old. Two of the brothers died unmarried. The third had a good wife, but did not live to see his son, who was born a month or two after his death. Every care was taken to surround this child with good influences. He knew nothing of the dissipation of his grandfather, father and father's brothers. They were dead. His mother never spoke of them. As a lad he was brutal and vicious in the extreme. "I don't want to be good!" was his favorite expression if taken to task for a boyish misdeed. Before he was 12 years old he had run away from home eight times, to associate with children of the gutter. He is now 21. He is a drunkard, a thief—for he stole jewelry from his mother to pawn—and a dissolute reprobate. He declares that if he knew of any vice into which he has not plunged he would straightway test it. He has broken his mother's heart. With the utmost complacency he is watching her die of grief for his depravity. Nothing affects him. He is as indifferent to punishment as he is to tenderness. If he lives ten years longer he will reach the gallows.—*Philadelphia News.*

—
DANGER IN THE COMB AND BRUSH.—It has been shown that the vast majority of human heads are splendid fields for bacterial life of any and all kinds, and that more or less of this life is to be found thereupon. Add to this the fact that contagious and infectious disease lurks everywhere, and requires only propinquity to spread and increase the number of victims. What tie binds all these together more dangerously than the brush and comb used for the general public by barbers and hair dressers? Take New York as an illustration. There are over 2,000 barbers in this city, and at least 300 ladies' hair dressers. A large minority of their customers keep and use private brushes and combs; the vast majority do not, but rely upon articles that have done duty on hundreds, if not thousands of heads. The conditions of municipal life and the habits they engender favor this practice and its dangers. A man leaves the bedside of his child, sick with scarlet fever or diphtheria, and goes down town. If very thoughtful, he will fumigate or disinfect his clothing before leaving home. No matter how careful, he never disinfects his hair, which may swarm with the germs of either disease. On his way down he steps into his barbers, is shaved and has his head rubbed, brushed and

combed. A hundred or a thousand germs are transferred to the brush, where they thrive and breed almost as well as upon a human being. He leaves, and during the rest of the day that brush distributes germs upon sixty of his fellow citizens. Fortunately, this practice will not communicate all germ diseases; but it will convey diphtheria, measles, scarlet fever, small-pox, yellow fever, chicken-pox, cholera and similar disorders. It will also communicate scald-head, tetter and many other dermatologic troubles. Under conditions of abrasion and contact, it may convey blood poison. The safest rule to escape this sinister roll of dangers is to adopt the English practice, and be your own barber. It is also cheaper, quicker, nicer and better. Next to this, patronize one barber only, and with him keep your own brush and comb. If you must employ a strange tonsorialist, simply get shaved and leave your hair alone. And last, carry and use your own comb, and outside of your own dressing room drop the hair brush from the category of things in daily use.—*American Analyst*.

THE USE OF WATER AT MEALS.—Opinions differ as to the effect of the free ingestion of water at meal times, but the view most generally received is probably that it dilutes the gastric juice and so retards digestion. The good effects of water, drunk freely before meals, has one beneficial result—it washes away the mucus which is secreted by the mucous membrane during the intervals of repose, and favors peristalsis of the whole alimentary tract. The membrane thus cleansed is in a much better condition to receive food and convert it into soluble compounds. The accumulation of mucus is specially well marked in the morning, when the gastric walls are covered with a thick, tenacious layer. Food entering the stomach at this time will become covered with this tenacious coating, which for a time protects it from the action of the gastric ferments, and so retards digestion. The tubular, contracted stomach, with its puckered mucous lining and viscid contents—a normal condition in the morning before breakfast—is not suitable to receive food. Exercise before partaking of a meal stimulates the circulation of the blood and facilitates the flow of blood through the vessels. A glass of water washes out the mucus, partially distends the stomach, wakes up peristalsis, and prepares the alimentary canal for the morning meal. Observation has shown that non-irritating liquids pass directly through the “tubular” stomach, and even if food be present they only mix with it to a slight extent. According to Dr. Leuf, who has made this subject a special study, cold water should be given to persons who have sufficient vitality to react, and hot water to the others. In chronic gastric catarrh it is extremely beneficial to drink warm or hot water before meals, and salt is said in most cases to add to the good effect produced.—*British Medical Journal*.

WOMEN AND THE HOUSEHOLD.

[CONDUCTED BY HELEN FLETCHER.]

AMATEUR VS. PROFESSIONAL NURSES.—With amateur nurses we have love in place of knowledge, and the intuition of the affections, together with the familiarity of long acquaintance, instead of artistic training and experience. There are amateurs, however, who run the professionals hard, and perhaps win in the end. They have the gift of diagnostic detection as the first item of their bedside furniture. If they do not know what such and such symptoms mean, they see that they are there, and so help the doctor in his absence with eyes as keen as his own. They are, indeed, his eyes and ears and senses during his absence. It may be that they give undue weight to such and such appearances, but that is better than not seeing them at all. It may be that, unenlightened by scientific training, they confound two symptoms which are alike and yet with a difference. That and other mistakes of the same character a clever medical man can put straight; and again it is better to make the blunder of confusion than the one of overlooking. And how sweet these amateurs are!—how delightful the familiar voice, the dear face, the kindly hands!—all of which you know as you know the flowers of spring and the sunset skies of summer. Commands come with a softened tone from loved lips, and when it is not a command but an entreaty, you yield without remonstrance to the quiet, sweet and tender authority to which you yield willing obedience in your health-time. They may not know how to shake up your pillows quite so deftly as the nice woman in high-bibbed apron and becoming cap, and when they smooth the sheets they leave something to be desired; but the mental repose, the moral-delectfulness of their presence compensates for all that they may fail in scientific training, and Love once more vindicates his claim to be considered the supreme power of the world.

MANNISH GIRLS.—The fact is very apparent to any one who will walk up and down our avenues of promenade that there is a growing “mannishness” of our girls. Instead of the retiring, modest, shrinking, soft and gentle woman, with tender sensibilities and a fragile frame and womanish dress of a few years ago, the female sex has revealed itself into an improper and unbecoming representative of masculinity. From the waist down the woman continues to be a woman, but from her waist up—with her tailor-made jackets, her high, stiff collars, her scarfs, her horseshoe pins, her short cropped hair, her linen shirt front and her

Derby hat, she is a man. Will the women be content with this, or will the insidious transformation creep down to trousers? Some of these, I might say many of these, mannish maidens hunt, shoot, fish, row, play tennis, go in for billiards, smoke cigarettes and are judges of horses. The sprawling, prancing and ungraceful twists and strides do not show them to the best advantage. Let women be women and girls be girls, and then men will appreciate them more.

SOUND HOME TRAINING.—Among the things that money cannot buy is the true housewife—the old-fashioned helpmate to the toiling husband. The wife must herself occupy this place, using servants only as helpers, or it will remain vacant and the home become what it is so often called, a residence only. The duty that parents owe to the girls of a growing household is to fit them to become wives and mothers. If this is done, the question of their marriage may be left to care for itself. If they should be wedded, they will be qualified to make their married life happy; if chance should deprive them of the blessed privilege of taking charge of their own households and caring for their own children, they will nevertheless be cultivated women, independent, self-reliant, useful to themselves and to others. No graces or accomplishments without this skill and training can make women anything better than toys, to be idled with and cast aside when new ones are presented. But there is no reason why graces and accomplishments cannot be added to the sound home training that fits the girl grown to womanhood to become a wife and mother. The young man who enters business or who works at a trade is not thereby debarred from becoming a cultivated gentleman. Indeed, the very men who meet these girls in society, and who ultimately become their life-partners, are, as a rule, actively engaged during business hours in absorbing occupations. Boys and girls, in short, need to be trained on parallel lines—the boys to become self-supporting, self-reliant husbands and fathers; the girls self-helpful, cheerful wives and mothers.

THE ONLY SAFE RELIANCE AGAINST DIPHTHERIA.—The poison of diphtheria being, as a rule, ærobie, it is inhaled and commits its ravages in the respiratory tract, the nostrils, fauces, larynx, trachea, and bronchial tubes. Its relations, then, to sanitation are very close; whatever is a source of impurity in the air we breathe renders us liable to disease by depressing the vital forces and weakening the normal resisting power of the individual tissue cells. Diphtheria once established can be propagated by close proximity to the patient, by his breath, by kissing, by the bedclothes or articles used about the patient, from the expectorated mat-

ters, the excreta, from the false membrane itself, and from the body dead from diphtheria. Water contaminated with the germ, infected milk, sewer air, domestic animals, ochlesis, all manner of dust or dirt are capable of carrying and developing the diphtheric germ. Hence it follows that perfect cleanliness, with thorough disinfection of all suspected places or things, is our only safe reliance against diphtheria.—*The Sanitarian*.

WOMAN'S TASK IS NEVER DONE.—If the mothers of the world had no other task but that of peopling it anew as men and women die, and bringing the puling infant safely to the edge of adolescence, their share of labor cast into the balance would weigh as heavily as the whole remainder of human accomplishment. The courage and the constancy required in giving birth to children and in patiently molding the plastic body and mind to the uses of living have not been excelled by any of the vaunted undertakings of men, even of those who for their great actions have been rated as demi-gods. But, says a writer in the *Philadelphia Record*, the great work for which woman is specially designed in the order of nature is accounted as is the growth of the grass in the spring time, or the fall of the rain, or any other natural happening. The result is accepted without thought, and considered without reference to its true relation in the distribution of the burdens of the world upon the shoulders that can best bear them. The fact is that neither in civilized, semi-civilized, nor savage nations do women get proper relaxation and rest. In this goodly land even woman's work is as hard, or harder, than man's. The man employed in the factory when he quits work stops to rest. The woman drops her thread in the mill to pick it up again in the home. The farmer's wife gets up before day to get the farmer's breakfast and start him afield. His work is done with the going down of the sun. Her work lasts all the day, and when the darkness comes she sits down and plies her sewing, or her knitting, or her mending, poor, weary soul, to rest herself, while the good man smokes. This is no fancy picture. It is every-day life in thousands of households. And the women engaged in the higher occupations, literature, the arts, etc., are bound by no lighter thralldom, especially if they have homes and husbands and children. The man of letters shuts himself up in his office or his den, and gives his mind and his time wholly to the work in hand. When it is done he rests until another day brings its work. The woman of letters is lucky indeed if she can concentrate her mind for the time being upon her work. And when it is done there are a thousand and one demands upon her in her woman's position of housekeeper, wife and mother, and in fulfilling them the hours that should be given to rest are occupied. There is no greater drudge in the world than the woman who undertakes to do man's work

and woman's work too. She never rests. But there are many homes where women are not conscious drudges. They go and come among their friends and associates without hinderance, have money to spend, and are mistresses in their own households. Yet many a woman so situated leads a life as laborious as that of any farmer's wife. She does not toil so hard with her hands, but "society" as well as husbandry has its victims. The rivalries that beset the girl on the road to matrimony, the trials that always follow, the demands of fashion on one side and the husband and baby on the other, the sad effort to appear to live better than one can afford to live, often wear out the nerves of women before their bodies have become fairly matured. It is no answer to the follies of highly accomplished and tightly corseted women to say that such follies are voluntary. The domestic drudgery in one home and the society drudgery in another, which admit of no real vacation, no absolute rest and chance for recuperation, are cloth cut from the same piece. It is the custom. There is no time of rest for women, because there is no opportunity for it. And this is the reason why American women prematurely fade and fold themselves up in wrinkles.

A QUEERLY INCOMPATIBLE PAIR.—I know a woman who is pretty and accomplished, says a Chicago physician. Her house is one of the brightest in Chicago. I know as well as any man can know that she worships her husband. So far as I can know he is devoted and indulgent. She will get out of a sick bed when her maid brings her the card of a visitor, attire herself gorgeously if need be, go into the parlor with the air of a queen, play, talk and entertain in a manner so captivating that she is simply enchanting. Let her husband come in, and she ceases all. Her fingers lie upon the keys useless, and the flush passes from her cheeks. I have used every artifice which a family physician can use to discover if these people are mismated, and I cannot say that they are. I do not believe they are, but at the same time there is the peculiarity which I have mentioned growing out of a nervous temperament, which I confess I cannot understand. But she is not the only one.

WIFELY AMBITION.—O, women, what is your wifely ambition, noble or ignoble? Is it high social position? That will then probably direct your husband, and he will climb and scramble and slip and fall and rise and tumble, and on what level or in what depth or on what height he will after a while be found I cannot even guess. The contest for social position is the most unsatisfactory contest in all the world, because it is so uncertain about your getting it, and so insecure a possession after you have obtained it, and so unsatisfactory even if you keep it. The whisk

of a lady's fan may blow it out. The growl of one bear or the bellowing of one bull on Wall street may scatter it. Is the wife's ambition the political preferment of her husband? Then that will probably direct him. What a God forsaken realm is American politics those best know who have dabbled in them. After they have assessed a man who is a candidate for office which he does not get, or assessed him for some office attained, and he has been whirled round and round and round and round among the drinking, smoking, swearing crowd who often get control of public affairs, all that is left of his self-respect or moral stamina would find plenty of room on a geometrical point, which is said to have neither length, breadth or thickness. Many a wife has not been satisfied till her husband went into politics, but would afterward have given all she possessed to get him out.—*Talmadge*.

MARRYING ON A SMALL SALARY.—A friend of mine, who is a married gentleman, said to me the other day : "I would advise any young man to remain single until he is in the possession of a salary of at least \$25 a week. It is almost impossible to keep house on less. House rent, fuel and other essentials come high, and a young man who only earns \$15 or \$20 a week must necessarily run behind. He can live quite comfortably on \$15 a week if he is single, but let him attempt to support a wife, and perhaps a family, on this sum, and he will see where the ends will meet." My friend is either a spendthrift himself or he has an extravagant wife. If he expects every young man to wait until he receives \$25 a week before he marries, he will soon see the population of the world dwindle down to the same number it contained before Adam and Eve began their existence. Married people can live, and do live, comfortably on \$15 a week, and sometimes less. In many instances a man never begins to amount to anything until he is married and has a wife to help him over the sloughs of despondency. It is often the encouragement, frugality and energy of a wife that enable a man to acquire wealth. The very great majority of the wealthy men of the nation married while they were poor, and if asked they will say that their riches must be credited as much to their wives as themselves. The happiest families are not always the wealthiest, and a young man, if he can get a good wife (and there are plenty of them), had better get her, even if he is receiving less than the stipulated sum of my married economist.—*Minneapolis Tribune*.

MOTHERS AND THE NURSERY.

[CONDUCTED BY MRS. F. C. PRESSLER.]

HONOR TO THOSE WHO EARN A LIVING.—“The ability to earn an honest living,” says the Rev. M. T. Savage, “is the first qualification for good citizenship, and therefore the first thing to be aimed at in the training of children. The accumulated wealth of the world, if nothing were added to it, would keep us in existence no more than two or three years at the most. He, therefore, who takes out of the scanty store and, while able to do it, puts nothing in, whether he be king or beggar, is at any rate a thief. Education is not first or chiefly the mere learning of certain facts or principles; it is such a development and training of faculty as makes one master of himself and his conditions. Our present definition and popular use of the word is altogether too narrow. There is something absurd in calling some practically incapable man, some useless member of society, educated because he happens to have had a parrot-like knowledge of Greek or French drilled into him; while another, whose eye or hand is trained into fitness for rendering grand service to the world, is spoken of as uneducated. Honor belongs to service, and if we wish it to go where it belongs we must honor the training which fits one for it. A boy whose genius is in the direction of handwork, artisanship, should be able to graduate with an honor equal at least to that which attaches to one who is to fill a clerkship.”

SCHOOL HOURS FOR CHILDREN.—On rainy days, instead of the usual hour's intermission at noon, considerably less than an hour is taken for recess, and with this exception the children are kept continuously at work from shortly after 9 o'clock till 2. This is known in school phraseology as “short session;” the last two hours thereof, any teacher will bear me out in saying, are worse than useless. Children and teacher alike are weary and irritable. They act and react upon one another. It is more than doubtful whether anything is effectually taught or effectually learned. Surely when school hours are so long, educational work might be completed in them. After giving four or five hours to mental work in school, children should not be required to study two or three hours longer out of school. Home work often takes up the hour of sunlight which remains after school on a winter's day, and children, who need sunshine as much as do daisies, live in semi-darkness till their cheeks are blanched like celery stalks. In half the time now spent in lessons children would acquire as much or more. Books would not be regarded with the distaste

which follows weariness. The learners would come to study with minds refreshed, and hence keen and attentive.—*E. M. Hardinge, in The Epoch.*

THE PERIOD OF RETARDED GROWTH.—It will be noticed that whereas the age of most retarded growth for the boy is about 13, and the age of most rapid growth (after the first two or three years) is about 16, the corresponding ages for girls seem to be about 12 and 13 respectively. The period of retarded growth seems to last longer with boys than with girls. A more important portion of the total growth seems, on the average, to be gained by boys between the ages of 13 and 16 than by the girls between the ages of 12 and 15 (their time usually of most rapid growth). But, on the contrary, during the time from birth to the age of 17, boys, as a rule, acquire a smaller portion of their full growth than girls do between birth and the age of 15. In the great majority of cases girls add very little to their height after 15, though of course there are many exceptions. Boys, on the other hand, usually add two or three inches to their height after 16. It is noteworthy that when girls grow after 15 such growth is nearly always accompanied by certain irregularities, which appear to indicate some similar relation in the case of such abnormal or irregular growth as undoubtedly exists in the case of the rapid growth always observed at about the time of puberty.—*Richard A. Proctor.*

THE FREE MEDICAL DISPENSARY.—The free dispensary system is, nine parts out of ten, an unmitigated nuisance. It is degrading to every patron who resorts thither to avoid payment of reasonable fees, and it is downright robbery of those members of the profession who are compelled to begin practice in the poorer quarters and the sparsely settled districts of a great city. The patient who resorts to a free dispensary, attracted by the name of some prominent physician or surgeon, learns too late that the "great man" is seldom seen in the clinic room; that he never comes except to use this "clinical material" as illustrations of his lectures, and that the bulk of the practice is left to the experimentation of students not yet physicians, or to the care of men just out of school who happen to have secured the favor of the "great man." If the worthless character of the medical attendance at some of these places were generally known there would be fewer patients taking such risks, and self-respect would be preserved, where now, in many instances, the first step toward the almshouse is taken by patronizing a free dispensary. Many of these are in no sense "free," for charges are made for the medicines which more than cover the value of any real service that may be received from the students in charge.—*W. B. Hazard, M. D.*

QUESTIONS AND ANSWERS.

ITCHING FEET.—B. F. S.—The following is a remedy for itching feet from frost-bites: Take hydrochloric acid, one ounce; rain water, seven ounces; wash the feet with it two or three times daily, or wet the socks with the preparation until relieved.

A TEST FOR SEWER GAS.—H. W. R.—*The American Analyst* gives the following test for the detection, in an apartment, of sewer gas: Saturate unglazed paper with a solution of one Troy ounce of pure acetate of lead in eight fluid ounces of rain water; let it partially dry, then expose in the room suspected of containing sewer gas. The presence of the gas in any considerable quantity soon blackens the test paper.

DIET FOR EXHAUSTING DISEASES.—Mrs. M., New Orleans.—In measles, scarlet fever, erysipelas, typhoid fever, and other exhausting diseases the diet should be very simple and should consist of selections from the following articles: milk (often diluted), the various gruels, toast-water, whey, occasionally vegetable soups, beef tea, and mutton or chicken broth freed from any fibre or fat. Orange-juice, preserve-water, weak lemonade, etc., are often permissible.

LOSS OF BLOOD.—G. W. R., Indianapolis, asks how much blood can be safely lost by a healthy person. Only a small portion of the blood in the body can be lost without serious results. Generally speaking, the loss of one pound of blood causes faintness, and that of a pound and a half or two pounds is followed by complete unconsciousness. If the bleeding be then stopped the patient usually recovers; but if a still larger quantity of blood be lost, recovery becomes impossible.

PNEUMONIA AND BRONCHITIS.—In reply to H. W. Sanderson as to difference between pneumonia and bronchitis, would state that the symptoms of these complaints are not marked to very many people. It is much the same thing as the difference between a disease of the branches of a tree and its leaves. The wind pipe at the root of the neck splits up into many pipes, which are called bronchi, and these carry the air to the lung cells. When the latter, which constitute almost the entire outer and principal portion of the lungs, are inflamed, that constitutes pneumonia. When these small pipes, or tubes, are inflamed, it is called bronchitis. Bronchitis is readily recognized by its hoarse, barking cough. It is much less dangerous than pneumonia, unless chronic.

COW'S MILK FOR CHILDREN.—A Mother, Portland, Me.—Dr. Baker finds that the following proportions of added ingredients approximate the

proportions and properties of human milk, and generally answer well, though sometimes more water is required during the first few weeks of infant life: Cow's milk, half a pint; water, the same quantity; a small teaspoonful, or sixty grains, of sugar of milk, and two grains of phosphate of lime; the addition of two teaspoonfuls of cream if the quality of milk be good, but if poor or skimmed the quantity of cream must be doubled. Thus modified cow's milk is rendered very nearly like human milk.

BRAIN EFFECTS OF ALCOHOL.—H. W. Armstrong, Utica.—Dr. T. D. Crothers, a high authority, says: "It is a fact beyond question that alcohol in excess produces changes of brain circulation and nutrition, also vaso-motor paralysis, with congestion and derangement of the heart's action and diminution of the quality of the blood. The result is that both brain and nerve functions are impaired, and the capacity to realize the nature and consequence of conduct and thoughts is lessened—the victim is actually and literally on the road to insanity. The inebriate cannot be sane, for his brain is physiologically and pathologically changed."

HEALTH INVENTIONS AND APPLIANCES.

THE CLAGUE HOT WATER AND WARM AIR FIRE-PLACE HEATER, patented February 1st, 1887, is likely to revolutionize the present methods of warming houses. The device, which was originated and perfected by Rochester gentlemen, the patents of which are solely owned by William H. H. Clague and Andrew J. Wegman, combines the best features of the hot water and warm air system of heating, together with the pleasant, healthful and ever cheerful open fire. It consists in a fire-place having a depressed fire pot and grate, a fuel-feeding apparatus and ash pit extending below the floor of the room, with especial connections by which hot water and fresh air, tempered by hot water, are used in heating. One of its most attractive features is its adaptability to the open fire, with its hearth and mantle and ornamental surroundings so much admired, and without which the most elaborate house is incomplete. Some of the advantages of this system of heating are: Safety from explosion, as the apparatus is open to the atmosphere at the expansion tank. The small amount of attention required in its management. Absence of all noise. A radiator can be used to its fullest capacity while others are partly or entirely shut off. It heats with a low fire. The moment the fire is

lighted the water begins to circulate and heat is distributed throughout the whole system or in part, as may be desired, and there will always be more or less heat in the radiators as long as there is fire enough in the heater to change the temperature of the water. Hot water from this system can, if desired, be circulated through the kitchen range and boiler, thus furnishing continually a supply of hot water for the kitchen and bath room, thereby relieving the range from heating cold water and preserving an even temperature in the oven. During damp days in summer or cool autumn evenings when a little heat is required, an extra grate is provided that can be inserted and a temporary fire built, as in an ordinary fire-place. The apparatus is set in the chimney, which is in itself a hot-air chamber, the smoke and gases passing through it by means of iron flues to the open air. The air for this chamber enters through a cold air register outside of the building. It enters at the bottom, is warmed in passing up through, and is circulated from convenient points through the upper rooms of the house. This arrangement, in connection with the hot water system, uses about all the heat that is extracted from the fuel. The necessary air for combustion is not drawn from the room in which the open fire is placed, but from the cellar, thereby ventilating the cellar and burning any foul gases that may be generated by decaying vegetable or other matter. An important feature is the hidden fuel-feeding mechanism by which the coal is hoisted from the cellar and fed to the fire automatically. It admits of the utmost cleanliness, as no coal is carried through the house. Another important feature is the shaker and the mechanism for removing the ashes. It is operated by a lever through the floor, by which the ashes are removed, sifted, and the unconsumed cinders dumped into a box for future use. The ashes fall into a brick pit, which is large enough to contain most of the ashes that may accumulate during the winter. The fire is always in sight and may be regulated at will, without the necessity of going in the basement.

THE IMPORTANCE OF KEEPING THE FEET WARM and the head cool can not be overestimated. If such a condition was always maintained, congestions would be rare. The tendency of heat is upward, and as a consequence the temperature is higher at the ceiling than at the floor. This is particularly true of rooms heated by hot air furnaces. It is a condition antagonistic to health. A simple device has recently been patented for arresting in its upward course the heat from a furnace register and throwing it out upon the floor. It forms a cap over the register, preventing the heat from going direct to the ceiling. It moistens the heat and throws it over the floor as soon as it gets above the register. It gives full control of the heat by turning it either way one may wish to direct the heat.

PUBLISHERS' DEPARTMENT.

WRITE PLAINLY AND ENCLOSE STAMPS.—All letters should be directed plainly HERALD OF HEALTH CO., P. O. Box 2141, New York City, and all names carefully spelled. Otherwise writer and publisher are often put to great inconvenience. Mistakes are constantly occurring through illegible names of post-office addresses. Persons desirous of replies to their letters MUST enclose postage stamps. Two cents is but a small amount for one to pay, but when you pay that sum, small as it is, upon hundreds of letters, it foots up many dollars.

ALDEN'S MANIFOLD CYCLOPEDIA.—Each volume of this popular work consists of 640 pages, large type, and is profusely illustrated. Price, in half morocco binding, 60 cents; in cloth, 50 cents. Postage, 11 cents extra. John B. Alden is the publisher, 395 Pearl Street, New York, or Lakeside Building, Chicago. Large discounts from above prices are allowed to early subscribers. It is to be issued in about thirty volumes. "The Manifold Cyclopaedia" is, in many ways, unlike any other Cyclopaedia. It undertakes to present a survey of the entire circle of knowledge, whether of words or of things, thus combining the characteristics of a Cyclopaedia and a Dictionary, including in its vocabulary every word which has any claim to a place in the English language. Its form of publication is as unique as is its plan—the "Ideal Edition" its publisher calls it, and the popular verdict seems to sustain his claim. It will not be strange if this proves to be the great popular Cyclopaedia. It certainly is worthy of examination by all searchers after knowledge. The publisher sends specimen pages free to any applicant.

A FOUNTAIN PEN that can always be relied upon is the Yale Triumph. It is warranted unconditionally, and is sold at prices ranging from 50 cents to \$7, by the Yale Fountain Pen Co., 128 William Street, New York.

THE CHILDREN'S FRIEND AND KINDERGARTEN, published by E. B. Grannis, No. 33 East 22d Street, New York, is a model publication of its class. It is issued monthly and should be in the hands of every intelligent parent.

THE *Archives of Gynecology*, New York, has just closed another successful year, having furnished its readers with the resumé of no less than 584 articles. The publishers do not send sample copies, but announce that any subscriber may return the first number and cancel the order. Subscription, \$3.00. Payment is not asked till end of year. Leonard & Co., Publishers, 141 Broadway, New York.

"OLFACTICS AND THE PHYSICAL SENSES," by Charles Henry Piesse, bearing the imprint of Piesse & Lubin, London, is an elaborate, yet popular,

treatise upon a subject that embraces a wide range of fact and thought. The cultivation of the sense of smell in children as a hygienic necessity is warmly advocated. The history and mystery of the perfumer's art are detailed at length. The author's style is free from all technicalities, and the book altogether is one of the most attractive of the season.

THE HERALD OF HEALTH.

SUBSCRIPTION :

UNITED STATES AND CANADA, - - - ONE DOLLAR.
 GREAT BRITAIN AND IRELAND, AUSTRALIA AND NEW
 ZEALAND, - - - SIX SHILLINGS A COPY.
 SINGLE COPIES, - - - TEN CENTS EACH.

OUR CLUB LIST FOR 1888.

FOR HERALD OF HEALTH CLUB LIST SEE JANUARY ISSUE.

CONTENTS FOR FEBRUARY, 1888.

GENERAL ARTICLES.

Health Habits of a London Physician, - - - 51
 The Abomination of the Cheap Cigar, - - - 55
 Rational Health Cranks, - - - 58
 Indoors and Out, - - - 61

EDITOR'S STUDY, - - - 62

WOMEN AND THE HOUSEHOLD. HELEN FLETCHER, - - - 67
 MOTHERS AND THE NURSERY. MRS. F. C. PRESSER, - - - 72
 QUESTIONS AND ANSWERS, - - - 74
 HEALTH INVENTIONS AND APPLIANCES, - - - 75
 PUBLISHER'S DEPARTMENT, - - - 77

CAPITAL, \$750,000. SURPLUS, \$349,307.

SAVINGS DEPARTMENT

OF THE
J. B. WATKINS LAND MORTGAGE CO.

17 Years' Experience. \$10,363,800 Loaned. \$6,450,681 of Interest and Principal returned to Investors. No delay. Not a dollar lost.

To encourage savings, the obligations of this Company are given in amounts of \$5 and upwards, with 5% interest coupons attached. These obligations can, at any time, be exchanged for 6% First Mortgage Real Estate Debenture Bonds of this Company, in amounts of \$300 and upwards, securities deposited with, and bonds certified by, THE FARMERS' LOAN AND TRUST CO., of New York.

6% DEBENTURE BONDS FOR SALE at our NEW YORK OFFICE AT PAR AND ACCRUED INTEREST.
 This is a great opportunity for persons of small means.
 For pamphlet with full information, and 450 testimonials, address

J. B. WATKINS L. M. CO., Lawrence, Kansas,
 Or HENRY DICKINSON, New York Manager, 243 Broadway.

IMPORTANT NOTICE.

All letters and other communications for the editor, and all subscriptions and business correspondence for the publisher, should be addressed to HERALD OF HEALTH, P. O. Box 2141, New York City. Checks, Post Office Orders and Registered Letters should be made payable to HERALD OF HEALTH CO.

THE

HERALD OF HEALTH.

Vol. XXXVIII.

APRIL, 1888.

No. 4.

ALCOHOL FROM A PHYSIOLOGICAL POINT OF VIEW.

An opening lecture before the faculty of the University of Berne, Switzerland, by Professor Bunge, entitled "The Alcoholic Question," has created a great deal of interest, and has been reprinted in almost every country and language of Europe. Professor Bunge handles the subject simply and distinctly as a physiological one, and contends that no intelligent treatment can be given except from a physiological point of view. "Alcohol," he says, "is never a nutrient. The force and strength which alcohol rouses up can be of no value to the body, unless it can be shown that it is spent in developing normal function. The chemical energy of alcohol should be transformed into living strength to be a nutrient. This should be done in a certain way, and along a fixed line, which never occurs, consequently it is not a vital energy for the needs of the body. We have no evidence that the muscular fibers, tissues, or brain cells, can use the force developed by alcohol, to promote its strength or life. But we do know that the force needed for the body comes from the blood, and when this is deficient or wanting, the body suffers. It is urged that the force given out by the burning up of alcohol is useful in providing warmth to the organism. This is fallacious. The amount of heat may be raised, but its expenditure is also raised, and the loss of force increased. This is well substantiated by numerous experiments." The physiological action of alcohol is described with great minuteness, showing that its action is always a paralyzant, and never a stimulant. The physiology of intoxication is presented as evidence. The want of prudence and reckless extravagance of force and strength shows that some central brain region is paralyzed. The increased heart's action, with increased loss of power,

and failure to naturally economize the strength of the body is further proof. A graphic picture is given of the effects of alcohol over the higher brain centers, as seen in the slow, insidious failure to recognize all the relations of life and act upon them. Among these is mentioned the sense of weariness and tired feeling following work, and showing a loss of force, calling for rest. This is nature's warning and method of telling what is wanted. Alcohol taken in this state covers up this warning, and the demand is unheeded. The poor man destroys and blunts the very warnings he most needs for his future preservation. The workman who drinks beer and the nobleman who uses wine when wearied are both increasing the loss of force they seek to regain, as well as blunting their power of determining what this loss is. Many incidents are mentioned in proof of this, drawn from the armies and navies of the world, explorers, and others who have been subjected to severe strain. The danger of giving alcohol in cases of melancholy, neurasthenia, and other nerve and functional states are mentioned at length.

Beer is one of the most dangerous of drinks, because it is so insidious, and not only masks the real condition of the organism, but perverts all natural conceptions of the normal state. Beer disturbs the system less, but is more dangerous and holds in check all the natural warnings and voices of the body. Beer contains carboniferous and dextrine substances, which are always supplied to the body from other sources less elaborate and more easily assimilated. They do not contain nutrient substances, that cannot be had more easily from natural foods. . . . All scientific research are united in the conclusion that beer and wine are of no value as helps to digestion. They retard and slacken the chemical transformation of food in the stomach. In medicine this paralyzing action of alcohol is of great value in some cases, to reduce heightened sensibility of the nervous system, and in many other ways. Accurate scientific researches have pointed out these cases, and given the rationale of the power of alcohol over them. Alcohol has not been found of use in chronic cases, but in acute cases its action resembles that of morphia and other narcotics, and is of great value.

One of the many degenerations which follows from the use of alcohol, is the perversion of the nutrient wants and power of discrimination in foods. The patient is constantly deceived by his perverted tastes and appetites. He uses food that cannot properly nourish the organism. Hence his entire system suffers from a degree of starvation, and continuous nutrient degeneration. The wine and beer drinkers, as well as the spirit taker, have abnormal appetites for foods that are bad and unnutritious. This is clear from a study of the inebriates.

The author thinks that in many cases the early causes of inebriety come from bad foods, want of variety, want of flavor, and deficiency in nutrient qualities. He thinks children and young persons who have not had proper food, find in sweet wine and other drinks a nutrient want and normal gratification of the taste sensation. From this they soon degenerate into spirit drinkers. If the diet in childhood had been of sufficient variety and had gratified this taste demand, wines and spirits would have been repelled, and never used except as medicine. He believes that one of the great remedies for the inebriety of the age, is an improvement in the diet of the people. If the money spent in perfecting wine and beer could be used in developing the knowledge of foods and methods of preparing them, so as to gratify this taste sense, and supply the body with the exact nutrition it demands, a rapid decrease in drunkenness would follow. He also asserts that any one who uses beer or spirits every day to relieve some abnormal appetite, is an inebriate or drunkard. The doctor discusses at length the organic starvation, which leads to inebriety, and that which follows after. He denounces the esthetic notion, that the organism must be repressed to bring out its highest functional activity. He thinks it is the great sin of the ages to attempt to crush out the body to elevate the mind; this has resulted most naturally in inebriety. We must begin at the bottom and work up on the side of physical forces, and show how alcohol dwarfs and degenerates the entire organism. Also show the great causes, which can be checked in the beginning. The forces of heredity were described, and their potent power in the organism, and also other conditions, of which nervous exhaustion was most prominent, were mentioned. In the treatment, the folly of educating children from text-books on alcohol, as in America, was shown. The real remedy was in enlarged knowledge of the forces of environment, food, training, etc., etc. The inebriate should come under the laws as one mentally sick, and the State should control the traffic in spirits the same as of other poisonous drugs.

Commenting upon this lecture of Prof. Bunge, the *Journal of Inebriety* says: This little work is a great step in advance of the previous notions of medical teachers in Europe. It indicates, beyond doubt, that the "alcoholic question" has taken deep root in the minds of medical men, and its solution is one of the great certainties of the future.

A WELL KNOWN SAN FRANCISCAN'S HEALTH HABITS.

Editor Herald of Health :

LIKE others, I was interested in Mr. Frank's letter (see December issue), and, as I can furnish two parallel cases, I take the liberty of doing so. One is that of the late Rufus Porter, the prolific inventor, and founder of the famous *Scientific American* paper. Mr. Porter lately died at the age of 94. His habits have been described in his literary notices. The other is my own case, and the better to understand it, I will state that I am the product of a delicate mother, who lost all her other children (four) in or before their fourth year; and when I was born, the family doctor said I would not live to be 30, yet I am alive and in the best of health at 62. Yet my mother left me the legacy of an asthma, and, judging by my physique (medically speaking), I appear to have been through the wars, and got badly scarred thereby. Being interested in "Health," over forty years ago I became a "total abstainer," and in 1849 left off the use of tobacco. For over thirty years I drank nothing but water—no tea or coffee, etc. My business requiring me to travel, I had to live in hotels, and the temptations of which likely caused me to overload that much abused organ—the stomach. Anyway, between my twenty-fifth and fortieth year I by no means enjoyed the constant good health my apparent good habits entitled me to, and between these years I paid nearly \$1,000 to doctors, etc., and wound up with being paralyzed on the entire right side. This is written with the left hand in consequence.

I now consider the *cause* of my troubles were, that I lost too much vitality, in a matrimonial point of view; as I am afraid I am not the only one. I give this hint, on the principle that "a word to the wise is sufficient." During the last twenty years a great change has taken place in my affairs in every way. I am not now living at hotels, do not travel or handle hundreds of dollars daily, and most of the time I have led a bachelor's life, and as my habits are very simple and perfect, the result is, I enjoy the very best of health, have had just two days sickness in the last twenty years, and it has not cost me a dollar for doctors or medicine during that time. My diet is as follows: I make a hearty breakfast from either oatmeal, small hominy or germed, with two slices of bread and butter, and I take one or two sups of water—no tea or coffee. My noon meal, which is light, consists of bread and boiled eggs (two) or bread and grapes, or other fruit, and for my third meal, for the last five years I have adopted Ed. James' advice, in his "Health, Strength and Muscle," and eat only "cold bread and butter, and a cup of warm liquid"—in my case three slices of bread and one cup of coffee. To continue a Yankee habit,

at the close of the week I have "pork and beans"—not much pork, but plenty of beans, and being fond of an "Irish stew," I occasionally make a noon meal from it; but on the whole, I do not eat half a pound of meat a week. I can tell how much, almost to a mouthful, how much I can eat, and no epicure enjoys his meals more than myself, I am a small man and cannot do hard work, my time being occupied in reading, writing and thinking.

Very respectfully,

San Francisco, March, 1888.

J. HERREAGE CARTER.

SOME PECULIAR NERVOUS TRICKS AND HABITS.

DR. CHARLES H. HUGHES, of St. Louis, is an expert on nervous diseases, and some of his views are worth giving. "What do you think of nervous tricks and habits, doctor?" he was asked by a reporter. "Their serious consideration would fill your columns," he answered. "But or what may best be characterized as tricks and petty mannerisms, possessed by so many people, I would say that they are only too often the precursors of a graver nervous condition; the initial warning of nature, as it were, of the direction in which the system is tending. Often, to be sure, these habits never become worse, the conditions of the nervous centres giving rising to them recovering through some fortuitous circumstance.

"THERE ARE SUDDEN STARTS.

"The patient is easily frightened, disturbing the motor area of the brain and giving rise to semi-spasmodic actions. What physicians call the inhibitory power of the brain to arrest morbid influences becomes impaired, so that what the mind would usually restrain passes into action. The mind has the ability to enforce such restraint, but action affords so much relief that the sufferer acquiesces, and nervous habits, newly acquired, are the result. We have all seen the practices into which nervous people fall. There is the man who clears his throat or coughs, when he has never the sign of a cold, or who yawns when he has no reason whatever to feel bored. Others will twitch their beard or mustache, pull at their clothing or buttons, or pick and bite at their finger nails until the blood runs. Then there are other such

FAMILIAR EVIDENCES OF EMBARRASSMENT

as the continual shifting of the position when in company, and this, together with a tendency to automatic and absent-minded actions when not dependent on profound mental pre-occupancy, may be often taken as indicating the approach of nervous prostration. When one gets very nerv-

ous, marked habits of irritation appear; familiar and naturally agreeable sounds—such as the prattle of children—become annoying. Insomnia will set in, the repair of the system becomes unequal to the daily demand, and the result is seen in irregularities of regulated movements. Some people will jerk and twitch their bodies when they fall asleep, from an irregular explosion of motor nerve force, the energy of a spinal cell becoming suddenly liberated. This same condition of things higher up in the brain gives rise to inopportune and incomplete ideation, disturbing and comfortless dreams, when the natural capacity of the brain to secure its own timely repose is impaired.

“IN STILL GRAVER STATES OF NERVOUS TROUBLES

may be observed morbid fears, some of them most peculiar. There are people afflicted with monophobia, or the fear of being alone, which is a most peculiar condition of the mind. I knew a lawyer who would never dare to appear in court for the purpose of pleading a case when unaccompanied by his wife or some other member of his family. When so supported he would argue well and at length, but otherwise an indefinable terror of something that might happen—he knew not what—would seize him and render him powerless. Then there are victims of claustrophobia, or the fear of going through narrow places; and I have known people to be in mortal terror when proceeding along any but the broadest thoroughfares, lest the houses should close in on them and crush them. Anthropobia and gynophobia, the one the fear of crowds of men, and the other the fear of women, are not uncommon. These and similar troubles, associated with

MORBID SOUNDS IN THE EAR,

are the symptoms of what has been termed American nervousness, or neuasthenia, it being first discovered by American physicians. Again, we have perversion of smell and taste, all local causes being absent; cases of people who smell smoke when there is none at hand, and the predilection of school girls for chalk and ground slate pencils. The liking for alcohol is often a matter of the nerves, and even acquired tastes for various articles of food and drink may be traced to the same cause. One of the saddest symptoms of nervousness, and one which in many instances marks the last stages of the affliction, is the indecision of men previously remarkable for vigor, and the rapidity with which they grasped conclusions and acted on their convictions. But perhaps the most characteristic of all nervous troubles is the fear of personal contamination, which appears to have developed more since the advancement of the basilli theory, and

which so affects some persons that they will not shake hands or otherwise come into

ACTUAL CONTACT WITH THEIR NEIGHBORS.

“Many people there are who have some nervous affliction that never develops into anything worse, and which is merely a source of annoyance to the afflicted. One nervous resident of this city found it impossible to sleep at times, and after chasing imaginary sleep over imaginary fences without avail, bethought himself of tracing the figure “8” on the ball of his thumb with the forefinger of the same hand. This intricate process attained the desired end, but unfortunately became such a matter of habit that it was continued in waking hours, and when last heard from the victim was unconsciously laboring to lull himself asleep in the daytime. These are but a few of the many types of nervous men that every one encounters.”

THE HIGHER EDUCATION OF WOMEN.

PROF. CASSITY, formerly of Albany, but now of the State Normal School of Buffalo, recently delivered a very interesting lecture on “Women’s Higher Education.” “It has been customary,” said he “to blame men because women have not had equal advantages with them for higher learning. But men to-day are not to blame for it. Society is an evolution; an unfolding of present states from antecedent states over which they have had no control. As to the alleged inferiority of women, it does not make the slightest difference whether women as a sex and a whole are equal to men as a sex and as a whole; if any woman desires higher education I give my hearty ascent that she should have it. Higher education means the climbing to the highest plane of human knowledge. It has been reached through

AGES OF THE PROFOUNDTEST LABOR,

and the suffering and sacrifice of thousands, nay, millions of human lives. No man, no woman, can hope to master it. The only way is to follow one narrow line, and pursue that to the top. To obtain this higher education you must spend till your thirteenth or fourteenth year in obtaining the rudiments of education; then nearly five years under able instruction in preparation for college; then from four to six years in the college, followed by a course of three years or so at a French or German university. If women want this education they must work just as men do—early, late and constantly for eight or ten years to get up to the high level. The question is: Can women stand the strain? My personal

answer would be, they can ; for I have known those who have stood it, and accomplished as much as men. If you strive for this higher education, as things are, you will labor under disadvantages: as they will be, perhaps you won't. You will have to

LIVE OUT OF DOORS MORE.

“Then, what are you going to get higher education for? The desire for more knowledge should be your sole object. It should not be your motive to come out and compete with men solely, but to enlarge your lives and take them out of the frivolities of fashion and the trivialities of the ordinary society life. Not every man will reach to the higher levels, and it is so with the girls. The desire for higher education among women will never be great or general, any more than it is among men. But they have been provided with all the means. Colleges have been provided for women—provided also by men, bad as men are, and much as they wish to keep you down—and they have provided them beyond the demand. They are not full. If women want the higher education why don't they fill these colleges until the walls burst asunder? Some of them are distressingly not full. I hardly understand it. In pursuing the higher education, excitements, emotions, flow of feelings will have to be repressed during the studying ages, or else

YOU CANNOT STAND THE WORK.

“That women are made unwomanly by higher attainments I do not for a moment believe. You might as well ask if educated gentlemen are less gentlemen for their education or more. I don't think it makes much difference whether women are educated by themselves or in company with men. But I can give my emphatic testimony in favor of co-education up to the ages of eighteen, twenty, or perhaps twenty-four years. I never knew of any harm that ever came from it. The effect of it is to make boys more manly and gentle, and the girls more modest and quiet. There are four women's colleges in the country, and 300 other colleges, and 170 of these admit women. You see, we men do not prosecute you to death, and there is every opportunity afforded you for obtaining the higher education if you will seek it.”

INDIAN MEAL POULTICES.—It is not generally known that poultices made of Indian meal are quite suitable for application in internal inflammations, such as pneumonia, pleurisy, inflammation of the bowels, etc. It is used in the form of hot mush, prepared just as if it were to be eaten. If one part of mustard is added to four parts of meal, the poultice will excite a moderate irritation of the skin, but can be kept on for hours without blistering.

EDITOR'S STUDY.

OUR RULES FOR GOOD HEALTH.

1. Be regular in your habits.
 2. If possible go to bed at the same hour every night.
 3. Rise in the morning soon after you are awake.
 4. A sponge bath of cold or tepid water should be followed by friction with towel or hand.
 5. Eat plain food.
 6. Begin your morning meal with fruit.
 7. Don't go to work immediately after eating.
 8. Be moderate in the use of liquids at all seasons.
 9. It is safer to filter and boil drinking water.
 10. Exercise in the open air whenever the weather permits.
 11. In malarious districts do your walking in the middle of the day.
 12. Keep the feet comfortable and well protected.
 13. Wear woolen clothing the year round.
 14. See that your sleeping rooms and living rooms are well ventilated, and that sewer gas does not enter them.
 15. Brush your teeth at least twice a day, night and morning.
 16. Don't worry, it interferes with the healthful action of the stomach.
 17. You must have interesting occupation in vigorous old age. Continue to keep the brain active. Rest means rust.
-

HOW TO GET A CINDER OUT OF THE EYE.—Nine persons out of every ten with a cinder or any foreign substance in the eye will instantly begin to rub the eye with one hand while hunting for their handkerchief with the other. They may, and sometimes do, remove the offending cinder, but more frequently they rub till the eye becomes inflamed, bind a handkerchief around the head and go to bed. This is all wrong. The better way is not to rub the eye with the cinder in it at all, but rub the other eye as vigorously as you like. A few years since I was riding on an engine of the fast express from Binghamton to Corning. The engineer, an old schoolmate of mine, threw open the front window, and I caught a cinder that gave me the most excruciating pain. I began to rub the eye with both hands. "Let your eye alone, and rub the other eye" (this from the engineer). I thought he was chaffing me and worked the harder. "I know you doctors think you know it all; but if you will let that eye alone and rub the other one the cinder will be out in two minutes," persisted the engineer. I began to rub the other eye, and soon I felt the

cinder down near the inner canthus, and made ready to take it out. "Let it alone and keep at the well eye," shouted the doctor *pro tem*. I did so for a minute longer, and, looking in a small glass he gave me, I found the offender on my cheek. Since then I have tried it many times and have advised many others, and I have never known it to fail in one instance (unless it was as sharp as a piece of steel, or something that cut into the ball and required an operation to remove it). Why it is so I do not know; but that it is so I do know, and that one may be saved much suffering if one will let the injured eye alone and rub the well eye. Try it.—*The Medical Summary*.

A GOOD REMEDY FOR BURNS.—Many remedies at one time or another have been proposed for the surgical condition following the application of excessive heat to the body, and, while some of these are of value, all are more or less unsatisfactory. The alleviation of the pain and suffering attendant upon burns is one of the most important points in the case toward which the surgeon directs his efforts. The shock from this cause alone is sufficient oftentimes to produce death, and always is great. Accidentally I recently discovered a remedy which is easily applied and exceedingly prompt in its action. I was called in some haste to a little child about three weeks ago who was badly burned about the hands and face from falling on a hot stove. The burns were deep, the pain excessive and the shock very considerable. I sent to the drug store for a mixture of lime water, olive oil and carbolic acid. While waiting for this I prepared to give the child a hypodermic injection of morphine, with which to allay the agony, which was so great that convulsions seemed imminent. While I was getting ready to do this I espied upon the shelf a bottle of *pinus canadensis* [Canada balsam, sometimes called "Balm of Gilead"] (colorless). Remembering its wonderful soothing influence in acute inflammations, I at once concluded to try it. Taking a corner of a soft handkerchief I rapidly painted the injured parts, when, like magic, the pain ceased. You can well imagine my surprise and delight at the result. I directed a camel's hair brush to be purchased, and had the mother make free applications, and the case had no more treatment, save a little iodoform ointment later on. Since then I have tried it in several cases, both slight and severe, and with the same delightful results.—*New York Medical Journal*.

A DENTIST'S ADVICE.—I should advise a man by all means to use no dentifrice of any description, unless it be prepared chalk. If this is used not oftener than once a week it will not injure the teeth, and may help to cleanse them, but it should on no account be used every day. Orris root

does the teeth no harm, and gives a pleasant odor to the breath; and if all dentifrices were composed simply of orris root and prepared chalk, they would be harmless enough, if not beneficial. My own plan is to use a moderately hard brush and plenty of cold water, and nothing else, and my teeth are in excellent condition. If people would only pick their teeth carefully after each meal, making sure that not the slightest particle of food remained near the gums, or between the teeth, and would also, before retiring at night, run a piece of soft thread through their teeth they would not have any necessity for a dentifrice. Of course sweets and candies are bad for the teeth; so is smoking; or taking either very cold or hot drinks; but, bad as all these undoubtedly are, I really think that the worst enemy the teeth has is the so-called dentifrice. Take the advice of a dentist, and never use anything for your teeth but a brush and good cold water.—*Ivory Nut*.

PURE WATER AS A MEDICINE.—Dr. Brunton says, in the *Practitioner*, that water is, perhaps, the most powerful diuretic that we possess. It has the power of increasing tissue-change, and thus multiplying the products of tissue-waste which result from it, but it removes these waste products as fast as they are formed, and thus, by giving rise to increased appetite, provides fresh nutriment for the tissues and acts as a true tonic. In persons who are accustomed to take too little water the products of tissue-waste may be formed faster than they are removed, and thus accumulating, may give rise to disease. In the class of people who arise in the morning feeling weak and languid, it seems that the languor must depend upon imperfect removal of the waste products from the body, as we know that the secretion of urine in healthy persons is generally much less during the night than during the day. Such people should drink a tumbler of water before going to bed, in order to aid the secretion of urine and of the waste products during the night.

THE POISON IN HUMAN BREATH.—In pursuing his researches relative to toxicity of expired air, Professor Brown-Séguard ascertained that a liquid obtained from the vapor emanating from the respiratory tract was so toxic that a dose of one milligramme inoculated into dogs determined the dilatation of the pupils, a notable diminution of the respiration, and a sort of paralysis of the extremities. After a dose of twenty centigrammes the animal always succumbs in the space of seven hours. The poison thus extracted is an organic alkaloid, and not, as might have been supposed, a microbe, or rather, a series of microbes. From these curious researches the following conclusions may be deduced: 1. In confined air is found a volatile principle, most deadly in its effects, emanating from

the lungs, and much more dangerous than the carbonic acid gas which is also met with in it. 2. Human breath, as well as that of animals, thus contains a poison which is most powerful. It may be added that Dr. Wurtz, son of the eminent chemist, has just found an identical alkaloid in the blood of certain animals.—*Lancel.*

DISSEMINATION OF POISON BY WATER.—When a mass of organic matter charged with zymotic particles is mixed with water and washed out of a house, the water will carry the poison with it wherever it may chance to flow or trickle—to water-course, well, or any other source of drinking water—in fact, the dissemination is as perfectly and thoroughly done as if dissemination of poison were the main object in view. When dealing with organic matter impregnated with zymotic poisons, mere dilution with water increases rather than diminishes the danger. As long as the poisonous organic refuse is concentrated, its repellent qualities are such that there is little chance of its gaining access to the human body. The microbes contained in it are theoretically capable of infecting an almost infinite quantity of water, and this large quantity of water makes the repellent qualities of the stuff, and thus the danger of infection is greatly increased.

VARYING SIZE OF ONE'S HAND.—Starting with the idea that the hand varies sensibly in size with the amount of blood present in it at any moment, Professor Mosso, the Italian physiologist, has made some most interesting investigations. In his first experiments the hand was placed in a closed vessel of water, when the change in the circulation produced by the slightest action of body or brain, the smallest thought or movement was shown by a rise or fall in the liquid in the narrow neck of the vessel. With a large balance on which the horizontal human body may be poised he has found that one's thoughts may be literally weighed, and that even dreams or the effect of a slight sound during slumber turn the blood to the brain sufficiently to sink the balance of the head. When the brain of the balanced person is relaxing from thought the flow is toward the feet, with a corresponding oscillation. The investigator has continued his studies of the circulation until it seems that he may almost read one's thoughts and sensations. A tracing from a single pulse beat shows him whether a person is fasting or not; two beats serve to determine whether the subject is a thinking or heedless one, whether asleep or awake, cold or warm, agitated or calm. The changing pulse even told him when a professional friend was reading Italian and when Greek, the greater effort for the latter duly affecting the blood flow.

EVIDENCE OF PROGRESSIVE HUMANITY.—A writer in *Nature*, who says he has measured a great many Roman coffins, finds that the Roman could not have greatly exceeded five feet, five inches. From the measurement of ancient armor it shows that the English aristocracy have decidedly increased in average height within five hundred years. The mummy of the celebrated Cleopatra measures about fifty-four inches—about the height of the present European girl of thirteen. The most ancient mummy of the Egyptian king yet discovered measured fifty-two inches.

TEARS, IDLE TEARS.—The principal element in the composition of a tear, says a scientific writer, is, as may readily be supposed, water. The other elements are salt, soda, phosphate of lime, phosphate of soda and mucus, each in small proportions. A dried tear, seen through a microscope of good average power, presents a peculiar appearance. The water, after evaporation, leaves behind it the saline ingredients, which amalgamate and form themselves into lengthened cross lines and look like a number of minute fish bones. The tears are secreted in what are called "lachrymal glands," situated over the eyeball and underneath the lid. The contents of these glands are carried along and under the inner surface of the eyelids by means of six or seven very fine channels, and are discharged a little above the cartilage supporting the lid. The discharge of tears from the lachrymal gland is not occasional and accidental, as is commonly supposed, but continuous. It goes on both day and night—though less abundantly at night—through the "conduits," and spreads equally over the surface of the pupil, in virtue of the incessant movement of the lids. After serving its purpose the flow is carried away by two little drains situated in that corner of each eye nearest the nose—into which they run—and called the "lachrymal points." The usefulness of this quiet flow of tears, to both men and beasts, is manifest. There is such an immense quantity of fine dust floating in the air and constantly getting in the eyes, that, but for it, they would soon become choked. Very little is requisite to keep the ball free, and when some obnoxious substance—smoke, an insect or the like, that affects the nerves—does make its way in, an increased flow is poured out to sweep it away.

SOME HINTS ON TREATMENT OF CONVALESCENTS.—It would be well for those who have the care of any one during the state of convalescence from severe illness to treat their patient as if he were a nervous and growing youth. The weakened tissues of both nervous and muscular matter are undergoing repair, and this is analogous to growth. In the ordinary state of health a man does not require food to build up his frame, so to speak, but simply to repair the waste that is constantly taking place in

work, or even in thought. After sickness it is different. The appetite is sometimes almost voracious, but it should be remembered that the slightest over-indulgence is most dangerous. Little and often must be the rule as regards eating, and, while the dishes are tempting and appetising, they should be most nutritious, and at the same time easy of digestion. Frequent changes should be made, too. At first, solid foods will be injudicious, but gradually, as the health and strength return, they should be resorted to, and will be found far more staying and invigorating than spoon foods. The hours for meals should be regular. I need hardly add (writes a correspondent) that excessive indulgence in stimulants may induce irreparable mischief. The doctor must also prescribe the tonic. It should not be forgotten that tonics taken without judgment may do much harm. The patient must be safeguarded from cold and damp, but this does not mean that he is to be kept in the house; quite the reverse, and the more hours spent out of doors in the sunshine the more speedy and perfect will be his return to health; only he is to wear warm under clothing, and warm but not heavy overclothing as well.

A patient during convalescence may sometimes be peevish and discontented. This is by no means a good sign, and every care should be taken to keep his mind contented and easy. Amusement greatly tends to hasten the coming of health. Out-door exercise should be commenced early, but it must be of the most gentle kind at first—riding in a carriage, for example, or little walks on level ground—sauntering, in fact. Next in importance to nutritious and well-cooked food is sleep. Sleep is certainly Nature's sweet restorer to the convalescent. He ought to have long hours, and it will be well if supper is not taken within two hours of retiring. A nap on the sofa or easy chair after dinner will also be most refreshing. The exercise taken in the open air will usually be found to be the best narcotic; at any rate, he is not to resort to the use of sleep-producers, which he would only do at the greatest risk.

WOMEN AND THE HOUSEHOLD.

[CONDUCTED BY HELEN FLETCHER.]

MARRIAGE IN THIS COUNTRY.—An examination of the few available marriage statistics in this country show such variations from year to year, owing to special causes, as to make it hard to take the statistics of a single year, and prove by their relations with those of a given number of years, that there has been either a decline or an increase. The statistics of

Massachusetts, which date from 1850, show 21 marriages to the thousand in that year. In 1854 the rate had risen to 25, and in 1858, the year succeeding the panic, it had fallen to 17.8. In 1860 it had risen again to 20.1, but during the three following years, it averaged only 17.6. The year 1866 saw the ratio increased again to 22.1, and it averaged 21 up to and including 1873. Owing to depressed business conditions the rate fell off very rapidly after this, the average for 1875-77-78 being only 15.5 per thousand. This was low-water mark, the ratio rising again to 19.3 in 1883, and declining to 17.5 in 1885. No approximate statistics were available for the United States as a whole before 1859, and even then generalization from the returns of a few cities was all that was possible. The meager data available at that time indicated a marriage rate of 19.1 per thousand. During the war this average fell to 16.2, but jumped to 22.6 when the army was disbanded, and the boys who survived the war had an opportunity to get married. During the next eight years, including 1874, the average remained at about 19, when it gradually dropped to 15.8 in 1879 and rose to 19.2 again in 1883. During 1884 it fell to 18 and in the following year to 17.1. It will be seen from the Massachusetts figures, as well as from those covering the entire country, that the marriage rate is very visibly affected by special conditions, such as war, business panics and seasons of general commercial depression.

THEODORE PARKER'S WEDDING DAY RULES.—Never, except for the best of causes, to oppose my wife's will.

To discharge all services, for her sake, freely.

Never to scold.

Never to look cross at her.

Never to weary her with commands.

To promote her piety.

To bear her burdens.

To overlook her foibles.

To love, cherish and ever defend her.

To remember her always most affectionately in my prayers; thus, God willing, we shall be blessed.

WASHING WOOLENS.—The following method of washing woolen goods is recommended by a physician who advocates, for hygienic reasons, the use of woolen. The solution described is for blankets, and for other smaller articles, such as underwear, it may be proportioned accordingly. At night cut up about three-fourths of a pound of laundry soap; put this in a kettle containing a pailful of water. Keep this on a range during the night, not permitting the fire to go out. In the morning start up the fire

and heat the kettle slowly, until the soap is completely dissolved. If the water be heated rapidly to the boiling point the soap does not dissolve completely. Pour three pailfuls of water into a washtub; add to this water about a wineglassful of liquid ammonia, and then add the solution of soap previously prepared as above stated. A liquid soap-mixture is obtained, the temperature of which is about 60 deg., Fahrenheit. A temperature above 80 deg. would impair the process. Into this mixture the blanket is placed and carefully kneaded with the hands until all its parts are thoroughly soaked. Any particularly soiled parts may be gently rubbed on a washboard, the rubbing being confined to the soiled part, or may be brushed with a soft brush. The blanket is now placed in another washtub containing fresh water at a temperature of about 110 deg. Fahr., and moved about and back and forth to remove the soap solution. The dirty water is let off, and fresh added, and this part of the operation is repeated till all traces of the soap are removed from the blanket. The whole operation takes about twenty minutes. The blanket is then taken out, dripping wet, and put on a clothes line to dry. The points of rest on the line should be occasionally shifted to prevent the matting down of the fibers or marking the blanket.

IMPORTANCE OF CHANGES OF CLOTHING.—A woman writes to the editor: "I think it cannot be too strongly impressed upon the public mind that it is of the first importance where the linen and underclothing which comes in contact with the body is washed. Can it be good for any one, especially an invalid, to wear clothes that have been washed and dried without coming in contact with the deodorizing effects of wind and sun? In hundreds of laundries the linen is dried in close, stove-heated rooms, and instead of being returned to its possessor cleansed from all impurities as well as from actual, visible dirt, it absorbs during its absence a still further amount, and becomes a source of disease little expected by many. Those who are unable from ill health to inhale the fresh air and derive benefit from the warm, life giving rays of the sun, should be most particular in ascertaining that all clothes, when washed, are hung out of doors, that the air may blow through them. Dwellers in cities will find it will add greatly to their comfort and health to send all linen away to the country to be washed, and in these days of easy transit it will be very little trouble to do so. Let any one smell linen that has been dried over green grass in the sun and fresh air, and then smell that which has been dried in a close, ill ventilated house, and he will be at once convinced of the necessity there is for consideration of the subject. People who suffer from any affection of the skin will derive much benefit from wearing plenty of

clean linen, often renewed, that has been charged during the cleaning process with the fresh air that is so necessary to perfect health. If linen has a gray or yellow tinge, and does not smell sweet and fresh, do not wear it. The proper cleansing and deodorizing of linen are as important as the ablution of our bodies or the proper construction of the drains of our houses."

WHERE SOME GIRLS MAKE MISTAKES.—There are some girls who, instead of making themselves useful and resting calmly in their maiden dignity, think only of getting married and use questionable means to achieve their purpose. Forgetting the proverb: "The more haste the less speed," this sort of girl not infrequently assumes a "fast" style of talk, manner and dress, in order to make herself attractive to the opposite sex. In doing so she makes a great mistake. Fish may nibble at her bait, but they will not allow themselves to be caught. A loud girl may attract attention and have half an hour of popularity, but she is a type of the short sightedness of some of her sex. Men of the baser sort may amuse themselves with her, but no man worth having would think of marrying her. There is a liberty that makes us free and a liberty that makes us slaves, and the girls who take liberty with modesty of speech and manner, and who cross over the boundary into masculine territory, are not more free, but more enslaved than before. And the approbation of men, which is the end in view, is lost by the means taken to gain it. Whatever men may be themselves, they like gentleness, modesty and purity in act and thought in woman. They want their wives to be better than themselves. They think that women should be the conservators of all that is restrained, chivalrous and gentle.

CARE OF THE COMPLEXION.—The bath is and has always been considered one of the most potent means for keeping the skin in a proper condition and thereby promoting beauty. It is very pleasant to bathe in hot water in winter, but it renders the skin too liable to roughness afterward when exposed to the cold; on the other hand, it is equally pleasant to wash with cold water in summer, but cold renders the skin more liable to tan and freckle when afterward exposed to the sun; so that tepid water, though not so agreeable, is preferable in its results for all seasons of the year. The water used, too, must be selected with care. If it be hard or have other defects, these should be corrected, as by the addition of borax for hard water, etc. Pure water, of certain kinds, will often ruin the appearance of delicate skins, and so each must study the nature of her own to see what is the best treatment for it. Moist skins require alkaline or drying substances, and a few drops of aromatic vinegar, eau de cologne,

lavender water or Hungary water will often produce very desirable results; whereas dry skins are improved by the use of creamy substances, milks or oils. Indeed, many skins are kept soft and beautiful by a wash composed of distilled water and fragrant oils and gums. The general rule of milk for cold, rough weather, and vinegar, wine or spirit for warm, is perhaps a good one.—*Jean Kincaid.*

SOME SIMPLE REMEDIES.—For a sore throat cut slices of fat, boneless bacon, peppered thickly, and tie around the throat with a flannel cloth. When stung by a bee or wasp, make a paste of common earth and water, put on the place at once, and cover with a cloth. For a cold on the chest a flannel rag rung out in boiling water and sprinkled with turpentine, laid on the chest, gives the greatest relief. When a felon first begins to make its appearance, take a lemon, cut off one end, put the finger in, and the longer it is kept there the better. For a cough, boil one ounce of flaxseed in a pint of water, strain and add a little honey, one ounce of rock candy and the juice of three lemons; mix and boil well. Drink as hot as possible. Often after cooking a meal a person will feel tired and have no appetite. For this beat a raw egg until light, stir in a little milk and sugar and season with nutmeg. Drink half an hour before eating. For a burn or scald make a paste of common baking soda and water, apply at once and cover with a linen cloth. When the skin is broken apply the white of an egg with a feather; this gives instant relief, as it keeps the air from the flesh. At the first signs of a runaround take a cup of wood ashes, put in a pan with a quart of cold water, put the pan on the stove, put your finger in the pan, keep it there until the water begins to boil, or as long as it can be borne. Repeat once or twice if necessary.—*New Orleans Picayune.*

MOTHERS AND THE NURSERY.

[CONDUCTED BY MRS F. C. PRESSLER.]

FROEBEL'S MOTTO—"Come let us live with our children"—should be remembered and actually illustrated by every teacher and parent in the land.

DUTY OF PHYSICAL HEALTH.—A little girl gave her father the most important condition of physical well being when, in answer to the question, "What was the minister's text?" she replied, "Keep your soul on top." Challenged to find the text, she discovered that it read, "I keep under my body." But she had got the right interpretation of it. He who keeps his soul on top, but makes his body a strong and vigorous instrument of

his soul, will observe the two conditions of physical well being, and will have what is the essence of true manhood, a sound soul in a sound body.
—*Cor. Christian Union.*

FOR A FRESH BURN.—A free application of soft soap to a fresh burn almost instantly removes the fire from the flesh. If the injury is very severe, as soon as the pain ceases apply linseed oil, and then dust over with fine flour. When this dries hard, repeat the oil and flour dressing until a good coating is obtained. When the latter dries, allow it to stand until it cracks and falls off, as it will do in a day or two, and a new skin will be found to have formed where the skin was burned.—*Boston Budget.*

THE ENDURANCE OF PAIN.—Writing of "Pain and its consequences," in a late volume of essays, Dr. Weir Mitchell says: "I have often watched with interest a mother beside the girl or boy in temporary pain. As a rule, she assumes from the beginning that the boy is to be taught silent, patient endurance. 'What! you, a boy, to cry! Be a man!' Among his comrades he is a 'cry-baby' if he whimpers, 'a regular girl,' 'a girl boy.' He is taught early that from him endurance is expected; the self-conquest of restrained emotion is his constant lesson. If it be a girl who suffers, she is assumed to be weak, and it is felt that her tears are natural, and not to be sternly repressed; nor are her little aches and complaints dismissed as lightly as her brother's. She is trained to expect sympathy, and learns that to weep is her prerogative. The first gush of tears after a hurt of body or mind is in some mysterious way a relief, and not rudely to be children; but upon the whole it is wise and right to teach patience and unemotional endurance to the sex which in life is sure to have the larger share of suffering. To be of use this education must begin reasonably early, and we may leave to the mother to make sure that it is not too severe."

SAVE THE PENNIES.—Many parents permit their children to spend for candy or toys every cent that is given to them. Others are continually instructing their children to save all their "pennies." In either case the parents evince a deplorable ignorance of the true uses of money, spending with discretion, saving and giving. Even very young children can be taught, to a certain extent, the real value and best use of money. Wise parents will ever strive to impress upon their children the necessity of forming prudent habits, of spending money to advantage, so that some article of utility or value is always obtained for it; the duty of exercising systematic and judicious charity, and that the purest happiness that can be experienced upon earth springs from the practice of benevolence.—*American Agriculturist.*

JEWELRY IS NEVER SO OUT OF PLACE as upon a baby. Even the necklace and sleeve clasps are an abomination—a profanation of sweetest simplicity—and could be supplanted by narrow ribbon with manifestly better taste.

HABIT OF PUNCTUALITY.—It seems to me the habit of dilatoriness could better be mastered in youth. Punctuality should be one of the virtues ground into children when they are receiving their moral, intellectual and physical training. School teachers do attempt this for their own comfort and the discipline of their scholars, but the parents can render great assistance, too. They can begin to form the habit which will generally stick through life while yet their offspring are too young to come under the teacher's care. Hours should be set for doing certain things about the house, and children should be compelled to adhere closely to the rules. For instance, the hour for rising can be unalterably fixed; the little ones can be compelled to appear at table promptly and to retire at a certain time. If this custom was established in every household there would be more promptness later on when these children must face the stern realities of life and when they will realize, too late, "that time and tide wait for no man." Then there would be less necessity for those ironclad rules which are now posted conspicuously in every establishment and the infractions of which are visited with heavy fines.—*Observer*.

THE GROWTH OF THE NAILS is more rapid in children than in adults, and slowest in the aged. It goes on more rapidly in summer than in winter, so that the same nail that is removed in 132 days in winter requires only 116 in summer. The increase of the nails on the right hand is more rapid than on the left; it also differs for the different fingers, and in order corresponding with the length of the finger. It is most rapid for the middle finger; nearly equal for the two either side of this; slower for the little finger, and slowest for the thumb.

CHILDREN ARE OFTEN TROUBLED with severely ulcerated sore throats, and these are usually dependent upon some parasite or fungus. A recent writer has made the following remarks on this subject: "I have a theory that the majority of the fungi cannot breed or readily fasten themselves into the skin of any tissue unless the blood is in a certain sour or acid condition. At least it has seemed so to me. Take, for instance, the disease known as *thrush*. The mother nurses the child and neglects to bathe. The extraneous milk sours; the first mouthful of nurse is filled with acid germs, and *presto* the child has the *thrush*. This theory—for I cannot as yet call it a fact—is borne out by knowing that children who are fed on excesses of starch food, which may be said to sour easily, are

among those who are more troubled with these parasitic growths. I think it may be safely asserted that those children who are fed largely on potatoes and pork, or pork gravy, suffer skin diseases from parasites.

GOVERNMENT CARE OF BABIES.—The following are a few items taken from a German official document handed to every parent in certain towns upon registering the birth of a child: "Keep the room free from dust, smoke and bad odors; don't dry washed linen in it, or cover the child's head with veil, clothes, or coverlet. The light must be somewhat softened during the first week or two, but care must be taken not to leave the room in total darkness; the night light must not smoke or flicker, great care to be taken with petroleum lamps not to turn them too low; temperature a little over 60 deg. Fahr. Cleanliness is the condition of health; child to be washed once a day regularly; the eyes, ears, nose and mouth as often as necessary. 'Carrying cushions' are to be used during the first three months, but guard against tying it too tightly; no tight clothing, no pins; child to be carried but little, and never 'dandled.' North and east winds to be avoided. Mattresses of horsehair or hay, and often to be changed. A carefully chosen foster-mother strongly advised. Very injurious to 'suck the bottle,' rags of any sort, and probably the thumb. Diet: Avoid bread, potatoes or meat. In cases of prolonged crying, sickness, or shortness of breath promptly send for the doctor. Mark any redness of the eyelids, or the child may lose its sight for life."

A WOMAN'S ELOQUENT WORDS.—Mrs. Clara Holbrook Smith lectured in the First Free Baptist Church, at Minneapolis, her subject being, "Heart Culture and Home Influence." Mrs. Smith is a very entertaining speaker. She began by scoring the parents who bring up their children in little acts of deceit, which in more mature years develop into dishonesty and even crime. She deprecated the fact that where the children of upright and moral parents are increasing by hundreds, the offspring of the vicious classes are increasing by thousands, thus rendering it necessary for colossal efforts on the part of the moral few, in order to make any headway at all against vice and sin. Kindergarten schools among the lower classes she denominated as the most successful plan yet found for combating the surrounding evil influences. She expressed surprise that the people had not taken hold of the matter in better shape, as there was no doubt that there was the most urgent need for reform work in the hundreds of homes where all the influence is for evil and where children are daily growing more mature in the hardened ways of the world.

LITTLE OR NO MEAT.—Children under ten years of age should be allowed to eat but little or no meat.

OATMEAL PORRIDGE AMONG THE ENGLISH.—Oatmeal porridge has for many years been used as an article of diet in the nursery among the higher classes of English families. But the average Englishman and Englishwoman have, till lately, shown an almost invincible prejudice against it, regarding oatmeal as inferior food, not at all good enough for them. That prejudice, fortunately, is rapidly disappearing, and the honestmindedness of the Englishmen shows to advantage by the growing preference they give to what they find to be wholesome, sustaining food. The demand for oatmeal throughout England is increasing every year, and the quantity used among the millions of London, will soon exceed in ratio the consumption in Auld Reekie itself; for oatmeal porridge is a Scottish dish. It is in Scotland that the best mills exist; and, as a sequence, it is there the best oatmeal is produced. It may be presumed, also, that it is Scottish people who best know how to make good porridge, it being a national dish. As we would follow Italians in their methods to make a perfect salad, so we will do well to follow Scottish methods, if we would have first-rate porridge. This has to be said:—Good porridge is by no means so easily made as many people think. Like all simple food, it needs good cooking, and won't do without it. Where porridge is used as the food of hard-working men, or of young growing men, it may be made thick and massy; but for children and young people, for whom it should be a daily dish, very thick porridge is too heavy; it heats the blood and impairs the texture of the skin. For men who are much in the open air, and for hard-toiling men, as railway porters, bargemen, and all needing much muscular strength, the large grit meal should be used. But for young people the finest is more suitable, and for quite young children the flour of meal should be mixed half and half with the finer sort.

A GREAT MANY WISE PEOPLE are of the opinion that some of the studies pursued in our grammar schools should be elective. They believe that a child who has little if any natural taste for drawing should not be compelled to remain after school hours to make up lessons which are easily learned by those who have a special aptitude in the use of the pencil. It would be quite as sensible, they say, to force a person who has no voice or ear for music to learn to sing. Many pupils have to leave school at an early age, and they cannot afford to waste precious time in devoting attention to things which will be of no practical value to them in the positions which they will be called to fill.

FAMILY GOVERNMENT.—With so many examples on the one hand, which warn parents against over-indulgence, and on the other encourage

them in using all needed discipline, it is strange that they do not see and learn to avoid all disputes and discussions with reference to family government in the presence of their children. They not only lose the respect of those who should naturally look to them for help and guidance, but, still worse, they do incalculable injury to those whom they should love and protect, when, forgetting their children's best interests, and their solemn duty, they dispute and recriminate whenever a case of discipline is unavoidable, and dare to do so where their children and servants can hear and see the whole shameful wrangle. It will not take many specimens of divided counsels to complete the mischief begun by the first example. Children are quick observers, and arrive at singularly correct conclusions. They soon learn which parent is the most ready to conceal their faults and overlook their shortcomings, and soon learn to turn to that one for help to escape punishment, or to secure the gratification of a whim which the other has forbidden. And it is very sad to see how quickly they learn to care little for either parent, and that love which is only given when their own demands are satisfied is purely selfish, and of little value.—*Mrs. Henry Ward Beecher.*

WHAT WE OWE TO THE CHILDREN.—We are coming to see that we owe more to the children than they to us. Our ambition to get glory and honor from our descendants rather than our ancestors, is growing. We are appreciating our debts to the children more clearly. If children are ill treated they become cruel. And why should we be so shocked at this or that crime committed? Is it not natural that they should pay in kind; that they should say we owe society nothing but just this? Ill treatment of children is something hideous. The brute world is not cruel in the sense in which men are. We need another word for many of these human passions commonly called brutal. When we designate them as brutal we are unfair to the brute world. Cruelty, like the other selfish passions, is binding. The more we practice it the less we are aware of it; or if we are dimly aware of it, it no longer seems hideous. Cruelty is a universal passion. We are all subject to it at times, for we are all cowards. It is in the air of the world we live in. The selfish struggles of life blind our eyes, deaden our sensibilities, benumb us. A stronger strikes us and we strike a weaker. Our hearts grow less easily touched. We harden and petrify. The thin, dirty, depraved faces of ragged and neglected children, which we see to-day, do not startle and haunt us as they once did. And may it not be that we need a new lesson even more than dumb brutes?
—*Willis Glead.*

QUESTIONS AND ANSWERS.

HARDENED WAX IN THE EARS.—Frequently on waking in the morning I find one ear stopped, so that I am deaf in that ear during the day or for two or three days. Sometimes the ear cracks a short time after rising in the morning, and hearing returns. I am troubled with catarrh, but try to follow the instructions given from time to time in the *HERALD OF HEALTH*. What further help can you give me through the *HERALD*? E. S. M. Hardened wax causes the ear trouble, which is cured by the dropping of a little warm glycerine or olive oil into the ears, allowing it to remain some hours, when the wax will soften, and can be easily removed by syringing with soap and warm water. In reference to the catarrh, a more detailed account of symptoms should be sent.

COOKING SODA FOR BURNS.—*Inquirer, Brooklyn.*—Common cooking soda affords speedy relief to all burns and scalds, and is one of the most conveniently obtained and applied of domestic remedies. The dry soda should be laid thickly over the burn, the object being to exclude air, and should be bound on with a cloth. When the skin is badly broken, cloths wet with a very strong solution of soda in water and then spread with dry soda are sometimes applied to the burns.

MRS. J. S. M., ST. LOUIS.—The best answer to your question, Why women are more nervous than men, is perhaps that given by Prof. Redom, the eminent German hygienist. In a recent lecture he declared that the nervousness of women is generally owing to two defects: anæmia, caused by the silly notion that a hearty appetite is unfeminine, and fresh air starvation, accompanied by a lack of exercise. To their fondness for fresh air, their open windows at night and their constant exercise he attributes the greater beauty of the English women. "The beauty of the German women," he says, "lies in their face, with its changing and amiable expression. The beauty of the English lies in the whole body and in their health. German women," he adds, "are martyrs to an unnatural state of civilization, and if they would only imitate the English, hysteria would diminish in frequency." American women in this respect, it may be added, are altogether too much like their German sisters.

SYMPTOMS OF PNEUMONIA.—*Alfred Lawrence, San Francisco.*—An attack of pneumonia is usually sudden, and generally commences with a chill, frequently accompanied by what are called rigors—shivering, chattering of the teeth, etc. In the majority of cases, this occurs during the night, and after exposure. The chill is severe and prolonged, lasting from half an hour to several hours. About the same

time, or soon afterward, a pain is felt underneath the nipple on one—the affected—side. This pain is sharp, and is described as “stabbing;” it is aggravated by coughing, sneezing, and when the patient takes a “long breath.” Fever sets in early, and is one of the first symptoms. It usually runs very high, as is indicated by the great heat of the skin. One peculiarity, seldom noticed in other affections where there is high fever, is often observed in this disease; the skin is moist from the outset.

A HANDY DISINFECTANT.—In reply to the query of W. W. Atkinson, of Helena, Ark., we would state that coffee is a handy and harmless disinfectant. Experiments have been made at Paris to prove this. A quantity of meat was hung up in a closed room until decomposed, and then a chafing dish was introduced and five hundred grammes of coffee thrown on the fire—in a few minutes the room was completely disinfected. In another room sulphuretted hydrogen and ammonia were developed, and 90 grammes of coffee destroyed the smell in about half a minute. It is also stated that coffee destroys the smell of musk, castoreum and assafoetida. As a proof that the noxious smells are really decomposed by the fumes of coffee, and not merely overpowered by them, it is stated that the first vapors of the coffee were not smelt at all, and are therefore chemically absorbed, while the other smells gradually diminish as the fumigation continues. The best way to effect this fumigation is to pound the coffee in a mortar, and then strew it on a hot iron plate, which, however, must not be red hot.

PROPER CARE OF THE TEETH.—H. W. F. writes from Toronto, asking if a certain widely advertised preparation for the teeth has any of the virtues claimed for it. He says he has tried half a dozen different articles of the same kind, and that his teeth are worse off than ever. We reply: Horace Walpole says (Letters, vol. iii, page 276): “Use a little bit of alum twice or thrice in a week, no bigger than half your nail, till it has all dissolved in your mouth, and then spit it out. This has fortified my teeth, that they are as strong as the pen of Junius. I learned it of Mrs. Grosvenor, who had not a speck in her teeth till her death.” Do not let your brushes be too hard, as they are likely to irritate the gums and injure the enamel. Avoid too frequent use of tooth powder and washes, and be very cautious what kind you buy, as many are prepared with destructive acids. Those who brush their teeth carefully and thoroughly with tepid water and a soft brush, have no occasion to use powder. Should any little incrustation (tartar) appear on the sides or at the back of the teeth, which illness and very often the constant eating of sweetmeats, fruit, and made dishes containing acids will cause, put a little magnesia on your brush, and after a few applications it will remove it.

TO CLEAN HAIR BRUSHES — *Mrs. G. F. Roberts, Macon, Ga.* — As hot water and soap soon soften the hairs, and rubbing completes their destruction, use *soda* dissolved in cold water. Soda, having an affinity for grease, cleans the brush with very little friction. After well shaking them, stand them on the points of the handles in a shady place.

SWIMMING IN THE HEAD. — *F. A. M., New York.* — Swimming in the head is a sign of disturbed circulation. To restore the circulation of the blood keep the feet warm by light exercise or rubbing. dress so as to distribute the heat over all parts of the body. avoid all fatigue and over exercise, and diet on light food. The symptoms are not necessarily those of a serious disease.

HEALTH INVENTIONS AND APPLIANCES.

A NEW INHALER.—*Dr. Cozzolino, lecturer on laryngology, &c., at the University of Naples,* has introduced a very simple form of inhaler, consisting merely of a pair of metal tubes, three-quarters of an inch in length, connected by a curved band. They are inserted in the nostrils, and can be worn for some time without discomfort and without attracting much attention. Within the tubes a bit of blotting paper is placed, which is saturated with whatever substance the patient is ordered to inhale; he must then inspire by the nose and expire by the mouth, and by this means will take the whole of whatever dose of volatile liquid the blotting-paper may contain.

DWIGHT ROBERTS' PATENT HOT WATER BAGS.—Attention is called to the advertisement elsewhere of Dwight Roberts' Patent Hot Water Bags. These bags are made of fine white rubber, vulcanized under the Good-year process, have nickel-plated stoppers, and are warranted perfect. The Face Bag is oval shaped, to use around the nose or face for catarrh, neuralgia, earache, cold in the head, &c., and has a rubber band to go over the head and hold the heat snugly to the part affected. The use of these bags will also cure headache, earache and toothache, when caused by cold. The throat bag for hot water is curved to fit the neck, with a buckle and rubber band that holds the heat closely to the throat, opening the pores and softening the skin. It will stop a cough in a few moments by removing the cause of the cough, and will bring refreshing sleep to those worn out by coughing. Singers can keep their voice in perfect condition by its use, and it will cure sore throat, croup, bronchitis and asthma, and in their first stages, diphtheria, pneumonia and rheumatism.

PUBLISHERS' DEPARTMENT.

WRITE PLAINLY AND ENCLOSE STAMPS.—All letters should be directed plainly HERALD OF HEALTH Co., P. O. Box 2141, New York City, and all names carefully spelled. Otherwise writer and publisher are often put to great inconvenience. Mistakes are constantly occurring through illegible names of post office addresses. Persons desirous of replies to their letters MUST enclose postage stamps. Two cents is but a small amount for one to pay, but when you pay that sum, small as it is, upon hundreds of letters, it foots up many dollars.

APPRECIATES OUR ARTICLES ON HEALTH HABITS.—*Editor Herald of Health*.—I must thank you once more for Health Habits in HERALD OF HEALTH. It does seem to me, they do the most good of any one text. It is so good to read what scientific men *practice* to keep well instead of learning of remedies, that perhaps we shall never have any experience with. I can see only good in your 1st and 13th rules for health; I for one, enjoy reading them *all* each month.

I find my health better by adhering to a vegetarian diet, which I have practiced for several years, together with the sponge bath each morning.

SCRANTON, PA.

JOS. K. HARVEY.

SURGERY. — The *Annals of Surgery*, the only English Journal published devoted exclusively to Surgery, enters now upon its 4th year. Drs. L. S. Pilcher, of Brooklyn, N. Y., and C. B. Kelly, of London, England, are the chief editors, assisted by most all the able surgeons of this country, as well as Europe, which is sufficient guarantee of the literary merits. We bespeak for it the co-operation of the members of the profession who are interested in progressive surgery. J. H. Chambers & Co., St. Louis, Mo., are the publishers, and deserve credit for undertaking to produce such an important Journal as *Annals*, and for its artistic execution.

“OUR BABY'S FIRST AND SECOND YEARS,” by Marion Harland, is the title of a handsome little book of 64 pages, published by Reed & Carnrick, New York. The book contains information regarding the proper care of infants and young children, also instructions for feeding them. It will be sent free by mail by addressing the publishers and enclosing a two-cent stamp.

THE YALE FOUNTAIN PEN has been endorsed in the highest terms by prominent authors, journalists, clergymen and Government officials. A circular giving these endorsements, price lists, &c., can be had upon application to the Yale Fountain Pen Co., 128 William Street, New York.

TO CURE PERSPIRING HANDS.—One-third tincture of belladonna, two-thirds of eau-de-cologne; rub the hands several times daily with this. Honey is a good thing for the hands.

DON'T LEAVE THE CLEANING OF THE CELLAR until the last thing in the spring. Rather begin house-cleaning there, and just as early as possible have all vegetables removed, a good coat of whitewash applied to all parts of the cellar, and let the sweet, pure air have entrance. Let the wood-work and every uncarpeted floor have a good coat of paint whenever they need it. Paint is cheaper than doctors' bills and saves an immense amount of scrubbing, and looks better when done. It is the necessity for everlasting cleaning that wears out one's strength and patience, and drains life out of half the pleasure of living

THE HERALD OF HEALTH.

SUBSCRIPTION :

UNITED STATES AND CANADA, - - -	ONE DOLLAR.
GREAT BRITAIN AND IRELAND, AUS'RALIA AND NEW ZEALAND, - - - -	SIX SHILLINGS A COPY.
SINGLE COPIES, - - - -	TEN CENTS EACH.

CONTENTS FOR APRIL, 1888.

GENERAL ARTICLES.

Alcohol from a Physiological Point of View, - - - -	79
A Well Known San Franciscan's Health Habits.—J. HERREAGE CARTER, - - - -	82
Some Peculiar Nervous Tricks and Habits, - - - -	83
The Higher Education of Women, - - - -	85
EDITORS STUDY, - - - -	87
WOMEN AND THE HOUSEHOLD. HELEN FLETCHER, - - - -	92
MOTHERS AND THE NURSERY. MRS. F. C. PRESSLER, - - - -	96
QUESTIONS AND ANSWERS, - - - -	102
HEALTH INVENTIONS AND APPLIANCES, - - - -	104
PUBLISHER'S DEPARTMENT, - - - -	105

DR. F. WILSON HURDS' HIGHLAND HYGEIAN HOME.

At the Delaware Water Gap,

ADDRESS EXPERIMENT MILLS POST OFFICE, PA.

Situated in a most healthful and beautiful locality. No malaria; streams all rapid. We receive invalids every month in the year.

RECTAL DISEASES A SPECIALITY. Treatment very successful by Dr. Brinkerhoff's New Method, with little or no pain or delay from business. No cutting or excision.

IMPORTANT NOTICE.

All letters and other communications for the editor, and all subscriptions and business correspondence for the publisher, should be addressed to HERALD OF HEALTH, P. O. Box 2141, New York City. Checks, Post Office Orders and Registered Letters should be made payable to HERALD OF HEALTH CO.

THE

HERALD OF HEALTH.

Vol. XXXVIII.

MAY, 1888.

No. 5.

VEGETARIAN FAITH, WORKS AND RESULTS.

SPRINGFIELD, MASSACHUSETTS, was at one time the home of Sylvester Graham, the father of Vegetarianism in this country. The *Republican* of that city, in an article upon the life and teachings of Graham, gives some interesting statements from followers of his scheme who, after many years of living in accordance with his precepts and example, rejoice in continuous good health, with the prospect of realizing a ripe old age. Among these worthy examples is

SETH HUNT, THE VETERAN TREASURER

of the Connecticut River Railroad, who has been a strict vegetarian for over 50 years, and brought up his family until they outgrew childhood, after the manner of eating which he had found to be so beneficial. He resolved to make a thorough trial of vegetarianism during a sickness while he was a young man, and, marrying soon after, Mrs. Hunt agreed to begin housekeeping on the vegetarian plan. Henry M. Burt, a son-in-law of Mr. Hunt, is also a vegetarian, but sometimes finds it impracticable to live up to his notions while sojourning at hotels in various sections and climes. Mr. Hunt says he never has trouble with hotel fare, for by eschewing meat, with 35 per cent. of nutrition, he gains wheat products with over 80 per cent. of nutritious matter.

THEN THERE IS ADOLPH MIELLEZ,

who has lived on a vegetarian diet for eight years, and several others are known to, be more or less abhorrent of meat. All are convinced that

this is the true solution of "long life and happiness," diet themselves strictly in accordance with this idea, are strong and healthy, and consider themselves better mentally and morally for it. There are not many people, of course, who would care to deny themselves a juicy steak or fowl, when their appetites dictate that palatable food; yet the vegetarian will maintain that that is the very diet which destroys or blunts the relish of food, and the highest enjoyment from what is eaten can only be obtained when a strictly vegetable diet is adhered to, and that then a simple dish of oat-meal will be better appreciated, and furnish more enjoyment than "roast turkey and all the fixings."

THEY MAINTAIN THAT A LARGE MAJORITY

if not all of our drunkenness and crime is due indirectly to the subsistence upon animal food in this way: It produces an unnatural feverishness in the body, which is the cause of undue thirst; hence the desire for drink, be it what it may—water, tea, coffee or liquor. As regards digestion, it is well-known that water of the usual drinking temperature is several degrees cooler than the stomach, and retards digestion, which cannot proceed until the stomach has attained its normal tone. Then, they argue, how much trouble must be caused when water or other cold drinks are taken at frequent intervals to allay this unnatural thirst? The strict vegetarian is seldom thirsty, and has no desire for, or does not feel the need of liquid refreshment, and scarcely ever thinks of taking a drink of water, much less of liquid stimulant. Meat not only creates thirst, but, in the very nature of the food, sensuality, and this is one of the vegetarian's strongest arguments in favor of his doctrine.

THE CONVEYANCE OF DISEASES

of animals through bacteria to the human system, is another argument. Animals as a general thing are healthy, but there are large numbers diseased, and when we have no means of determining from what source the meat we eat is obtained, how great must be the risk of contracting disease? The tape worm comes in a developed state from the ox, although not of course full grown, and skin diseases are traceable to the same source, while diseased animalcule may be transmitted without any means of detection. Last of all, economically considered, vegetables are, of course, much less expensive than meat, and this is the most popular argument in favor of the diet.

THAT LIFE CAN BE MAINTAINED

vigorously and in a healthy condition, is absolutely claimed to be a fact by those who have adhered to it, and in demonstration of this point is

the testimony of Robert McCrone, of Thompsonville, Ct. Mr. McCrone is over 65 years old, and has eaten no animal food for over 40 years. He has enjoyed the most perfect health, never having had a sick day since adopting his present diet. He is a florist by trade, owning and personally conducting for the past 30 years one of the largest green-houses in the state. He has built up a large flower trade in this city and the principal places of Connecticut, and visits Springfield once or twice daily. His floral trade amounts to over \$10,000 a year; his present green-house has cost to build over \$40,000, and he employs from 13 to 30 men throughout the year. Mr. McCrone has served as representative from his town in the state Legislature, and attends the national floral convention, where, being a fluent speaker, his suggestions are considered of great value.

MR. MCCRONE CLAIMS TO BE

and must be regarded among the model exponents of vegetarianism in this country. He reposes implicit faith in the doctrine, and it is his religion, politics, and everything essential to his welfare. He believes that it was not the original intention that humanity should subsist upon animal food, and going back to the time of the creation of all things, he believes that it is no more or less than the forbidden fruit of the garden of Eden. Various other arguments, such as the difference in the teeth of human beings and those of the carnivorous animals, the difference in the length of the intestines, and the superior intelligence of humanity compared with that of the brute creation, all go to confirm his belief in the wisdom of the doctrine. He was converted to the faith when about 22 years of age by the perusal of Graham's "Lectures on the Science of Human Life." Graham's ideas were a complete revelation to him and changed the course of his life completely. He adopted a system of his own, founded wholly upon the chemical analysis of food, a basis upon which Graham did not establish his conception, as his object was mainly a cure for intemperance.

CHEMISTRY INFORMS US

what percentage of nutritious element and of waste the different articles of food contain, and as a sufficient amount of waste from the food eaten, as well as of nutritious element, is necessary to keep the body in a healthy condition, the question of diet is resolved into a simple matter of supply and demand. Vegetables as a rule contain a much larger percentage of waste than animal food, and in bone and muscle producing qualities, he claims they are equal to meat. As vegetation is the fountain head of all life, those who derive their nourishment directly from this original source,

must, in the very nature of the case, receive a greater benefit in the matter of health and enjoyment of food. Mr. McCrone has always been a very hard worker, and in the field would out-work any of his numerous laborers, who were animal food eaters, and troubled with a frequent desire for drink, to gratify which not only retarded them in their work, but was a source of relaxation as well. He never feels the need of water or other liquids as a beverage, but uses a generous supply of milk in his diet. His general diet consists of oat-meal and milk, Graham bread, crackers, vegetable soups, potatoes, corn and other common vegetables, and also considerable fruit of various kinds. His use of drinking water, he thinks, will not average over a quart a year, fruit supplying a great deal of the moisture necessary for the body.

AS REGARDS THE RELISH OF FOOD

it is a well known fact that a more discriminating taste is acquired by entire abstinence from meat, and if this is doubted, a trial of a few weeks, even two weeks, will convince the most skeptical that it is not owing to a keener appetite consequent upon the stoppage of the habitual hearty diet, but that meat really does blunt the taste—and such a trial will injure no one. Mr. McCrone thinks three weeks a fair trial, and believes that any one at the end of that time will admit that he feels better and derives more enjoyment from the food he eats, and if continued, will be better in every way for it. He cites the healthier condition of the lower classes in foreign countrys, who are unable, from their small wages, to obtain meat; while those of better means, in the cities principally, live upon animal food and are as a rule of more feeble constitution and in no way so well equipped for life's battle. Consequently the recruiting supply of the armies of those countries is drawn largely from the poorer classes, who have more endurance and are better fighters than their city cousins. They transmit stronger constitutions to their offspring, and are longer lived, and practically free from the pains and ills which humanity is commonly afflicted with. The history of various ancient nations furnishes strong arguments in favor of his doctrine in their rise, strength, progress and decadence.

MR. M^CCRONE WAS NOT POSSESSED

of a very strong constitution when a young man, but claims for his diet the credit for his unusual good health and strength in later years. Of his strength he has felt considerable pride, as he has always been able to jump as far as any of his numerous friends who have challenged him to a contest in defiance of his "weakening diet," and in wrestling he has never

been worsted. He has found plenty of opportunity for argument upon the subject during his long practice of the diet, and his arguments, being based upon facts founded upon chemical analysis and natural laws, are always successful. He has appeared before debating societies to discuss the matter, and has argued it with eminent physicians. He has made many converts, and is very pleasant and unassuming in discussion, and does not force the subject upon any one, or dwell upon it incessantly.

PEOPLE TAKE LITTLE THOUGHT

how the meat they eat is prepared for food, or of the cruelty occasioned by the slaughter of the brute creation to feed human kind, and the debasing tendency to morals occasioned by such work. In fact, a strong vegetarian argument would be to have the people visit a slaughter-house and witness the killing, dressing and preparation of animal food, which is only done by those hardened to such work, and is so repugnant to the natural and better feelings that it cannot be witnessed by those unaccustomed to it without a sickening sensation of horror and regret for its necessity, as it is popularly supposed to exist. The witnessing of this work is a most debasing influence, and has been the incentive for numerous horrible crimes.

SCIENTIFIC PREVENTIVES OF EPIDEMICS.

To the Editor of the Herald of Health :

The total failure of vaccination and revaccination to prevent or arrest the serious outbreaks of small-pox in Sheffield, Leeds, Bristol and other places, and the dread of its recrudescence in London and other large cities, prompts me to offer a few observations as to the importance of substituting more rational and scientific safeguards. To those who have implicitly trusted in the prophylactic, it will be disappointing to notice that these outbreaks occur in places where unquestioned belief in the potency of Jenner's prescription reigns in the minds of a majority of the municipal sanitary authorities. In Sheffield the entire population is efficiently vaccinated, as is shown by the liberal grants in aid to public vaccinators, for the skilful performance of their work. Revaccination has also been resorted to. In the city of Bristol, for example, it is reported that so extensively have all classes gone in for a repetition of the rite, that foot-ball matches have been postponed, and in Sheffield the *Times* reported that

“vaccination had become general throughout the town.” In both these places the highest rate of smallpox mortality has occurred after this general revaccination. Similar experiences have occurred in Paris, Birmingham, Montreal, Toulouse and other places, and in several instances the authorities have been obliged to put a stop to these wholesale revaccinations. Dr. George Gregory, physician to the London Smallpox Hospital, after half-a-century’s experience, maintained that “one of the remarkable effects of cowpox, is to create artificially a constitution favorably disposed toward smallpox.” On the other hand, a policy of intelligent sanitation has in Leicester proved equal to the extinction of twenty-five importations of smallpox during the last few years, and this is just what might have been predicted by those who have studied the causes and preventives of epidemics. In a remarkable book, entitled the “Health of the Nations,” by Dr. B. W. Richardson, I find that Mr. Edwin Chadwick, who may be justly regarded as the Nestor of sanitary science, epitomises the conclusions of a vast and unique experience, as follows:—

I. “That cases of smallpox, of typhus, and of others of the ordinary epidemics occur in the greatest proportion on common conditions of foul air from stagnant putrefaction, from bad house drainage, from sewers of deposit, from excrement-sodden sites, from filthy street surfaces, from impure water, and from over-crowding in private houses and in public institutions.”

II. “That the entire removal of such conditions by complete sanitation and by improved dwellings is the effectual preventive of diseases of those species, and of ordinary as well as of extraordinary epidemic visitations.”

III. “That where such diseases continue to occur, their spread is best prevented by the separation of the unaffected from the affected; by home treatment if possible, if not, by providing small temporary accommodation; in either case obviating the necessity of removing the sick to a distance, and the danger of aggregating epidemic cases in large hospitals—a proceeding liable to augment the death-rates during epidemics.”

IV. “That the skilful and complete works of sanitation and the removal of conditions of stagnancy and putrefactive decomposition are the most efficient means of reducing the expenses of excessive sickness and of death-rates.”

It will be observed that in these judicious counsels there is no mention of vaccination or revaccination, and, after thirty-four year’s experience of a drastic coercive vaccine regime it is surely time for our municipal and sanitary authorities to “cease to do evil and learn to do well,” by aban-

doing a method which has led to such miserable and humiliating disappointment, and substituting scientific safeguards which have never yet resulted in a single failure.

Yours faithfully,

Rede Hall, Burstow, Surrey, England.

WILLIAM TEBB.

SEDENTARY HABITS OF PROFESSIONAL MEN, AND
THEIR EFFECT.

SEDENTARY employment gives birth to certain appetites which can only be indulged at the expense of health. It is, in fact, quite natural for persons so occupied to abuse in a thousand ways the welfare of their bodies. On this subject a physician gives some interesting facts through the *Boston Herald*. The consequence is we find many of them sooner or later suffering from a long train of evils, in which appear dyspepsia, nervous affections, etc., and not infrequently organic diseases, the indirect, if not the direct result of an unwise course of living. The class of brain workers to whom we have referred, when they break down, are seldom, if ever, ready to acknowledge that their habits have been inconsiderate, that they have neglected to do much in the way of exercise, etc., which they ought to have done to keep both their minds and bodies in good repair. They find it easier to impute

THEIR ILLS TO MENTAL OVERWORK.

And so it is with many of the higher class, men of letters; they, too, often lay the blame where it does not belong. Notwithstanding that they draw heavily on the energies of the brain, were they to observe the rules of living, which one must follow to save himself from bodily infirmities, they might enjoy as good and as uniform health, if not even better, than that class who labor almost entirely with their hands. Even severe brain work is not necessarily injurious to health. Some of the most intelligent men the world has ever known, the most toilsome writers and deepest thinkers, have lived many years beyond the allotted three score and ten. But such men gave the requisite attention to the regimen of life. They knew that they could not neglect their needful exercise, that they could not unwisely eat and drink,

NOR COULD THEY KEEP LATE HOURS.

Early in life they realized what they must do to maintain good health, and they did it. Their lives were not artificial. Inasmuch as it was possible

for them to do so, they lived in accordance with nature, and, therefore, escaped the perils to which most literary laborers are exposed.

IN SOME PROFESSIONS

there are peculiar tendencies to certain diseases. In the legal, for instance, we find many of its representatives suffer from dyspepsia and those nervous ailments which are attributable to worry. They are also frequent sufferers from rheumatism, and occasionally one succumbs to diabetes. Late in life they are quite prone to become gouty. It can scarcely be said that they are exposed to very great dangers as regards health in the practice of law. Taken as a whole, the members of the legal profession are very irregular in their habits, especially in eating. Lunch time often finds them busily employed, and if they leave their work then, it is only to bolt a sandwich or something of the sort, and hurry back to their offices. Many of them, after leaving home in the morning, do not taste food—or, if they do, take only a minute quantity—until they return in the evening. Actively engaged all day, the system becomes exhausted, and they reach home “all tired out.” Dinner revives them, and yet after it they feel disinclined to much effort, and are quite content to pass the evening quietly at home. Of course, a six or seven miles walk each day for such men they feel is out of the question; they have neither the time nor inclination to take it. And so they go on, some of them for years, in very good health; but eventually there comes a time when imposed-upon nature rebels and exacts the penalty.

AMONG MINISTERS, WE FIND

the “clergyman’s throat,” which is generally supposed to be the consequence of the exhaustion of nervous energy. Another cause for this trouble has lately been suggested:—That of speaking with the head low on the chest, the position which preachers naturally assume when addressing their congregations below them. Members of this profession are, as a rule, long lived. Some of them suffer more or less from mental strain, and there is a certain monotony in their lives which must be somewhat depressing. Time has wrought some changes in that fraternity which must have had a salutary effect. The strict and rigid rules of action which society once wove around them, and which must have been, to a certain extent, detrimental to nervous health, have been relaxed somewhat, and the preacher of to-day has greater freedom. As a result, it is safe to say that he escapes some of the dangers to which those who have gone before him were subjected. It is well known that they were

QUITE PRONE TO BECOME MELANCHOLIC.

Still the labors of ministers are the tax upon the nervous system, and we occasionally hear of one breaking down. The evil effects are, however, as a rule, combated by temperate living, good habits, and a complacency which characterizes many of them. It has been accepted that the affections which specially disable the clergymen are diabetes, nervous heart trouble, rheumatism, neuralgia, insomnia and melancholia.

MEN DEVOTED TO THE FINE ARTS,

while not exempt from mental strains, yet generally escape them. They have their trials, but being of somewhat peculiar temperament and enjoying greater freedom, they give much more time to recreation and pleasure than do men of letters. Certainly their lives are far less monotonous than those of professional men generally. Hence they are exempt from one danger of no little moment. The dramatic art offers many anxieties and perils. We find that on the brain and heart the strain to which the actor is subjected is generally felt. As a consequence, nervous affections are usually the first to appear, and then follows a train of disorders which, if uncontrolled, ultimately break down the health of the victim, physically as well as mentally.

PASTRY AS WHOLESOME AS TOAST.—People will eat hot buttered toast, and give it to children and invalids, who will tell you that they are quite careful about diet, and never think of touching pastry. The difference between the two articles is as follows: Pastry is flour and water baked after butter has been rubbed into it. Buttered toast is flour and water baked first, and then rubbed thoroughly with butter. The difference between pastry and well buttered toast is apparently the difference between the proverbial "tweedledum and tweedledee." I only mention toast as one instance of the articles of diet which people consider comparatively simple and indulge in freely.—*Boston Transcript*.

FEATHER BEDS AND ASTHMA.—It is necessary that the feathers should be taken from geese alive, that is, if we are to study the comfort of people who must have feather beds and pillows. Dead feathers are no better than husks, and are unwholesome. But there isn't one pound of feathers used in beds to-day where there were twenty ten years ago. Asthma and hay fever have done a great deal to lessen the demand for feather beds and pillows, for it was discovered a few years ago that feathers and asthma loved to consort, and that nothing would start an asthmatic to wheezing so quickly and with such volume of sound as a couch of geese feathers. The discovery spread, and the goose owes a great deal of its latter-day comfort to the asthma.

EDITOR'S STUDY.

OUR RULES FOR GOOD HEALTH.

1. Be regular in your habits.
 2. If possible go to bed at the same hour every night.
 3. Rise in the morning soon after you are awake.
 4. A sponge bath of cold or tepid water should be followed by friction with towel or hand.
 5. Eat plain food.
 6. Begin your morning meal with fruit.
 7. Don't go to work immediately after eating.
 8. Be moderate in the use of liquids at all seasons.
 9. It is safer to filter and boil drinking water.
 10. Exercise in the open air whenever the weather permits.
 11. In malarious districts do your walking in the middle of the day.
 12. Keep the feet comfortable and well protected.
 13. Wear woolen clothing the year round.
 14. See that your sleeping rooms and living rooms are well ventilated, and that sewer gas does not enter them.
 15. Brush your teeth at least twice a day, night and morning.
 16. Don't worry, it interferes with the healthful action of the stomach.
 17. You must have interesting occupation in vigorous old age. Continue to keep the brain active. Rest means rust.
-

CAUSE AND CURE OF INSANITY.--Diogenes once exclaimed, as he saw one of the cranks of his day, "Young man, your father must have begotten thee when he was drunk!" Dr. Talcott, Superintendent of the Insane Asylum at Middletown, N. Y., has added the influence of fear to that of vicious appetite in his analysis of causes. He cites several cases in a single neighborhood where there were unborn children crazed by the terror which a murder of a family of ten children had awakened in the minds of gravid mothers. Imperfect nutrition, injuries to the brain, cruelty, neglect, overtaking body or mind or abuse of the generative functions are also referred to as other sources of the insane Diathesis. Epilepsy, imbecility, mania and dementia are outward evidences of a mind diseased. His methods of prevention and of cure may be inferred from the statement of causes. If depressing anxiety, eruptive passions or vicious habits are indulged in, self-control must be restored. Better views must prevail, also, in reference to parentage and family life if this rapidly increasing scourge is to be arrested. The population of this land

has augmented the past ten years twenty-six per cent., but insanity has increased *sixty per cent.* One in 779 is a lunatic, and in New York city one in every 330 persons. Dr. Mann, in his "psychological medicine," gives three predisposing causes of nervousness among men—tobacco, sexual excess and business anxiety. Among women nervousness often arises from the early forcing processes of female education. A young girl at the most trying period of bodily development was trying to master thirteen different branches at once, and broke down with nervous exhaustion. She became a patient of Dr. Mann. "Society life" he combines with this predisposing cause of insanity. Frivolous and exhausting amusements, late hours, a style of dress that tortures the body into incurable disease and other sins against nature unfit women for maternity, but rapidly fit her for the mad-house.

THE AMERICAN BRAIN.—Dr. E. C. Mann says its size is increasing as well as its functional activity among the American people. The elaboration of structure makes its mechanism more likely to become disordered. Habitual headache is common and sleeplessness. Americans are living on the jump. "They are born in a hurry, live in a hurry, die in a hurry, and are driven to Greenwood on a trot." Neuralgia is another national ailment connected with the morbid sensibility of the brain. It may attack any organ. Neurasthenia, or nervous exhaustion, sometimes supervenes, and this, in turn, is followed by mental aberration. So as long as Americans overtax themselves and neglect the laws of temperance and health, nervous sensibility and disease will increase.

THE OPIUM HABIT.—Coleridge has been blamed, too severely, perhaps, for his opium bondage. He began its use as a relief from palpitation of the heart and the pains and inflammation of rheumatism. "My sole sensuality was not to be in pain. In an evil hour I procured it. It worked miracles; the swellings disappeared, the pains vanished. I prescribed the newly discovered panacea for all complaints. Alas! it is with a bitter smile, a laugh of gall and bitterness, that I recall this period of unsuspecting delusion, and how I first became aware of the maelstrom, the fatal whirlpool, to which I was drawing." He says De Quincy boasted with morbid vanity of what was his misfortune; for he had been warned, yet wilfully struck into the current. "Heaven be merciful to him!"

ASTHMA A SYMPTOM.—Asthma is not a disease per se, as is popularly supposed, but a symptom of disease. It is spoken of by different names—as, for instance, hay asthma, rose or June asthma, and ipecac asthma. Some people will get asthma from sleeping on a feather pillow; others as

soon as they come in contact with certain animals, as a dog, a cat, or a squirrel. Prof. Austin Flint cannot sleep on a feather pillow without getting asthma, and so susceptible is he to it that he is able to detect the feathers when they are placed under his pillow by persons whose design it is to catch him on his theory. Cases have come to notice where the asthmatic symptom was developed in men who happened to get hold of a blanket upon which a dog had been sleeping the previous day. Asthma may be a symptom of emphysema of the lungs, and may last for weeks or even months. Two men who were treated by me, one having nasal polypus and the other stone in the bladder, both had asthma. To persons susceptible to it asthma is developed from working in the dust around thrashing machines, and others suffer from it as soon as they enter an apothecary's shop where ipecac is kept. Nor is dropsy anything but a symptom of disease or a result of it. Defined, generally, asthma is a manifestation of disease of the nervous system which causes contraction of the bronchial tubes. It may be seen as a spasmodic contraction of the nerves, and, of course, may be a symptom of heart disease or some other disease.—Dr. B. V. STEINMETZ.

USE OF THE MOSQUITO.—The use of the mosquito has been at last discovered. Professor Webster says that "injurious organic matter in the water, instead of decomposing and poisoning people, is changed into "wiggle tails," which in due time become mosquitoes, and the winged matter flies away, leaving the water purified to the extent of their ability to remove the impurities. If fish are kept in the water they eat the 'wiggle-tails,' and grow large enough to serve as food for man. Thus the poisonous ingredient of impure water becomes healthful food. Without mosquitoes most marshy or swampy land would be dangerously insalubrious."

NEW YORK ACADEMY OF ANTHROPOLOGY.—This body has called a World's Congress of Anthropologists, which meets at Columbia College in this city, June 4, 5, 6 and 7. Among the Vice-Presidents are Professors Huxley, Drummond, Sedgwick and Horsley, of England, Constantine the Grand Duke, St. Petersburg, Prince Roland Bonaparte of Paris, Pedro II. Emperor of Brazil and Professor Virchow of Berlin. The leading scientists of this country are also represented. Dr. E. C. Mann, F. S. S., of Brooklyn, is president of the Academy.

PEOPLE WHO DIE UNNECESSARILY.—Many people die unnecessarily. Few people take proper care of themselves. Healthy people are prone to be careless, and so destroy their health. Youth and health place the in-

dividual in a sort of intoxication. The healthy young man is full of life, energy, ambition, hope, enthusiasm. He thinks he can do anything with his vigorous constitution, and he generally does about everything with it. He finds that a night of sound sleep recuperates him, and he imagines that this will always be the case. Instead of husbanding his forces, he wastes them. He is as extravagant with his health as another man may be with his money. He is living on his capital, and not on the returns from his investments. Men and women ought not to die as young as they do. Our science has taught us that the lower animals attain to a number of years five times as great as the number of years that bring them to maturity, barring, of course, accident and disease. Man reaches maturity at the age of 25. Five times 25—125. The natural life of man ought to be 125 years, according to physiological laws. Of course, he must live in a climate that does not offer too great a resistance.—Physician in Boston *Herald*.

STUDY OF THE ABSENT MINDED.—Absent minded people are a curious study, and furnish an unlimited fund of amusement, says a writer in the Springfield *Union*. People who hide things so successfully that they cannot find them are very numerous. The poetical editor who frisks about the office frantically demanding his pen when that useful article is cozily tucked behind his ear, the woman who pins her jersey to the back of her skirt and forgets it at night, puts the skirt on in the morning, hunts in vain for her waist, dons another and hurries away, leaving the recreant jersey hanging down her back, the man who complacently irritates the wrong end of a match, and then wonders why in the jumping juniper it won't light—all these are familiar. A case never told, but true to life, was observed at a recent fire. One of the foremen was walking leisurely home after the fire had been extinguished, carrying, as he fondly imagined, his speaking trumpet under his arm. His companion, upon asking him where his trumpet was, received the absent minded answer, "I've got it all right." He called the foreman's attention to the fact that he was affectionately conducting home a hose nozzle, and when he asked him where his magnificent silver trumpet was, the foreman said in amazement: "I'm blessed if I know." A railroad conductor on the Central Hudson stood on a station platform one day and signaled his engineer to "go ahead," and then walked complacently back into the station, and sat down. A girl recently was in that mythical condition, "in love," put the potatoes on to boil in the teapot, and pumped water into the coal hod. All these are veritable "observed phenomena."

THE LATEST TREATMENT OF CONSUMPTION.— A great deal of attention is being attracted to the treatment of consumption by means of sulphurous acid gas. Remarkable results have certainly been attained by its use, and it is reasonable to suppose from the nature of the remedy, that it would have a beneficial action. Consumption is dependent upon the bacillus of tuberculosis, a germ; and this gas, which can be inhaled (though irritating), directly into the air-passages, is one of the most powerful germ killers known. Here is a case in point: During an epidemic of typhoid fever among troops stationed at Cherbourg in France, it was deemed expedient to disinfect two large barracks occupied by the marine infantry. Large quantities of sulphur were burned in the dormitories, previously hermetically sealed. The operation of fumigation devolved on a sergeant suffering from severe anaemia, with frequent attacks of bleeding from the lungs. He had all the most aggravated symptoms of consumption: Emaciation, diarrhoea, night sweats, pain between the shoulders, high temperature, loss of appetite, cough, expectoration, dullness in the left side of the chest, difficult breathing, and the expectoration was laden with the germs of the disease. All these symptoms remarkably abated during his term of office in the dormitories, the sounds in the chest became natural, and the germs gradually disappeared.

FOOD AND BEAUTY.— Professor F. T. Miles, of the University of Maryland, delivered a lecture to a large audience of young men on "Food and Digestion." In the course of his lecture Professor Miles, in speaking of the effects of an insufficient quantity of food, said: "The fat disappears first, then the muscles waste away, and finally the bones come through the skin. The brain, the spinal cord and the nerves are nourished to the last. Like a king in a beleaguered city to whom his loyal subjects give up their food, the nobler organs are longest nourished. In starvation there is not simple hunger of the stomach, but hunger of the whole body. It is not strange that when hunger presses on people they will do strange things. It produces insanity, and they have been driven to eating what has been called 'strange flesh;' that is, to cannibalism. There are millions of people who have not enough to eat. It is at the bottom of anarchy. The police may give them a loaf of bread, but the whole body is ill-nourished, and a restless feeling results. Not much can be done with the grown-up people of the criminal classes, but the child criminal comes first. The criminal classes are called dirty, lazy and ugly. Of course they are. They are dirty because they have no spare heat to let go: they are lazy because the muscles are weak, and nature tells them to

keep still when hungry. You would be astonished to know how much of the beauty of the fairest woman is made up of fat. The criminal classes are ugly because they have no fat. How could a child whose muscles and nervous system have been partly starved be expected to have all the sympathies and instincts of a higher class of society? An every day Sabbath school with a breakfast before the lesson would be a capital thing for the poor children. Some say the poor themselves are to blame for their condition by living too luxuriously. One of the most intense cravings of the Greely Arctic party was for sweetmeats. Tea and coffee do more good than harm. They stimulate not only the brain, but the activities of the whole body. There will be a great mission to the poor some day to see that they get enough of good food."

WOMEN AND THE HOUSEHOLD.

[CONDUCTED BY HELEN FLETCHER.]

THE AIR OF A SICK CHAMBER should always be kept so fresh that there will be no perceptible difference upon coming into it from the outer air.

HOW TO AVOID WRINKLES.—If you would keep your face and hands unwrinkled, use tepid water; very hot or cold water is injurious. Also avoid burying the face in a soft pillow at night, which always produces wrinkles around the eyes.

THERE ARE PLENTY OF GOOD GIRLS who are patiently waiting for the right man to come along. These would not have to wait so long were it not that so many of their silly, gushing sisters rush in and either capture or disgust the marriageable men. You would think that a man would have sense enough to discriminate between a foolish and a sensible woman, but that is not the easiest thing in the world to do. The silly ones often outshine those who are sensible and good. However, it is the good, sensible girl who becomes the happy and ever-loved wife in the end.—*Roseleaf.*

A GIRL'S EDUCATION.—I think a girl's education begins in the cradle. who can say how early she discerns what she has no speech to utter—sees, for instance, whether the people around her are self-controlled, patient and sweet, or the sad reverse? I wonder how many months old a girl

must be before she would know whether or not she was treated capriciously—whether she was refused a thing when mamma was in one humor and granted the same thing when mamma was in another humor. And do you think your little maid of 3 or 4 fails to notice what are your chief interests in life, whether you are most eager about your clothes or your books or your housekeeping? Does she not perceive whether the poor relation who comes to visit you is welcomed as warmly as is Mrs. Cræsus, who drives to your door with her well appointed carriage? In short, though the little damsel has no power to reason, she has keen eyes to see, and your own attitude toward life and life's demands will be educating her, whether you are aware of it or not, even from her cradle.—*Louise Chandler Moulton.*

THE FEAR OF BEING CALLED AN OLD MAID has led many a good woman to commit follies of the gravest nature. This is wrong. Women should be more independent. A sensible writer thus discusses the old maid question in *Lippincott's Magazine*: "The woman who is determined not to occupy a false position, calmly looking her future in the face and perceiving the tendencies of a solitary life, will consider how she may escape them and have as womanly, true and healthful an existence as it can possibly be. The study of the conditions of her married sister's life will surely reveal the secret of its good effects upon the character. From this study she will probably rise with some such principles as these established—first, it is the order of nature that a woman have some distinct and definite work in the world, making the present cheery and lending attraction to the future; secondly, a home of one's own, a domestic establishment of which one is mistress, is wholesome, and an immense help toward escaping from an anomalous position; thirdly, contact with children keeps the heart young; finally, to sum all up, it is not the estate of marriage so much as it is the distinct place and work in the world, and, above all, the life of love, and of thought for others, that develops the matronly character into largeness, sweetness and richness."

THE IDEAL NURSE.—She must be a good cook. What aggravation sickness has gained and what horror death itself, by greasy broths, etc. The ideal nurse should be able to keep a hotel. She must be quiet, for many a patient has died of noise. She must guard her tongue. A nurse easily becomes a cyclopædia of disease and family trivialities; a full edition with a supplement each year. It requires, therefore, a great restraint to guard a tongue which could relate so many interesting facts. She must be light-footed. Woe to the man who is nursed by the woman who

stumbles, kicks things, and causes the floor to shake as she walks ; who finds the board that squeaks and makes the stairs creak. She must be cheerful. The sickroom is at best a sad place, and is still sadder when darkened by professional solemnities and professional despondency. She must be good, patient, gentle. She must keep awake. May you never enter my house. But should occasion require you, permit me to engage your services in advance, one and all.—*Rev. Dr. Leavitt.*

WARNING AGAINST FACE POWDERS.—Use no face powders that are not starch or rice powders, and second, use no face powders that contain lead, zinc, bismuth, arsenic, or mercury. Of the numerous “face masks,” “beauty masks,” “complexion balms,” “medicated pastes,” blooms of youth, beauty or loveliness, “Lola Montez secrets,” not one is good in any respect. The very best is without value. From this they range down to the depths of injurious and ghoulish action. The best consist of an oil, fat or glycerine, with some perfume and a trifle of gum benzoin, camphor, or other drying substances. These are simply nasty. Their action is the same as of lard or butter smeared thickly over the face of the user. The rest are dangerous as well as disgusting. They contain the same ingredients as the face powders denounced, and are even more pernicious in their action. Lead colic, lead paralysis, mercurial ulcers, arsenic sores, boils, carbuncles, abscesses, putrid glands, salivation, sudden baldness, and even more serious ills can be traced to their use, and will invariably accompany that use as long as the human body remains as it is to-day. Of the rouge preparations, those made from cochineal and madder are harmless. All others are bad, very bad, and horrible. The “eau de vinaigre,” “rouge vinaigre,” “camphor wine,” “red pepper wash,” “capsicum elixir” and the like, which depend for their effect upon irritating the nerve corpuscles, are unobjectionable to the physician and chemist. The new preparations, which are solutions of aniline and other coal tar colors, are poisonous, and should be prohibited by law.—*American Analyst.*

NIGHTCAPS INJURIOUS.—Nightcaps as an article of dress, except in antiquated farces and amateur theatricals, have gone out of fashion. Their universal use by our forefathers and foremothers may, perhaps, be safely attributed to the fact that in the good old times sleeping apartments were uncommonly draughty. Ill-fitting window sashes, large chimneys and antediluvian doors let in so much air that there was very good reason for protecting the head from the consequences of too much ventilation. Nowadays the headgear appropriate for night use has become obsolete, so

that it will cause no painful shock when the public are informed by the voice of medical authority that the use of nightcaps is actually injurious. "A man," we are told, "might as well sleep in his boots as in a cap." We are not aware that even if a person did commit the former enormity any dreadful effects on his health would infallibly follow, whatever might be the results to his bed linen. Still, medical science is pretty safe in running a tilt against nightcaps, for the simple reason that it is hardly anybody's interest to defend them.

HOW TO DRINK MILK. —Some complain that they cannot drink milk without being "distressed by it." The most common reason why milk is not well borne is due to the fact that people drink it too quickly. If a glass of it is swallowed hastily it enters into the stomach and then forms in one solid, curdled mass, difficult of digestion. If, on the other hand, the same quantity is sipped, and three minutes at least are occupied in drinking it, then on reaching the stomach it is so divided, that when coagulated, as it must be by the gastric juice, while digestion is going on, instead of being in one hard, condensed mass, upon the outside of which only the digestive fluids can act, it is more in the form of a sponge, and in and out of the entire bulk the gastric juice can play freely and perform its function. —*American Analyst.*

A WOMAN'S WORK AND DUTIES are of the kind that bring weariness of soul and body and spirit. She is often called upon to confront such a wearying array of small worriments in the fulfillment of her daily duties as would simply madden the most even-tempered man. Yet she not only passes the ordeal successfully, but is ready, when the day is over, to absorb from her husband some of his weariness by the exercise of her womanly sympathy. It can be safely assumed that men, as a rule, and as compared to the utter weariness which comes to women, do not know the meaning of the word "tired." But they think they do, and they act in a manner calculated to make their weariness very wearisome to others.

HARD AND SOFT WATER. —All cooks do not understand the different effects produced by hard and soft water in cooking meat and vegetables. Peas and beans cooked in hard water, containing lime or gypsum, will not boil tender, because these substances harden vegetable caseine. Many vegetables, as onions, boil nearly tasteless in soft water, because all the flavor is boiled out. The addition of salt often checks this, as in the case of onions, causing the vegetables to retain the peculiar flavoring principles, besides such nutritious matter as might be lost in soft water. For extracting the juice of meat to make a broth or soup, soft water, unsalted,

and cold at first, is best, for it much more readily penetrates the tissue ; but for boiling where the juices should be retained, hard water or soft water salted is preferable, and the meat should be put in while the water is boiling, so as to seal up the pores at once.—*Journal of Chemistry.*

PITY THE POOR WOMAN—A State street physician gives it as his opinion that four-fifths of the earnings of his profession are derived from women, though in this estimate he does not include the very large and prosperous class of specialists whose services are required by men only. It is a sad commentary upon the morals of a community the existence and prosperity of hundreds of such specialists for men, and the picture is little less encouraging on the other side, where so many women, with health impaired by foolish dressing, improper diet and violations of the laws of nature, maintain an army of medical practitioners. It is only among civilized people that women are less healthful than men. Let doctors and the common surmise tell why this is so. The fact remains that there may be seen on the streets of Albany twenty strong, handsome men above the age of thirty to one woman. The woman who is able to retain her youthful comeliness beyond thirty is the exception. Good-looking men of middle or even advanced age are as common as flagstones, while a handsome matron is almost a curiosity.—*Albany Press.*

MOTHERS AND THE NURSERY.

[CONDUCTED BY MRS. F. C. PRESSLER.]

THE WALK OF WOMAN.—It cannot be out of place to suggest the advisability of opening classes where children, girls especially, might be taught the science of walking. Mothers should be the natural teachers, but many who are rigidly careful in all other particulars seem absolutely indifferent on this important point. In fact, after showing them navigation by means of their legs, duty is believed to be at an end, and no matter how wretchedly the child moves the parent rests satisfied with only spasmodic attempts at correction. Whether the ungraceful wobble, the halting step and painful stoop, so commonly seen, is attributable to carelessness or unnatural dressing, certain it is that six out of every ten women walk abominably. To be upright and easy in one's movements is only as nature intended, and unless deformed there is not the slightest excuse for the absurd locomotion noticed on the streets every day. Why

children are permitted to grow up pigeon toed, round shouldered, crooked and awkward is a proposition left open for further discussion.

THOSE WHO CANNOT EAT ONIONS, or are too fancifully genteel to do so, lose one of the most beneficial foods known. It seems as if the onion tribe were designed as regulators of the system, they act so wholesomely on every part of it. For one thing alone, the women of Provence and the south of Europe are said to owe their fair grained skins and supple ease of limb to their diet of oil and onions, not to say garlic. One would not be a social nuisance for the sake of a healthy diet, but if parsley or burnt coffee will not remove the odor from the breath, a spoonful of powdered charcoal will. These remarks are seasonable, for there is more truth than poetry in the old rhyme :—

Eat leeks in march and ramsins in May,
And all the year after physicians may play.

Ramsins were small onions. Family feasts of young onions with brown bread and butter serve the same purpose as the old-fashioned morning doses of sulphur and molasses. It is said if onions are eaten freely one will never have consumption, which may be worth trying by slender youth. —*The American Garden.*

WHAT SMOKING DOES FOR BOYS.—An English medical man, struck with the large number of boys under fifteen years of age whom he observed smoking, was led to inquire into the effect the habit had upon the general health. He took for his purpose thirty-eight, aged from nine to fifteen, and carefully examined them. In twenty-seven he discovered injurious traces of the habit. In twenty-two there were various disorders of the circulation and digestion, palpitation of the heart, and a more or less taste for strong drink. In twelve there were frequent bleedings of the nose, ten had disturbed sleep, and twelve had slight ulceration of the mucous membrane of the mouth, which disappeared on ceasing the use of tobacco for some days. The doctor treated them all for weakness, but with little effect, until the smoking was discontinued, when health and strength were soon restored.

ONE CAUSE OF BAD TEETH.—The foundation for bad teeth is generally laid in early childhood; for numberless mothers and nurses very carefully soften the food or remove the crust from the bread before giving it to the little folk, because it may otherwise “hurt their teeth,” and so the child grows up with a set of unused organs in its mouth; and when we have finally succeeded, by the creation of artificial conditions, in producing weak organs, then we wonder why the poor child has such bad teeth, and why

it is so often suffering the toothache, and why the dentist's bill is so high. Teeth are organs specialized to perform the work of mastication; they are subject to the same laws that govern other organs, and their strength is determined by their use. Understanding this, we are obliged to admit that, if we ever become a toothless race, it will be our own fault.—*Popular Science Monthly*.

WHERE ARE THE LITTLE GIRLS.—There are plenty of girl babies, and, according to all accounts, an alarming overplus of young ladies, but where are the little girls? It is superfluous to tell us that boys will be boys. We realize that fact every time we hear one of the member stamp the snow off his boots, and yell at his comrade through the open door, "Bully for you, Jonesy!" Why does not some equally good authority assure us that girls will be girls? Clearly because they will not be girls. The blame should not rest on them, but on their mothers. It is wicked to immerse children under twelve years of age in the conventionalities of artificial life; yet very soon after the girl is able to walk alone she is taught that to be beautifully dressed is one of the two chief aims of life, and to receive attention is the other. It may be a pretty sight, as some mothers assert, to see a little thing of four or five swathed in silks and laces, and almost staggering under the weight of a huge sash, but to thinking people it is a depressing sight. It will be bad enough twenty years hence for the tiny brain to be addled by the vanities of society, but to deliberately dwarf the powers of mind and body by a senseless style of dressing, is a criminal act, that can be excused only on the hypothesis that the mother is as ignorant as the child. The little girls of to-day imitate, not only the dress and deportment of their frivolous elders, but their language also. The simplest statements are prefaced with "Don't your think" and "Would you believe," and the subjects upon which their conversation turns are described as lovely or ghastly, simply disgusting or perfectly exquisite. The conspiracy against girlhood is widespread and formidable, and it is only by the resolute example of intelligent parents that the evil can be overthrown. If hearts must be poisoned and minds dwarfed let it not be the hearts and minds of little girls, whose lives should be kept ideally sweet and simple and pure.—*Bell Thistlewaite*.

CHILDREN HEAR TOO MUCH.—The innocence of childhood has been rudely brushed away and the knowledge of evil has entered the pure soul of the child. Then the question arises, how can this state of affairs be remedied? One of the most certain ways of counteracting this evil, is to

avoid indiscriminate conversation before children. There is no greater evil existing right now in society than this indiscreet conversation before children. A lady visitor comes in, and in utter disregard of the presence of the children who are in the room, the latest scandal is discussed, or a bit of gossip is dissected; a birth is announced with all the accompanying circumstances, may be the approaching advent of an heir is the latest news to be circulated, and so the conversation goes on; little ears drinking in, and wondering minds trying to make things fit together and solve the mysteries discussed. Then parents in their own home circle often discuss subjects before their children that they would be shocked, should some one suggest were injurious. They do not openly (which would be far better) but by hints, and in ambiguous manner, tell a piece of news which they assert the children don't understand, but which at the same time arouses their curiosities and proves more detrimental for the mystery that surrounds it. Were it not for indiscreet parents, there would be more innocent children. This may seem to mothers a hard assertion, but it is even so. In your hearts you no doubt earnestly desire the purity and innocence of your children, but in your conversations before them you are forgetful of their interests by your indiscretion.—*Atlanta Constitution*.

COW'S MILK FOR INFANTS.—It is well known that while the milk of a healthy woman never disagrees with a healthy child, that child cannot be fed with cow's milk without peril. Indeed, most cases of cholera infantum are among the bottle fed, and a babe suffering from this disease will generally recover at once if it can have a more natural nourishment. One important difficulty with cow's milk for infants is—partly from its nature and partly from the freer and more copious draughts with which it is taken into the stomach—it tends to coagulate into large masses of solid cheese. This is thrown in sour lumps into the bowels, and keeps them in a state of perpetual irritation. Now, lime water added to the milk—say one part in five or six—prevents this coagulation, and if other hygienic conditions are right, the danger of cholera infantum is very much diminished.—*Youth's Companion*.

HOW TO STOP HICCOUGH.—Dr. Dresch, a French physician, says that hiccough may be immediately stopped, if the sufferer will “close his external auditory canals with his fingers, exerting a certain degree of pressure”—that is, stick his fingers in his ears—at the same time that he drinks a few sips of any liquid, the glass or cup being held to his lips by another person.

A CURE FOR HICCOUGH.—This troublesome little ailment may be stopped in an instant by simple means. A momentary exercise of the will is often sufficient. Sudden fright is always effective. A boy suffering from an aggravated case of hiccoughs, entered a market. "What's the matter?" said the marketman. "I—hic—got—hic—the—hic—hic—hiccoughs." "You have, eh? Where's that \$2 bill that was on the desk when you went out this morning?" angrily inquired the butcher, for the boy had been in the market earlier. "I didn't see no \$2 bill," answered the boy, who began to turn pale. "Let me see your pockets." The boy emptied his pockets, but there was no bill there. "I guess I must have been mistaken about that bill," said the marketman, with a smile. "How's your hiccoughs?" "They're gone," replied the boy. The cure had worked to a charm.

QUITE A NATURAL FAULT, and one exceedingly common, is for mothers to hold their infants altogether too much. By so doing they inconvenience themselves and injure their little ones. When once the bad habit is formed of taking the little one up as soon as it shows signs of waking, is restless, or disposed to cry, the mother is henceforth a slave to its caprices, and no tyrant can be more exacting.

FOR NOSE BLEED.—Introduce into the nostril, for a considerable distance upward, a piece of fine sponge, cut to the size and shape necessary to enable it to enter without difficulty, previously soaked in lemon juice or vinegar and water. The patient is to be kept lying on the face for a length of time, with the sponge in place. This is the procedure employed by M. Sirederg for controlling nose bleed in typhoid fever patients.—*Medical Digest.*

SALT IN THE HOUSEHOLD.—A morning hand bath in cold salt water is delightfully invigorating. Warm salt water inhaled through the nostrils will cure cold and catarrh. A pinch of salt taken frequently will stop a cough or throat irritation. A glass of salt water, warm or cold, taken on rising in the morning, will cure constipation. Bathing the eyes when tired or weak in warm salt water soothes and strengthens them. Salt, plentifully sprinkled on the icy door-steps, will have a better and cleaner effect than ashes.

CHOLERA INFANTUM.—Don't be led into the belief that true cholera infantum is simply produced by summer heat. Disturbing food, such as unripe or over-ripe fruits, decayed food of any description, or milk which is impure or slightly turned, are the principal causes. Exercise care in regard to these and prevent the disease.

FOR SPRAINS.—Prof. Brinton says that the very best thing for a sprain is to put the limb into a vessel of very hot water immediately, then add boiling water as it can be borne. Keep the part immersed for twenty minutes, or until the pain subsides; then apply a tight bandage and order rest. Sometimes the joint can be used in twelve hours. If necessary, use a silicate of sodium dressing.

WHEN THE UNDER FLANNELS become so worn that you cast them aside, cut them off at the waist and make into underskirts for the small children by gathering or plaiting the cut end into a binding. These make nice warm inside skirts, and are so very easily made that no child ought to be without them.

QUESTIONS AND ANSWERS.

REMEDY FOR IVY POISONING.—We would advise H. W., who writes from Bangor, Me., requesting a remedy for ivy poisoning, to bathe the poisoned part in a strong lye made from wood ashes. The dry ashes rubbed over the part often affords relief.

Mrs. L. H. M.—The infant should be attended to right away in order to prevent possible rupture or other trouble. The heavy bandage recommended is good, but it would be better, under the circumstances, to have the advice of a reputable physician. This will assure prompt attention and relieve your mind of anxiety.

CREAM AND DIGESTION.—*Mrs. W. F., Chicago, Ill.*:—Cream mixes with gastric juice in a perfect manner, and thus aids digestion, and forms a most available nutriment for invalids. It is superior to butter, containing more volatile oils, and is more fattening. It excels cod-liver oil, and is the best of all foods for consumptives.

GOOD WALK IN WOMEN—There are six rules which will insure a good walk in women if carefully observed. They are: 1, to throw the shoulders back; 2, to keep the body from any motion whatsoever; 3, to hold the head erect; 4, to place the foot squarely on the ground; 5, to keep the knee steady, and 6, to keep the elbows close to the side. There is nothing that so spoils a woman's carriage as a projecting elbow.

THE CAUSE OF GOUT.—*H. W. Sanderson, Salt Lake City*: The true cause of gout is described by an authority as "a disturbance of nutrition, producing an accumulation of urea in the system, whether by defective elimination of uric acid by the kidneys, functional disturbance of the liver, or

degeneration of fidroid tissues, characterized by the formation of uric acid. Be that as it may, gout is easily induced by luxury, gormandizing, indolence, and all such causes tend to imperfect oxidation and elaboration of food."

POISON IN HUMAN TEETH.—To the question by a Nebocules in Kansas City "Is a bite from a man's teeth poisonous," we answer very often it proves to be. A Toledo physician of prominence writes on this very question: "I have under my attention severe and most complicated cases of blood poisoning, in which the patient had but slightly abraded the hand in the course of a fight by striking the knuckles against the teeth of his opponent. I have known hands thus poisoned only saved from amputation by the application of all the resources of science."

ELEVATORS AND STAIRS—*W. F. M., Rondout., N. Y.*—It is a good rule, says an authority, always to ride up in an elevator, and when coming down to take the stairs. Like going up hill, walking up stairs is hard work, and sometimes risky, especially for people with weak lungs, defective respiratory organs or heart disease. But going down stairs hurts nobody, but is good exercise; going down on a brisk run is a good thing—it shakes up the anatomy without incurring the danger of physical over-exertion. This shaking up is good for one's internal mechanism, which it accelerates, especially the liver, the kidneys and the blood circulation.

FETID FEET.—A Chicago correspondent writes us for a remedy for perspiration of the feet—complaining that this trouble makes him unduly sensitive. Frequent washing he asserts does no good. The disease, for such it really is, may have its origin in the skin, in the glands or in the system, and the cause must first be removed. At least once a day (or twice if possible), the feet should be soaked in tannin and warm water. Stockings should be changed once or twice daily, and only woolen should be worn. Insoles of felt should be worn and changed with the stockings; they can be wet in chlorinated soda and then dried for further use. The stockings when removed should be dried by the fire.

FOR THE COMPLEXION.—*Anxious Mother:* We advise you to caution your daughter against the use of the so-called arsenic preparations for the complexion. Some of these nostrums are harmless, it is true, and are prepared merely to extort money out of the pockets of foolish and vain women; others are highly dangerous, and their sale should be prohibited by law, but unfortunately our courts seem powerless to interfere. Prep-

artions of this kind are sent through the mails and exposed for sale on the counters of nearly every druggist in the country. These cannot be used long without ruining the health, undermining the constitution and inviting early decay and death. Keep your eye upon your daughter's toilet table, and any stuff of this kind found there fling into the fire.

EFFECTS OF MODERATE DRINKING.—*H. R. Cotesworth, Louisville, Ky:*—The effect of moderate drinking of alcoholic beverages may perhaps be considered as finally settled by the recent report of the English register-general. Comparing the mortality tables of men exposed to the temptation of moderate drinking, with those of men not similarly exposed, the result is startling in the extreme, more particularly as regards the proportion of liver diseases. For it would appear that the rate of mortality is six times greater among those whose business is practically inseparable from moderate drinking, than among those representing all the other industries combined.

HEALTH INVENTIONS AND APPLIANCES.

A BED PAN has been patented by Kate M. Duffy, of Astoria, Oregon. The invention covers certain details of construction whereby such a device may be used with as much convenience as possible, and can be readily and thoroughly cleansed.

A NAIL BRUSH has been patented by Mr. Geo. H. Coursen, of Baltimore, Md. The rear end of the handle of the brush is provided with a central nail-cleaning projection and guards on opposite sides to protect the nail-cleaner from injury, the design giving a very efficient shape to the nail cleaner.

PUBLISHERS' DEPARTMENT.

TO THOSE IN ARREARS.—Many subscribers are in arrears. We do not like to dun for money, because we are satisfied that the failure to remit is more of an oversight than intentional neglect. So we just drop this gentle hint and trust it will be received in the same spirit that it is given.

WORDS OF COMMENDATION.—Each number of the HERALD OF HEALTH speaks for itself. We could, if we would, publish pages of letters of hearty commendation from friends and subscribers, but to do so would take up space that can be better devoted to more interesting matter. But we here

take occasion to thank the writers for their words of encouragement. We are publishing the best magazine of its kind in the country, at a price that places it within reach of every one interested in good health and good living, and in return for the support extended us, promise to make it (if such a thing is possible) better and more attractive than ever.

WRITE PLAINLY AND ENCLOSE STAMPS.—All letters should be directed plainly **HERALD OF HEALTH Co.**, P. O. Box 2141, New York City, and all names carefully spelled. Otherwise writer and publisher are often put to great inconvenience. Mistakes are constantly occurring through illegible names of post-office addresses. Persons desirous of replies to their letters **MUST** enclose postage stamps. Two cents is but a small amount for one to pay, but when you pay that sum, small as it is, upon hundreds of letters, it foots up many dollars.

NEWSPAPERS IN 1888.—From the edition of Geo. P. Rowell & Co's "American Newspaper Directory," published April 2d (its twentieth year), it appears that the newspapers and periodicals of all kinds issued in the United States and Canada now number 16,310, showing a gain of 890 during the last 12 months and of 6,136 in 10 years. The publishers of the directory assert that the impression that when the proprietor of a newspaper undertakes to state what has been his exact circulation, he does not generally tell the truth, is an erroneous one; and they conspicuously offer a reward of \$100 for every instance in their book for this year, where it can be shown that the detailed report received from a publisher was untrue.

WARRANTED UNCONDITIONALLY.—The Yale Triumph Fountain Pen is warranted unconditionally. We recommend it, as we have used one for years. The price runs from fifty cents to seven dollars. The office of the company manufacturing this favorite pen is at 126 William Street, New York.

THE FIFTH VOLUME OF ALDEN'S MANIFOLD CYCLOPEDIA, which has just been published, more than sustains the good reputation of the previous issues, being especially more full in its vocabulary, and the entire workmanship, both literary and mechanical, being of a higher grade. It is certainly not only a wonderfully cheap, but a thoroughly excellent Cyclopaedia. The publisher will send specimen pages free to any applicant, or specimen volumes may be ordered and returned if not wanted—50 cents for cloth, 65 cents for half Morocco, postage, 10c. Address, **JOHN B. ALDEN**, Publisher, New York and Chicago.

DR. HOLBROOK ON DIET.—A Brooklyn physician writes : I was present April 5, in New York City, at the reading of a paper on "Diet as related to Work," by Dr. M. L. Holbrook, and was gratified at its lucid and cogent style, as well as its candor and thoroughness. While not opposing the use of meat, Dr. Holbrook showed the excellent results of a vegetable diet, and gave hints as to food and other hygienic matters which deserve a wide hearing. We are glad to know that he is to publish a book on this ever-fresh and vitally important theme."

THE HEALTH COURT, published at Seattle, Washington Territory, by Dr. Arthur De Voe, is an earnest, common-sense journal devoted to Hygiene. It is doing a good work, and we wish it success.

THE HERALD OF HEALTH.

SUBSCRIPTION :

UNITED STATES AND CANADA, - - -	ONE DOLLAR.
GREAT BRITAIN AND IRELAND, AUSTRALIA AND NEW ZEALAND, - - - -	SIX SHILLINGS A COPY.
SINGLE COPIES, - - - - -	TEN CENTS EACH.

CONTENTS FOR MAY, 1888.

GENERAL ARTICLES.

Vegetarian Faith, Works and Results, - - - - -	107
Scientific Preventives of Epidemics, - - - - -	111
Sedentary Habits of Professional Men, and their Effect, - - - - -	113
EDITOR'S STUDY, - - - - -	116
WOMEN AND THE HOUSEHOLD. HELEN FLETCHER, - - - - -	121
MOTHERS AND THE NURSERY. MRS. F. C. PRESSLER, - - - - -	125
QUESTIONS AND ANSWERS, - - - - -	130
HEALTH INVENTIONS AND APPLIANCES, - - - - -	132
PUBLISHER'S DEPARTMENT, - - - - -	132

DR. F. WILSON HURDS' HIGHLAND HYGEIAN HOME.

At the Delaware Water Gap,
ADDRESS EXPERIMENT MILLS POST OFFICE, PA.
 Situated in a most healthful and beautiful locality. No malaria; streams all rapid. We receive invalids every month in the year.

RECTAL DISEASES A SPECIALITY. Treatment very successful by Dr. Brinkerhoff's New Method, with little or no pain or delay from business. No cutting or excision.

IMPORTANT NOTICE.

All letters and other communications for the editor, and all subscriptions and business correspondence for the publisher, should be addressed to HERALD OF HEALTH, P. O. Box 2141, New York City. Checks, Post Office Orders and Registered Letters should be made payable to HERALD OF HEALTH CO.

THE

HERALD OF HEALTH.

Vol. XXXVIII.

JUNE, 1888.

No. 6.

EXPERTS TELL OF ALCOHOL'S DEADLY EFFECTS.

THE "Alcohol Ward" of Bellevue Hospital, New York City, is that department of the great institution to which inebriates from all parts of Manhattan Island are consigned for treatment. The physicians and surgeons of this ward, as can be readily understood, through experience with hundreds of cases yearly, are experts upon the deadly effects of alcohol, and their views, in every way practical and devoid of sentiment, are worth studying. The following is a condensation of a long interview with one of the physicians at Bellevue:

All classes of workmen, keepers and clerks of hotels, public houses, eating places, salesmen and the professional politician furnish the largest part of patients coming in for treatment. Cabmen, expressmen and hucksters also go to excess in drinking. The rules on ferry and railroad companies exert a restraining influence upon their employees, and there are few cases among them in the course of a year. Men cooks in hotels drink heavily, as a rule. Monotony of occupation, as seen in the case of shoemakers, printers and the like, when accompanied by close ventilation and long hours of toil, exert a very strong predisposition to alcoholic excess. Lack of something to do is, on the other hand, a great factor in promoting drunkenness, as is the case with many men about town.

INFLUENCE OF HEREDITY.

Many persons who drink heavily are predisposed to the habit by heredity, one or both of their parents having been addicted to drink. The effects of having drunken ancestors are often seen in their descend-

ants by epilepsy, insanity, alcoholic excess, etc. Various forms of disease have an influence on this habit. Many conditions of chronic disease attended by suffering are in many cases temporarily relieved by alcohol. This is very often to be found in the case of consumption and chronic malaria, but it has in some cases been the means of inducing the drinking habit.

HABITS AND SURROUNDINGS.

Much must be attributed to habit. Business men are liable to contract the drinking habit as well as those who have no business. The custom of going out with a new customer to "take something" is the starting point with them. Wine is the least harmful of alcoholic drinks. Much of the stuff sold under that name, even at high prices, in all parts of the globe, is an artificial mixture of alcohol, sugar, ethereal essences and water.

Alcohol is very rapidly taken up by absorbent surfaces. It is but slightly, if at all, taken up by the unbroken skin. Under ordinary circumstances it is by the way of absorbents and veins of the gastric mucous membrane that alcohol finds its way into the blood. Having entered the blood it reaches all organs of the body, and in experiments has been recovered by distillation not only from the blood itself, but also from the brain, lungs, liver, spleen, kidneys and various secretions. Some authorities say the brain has an affinity for alcohol.

PHYSIOLOGICAL ACTION OF ALCOHOL.

The elimination of alcohol is at first rapid and afterward gradual. It begins shortly after ingestion, and in the course of two or three hours one quarter or more of the amount taken passes away from the person who has taken it. Elimination for the most part takes place through the kidneys, the lungs and the skin. In large doses alcohol increases the heart's action. Frequent repetitions tend to permanently impair activity of the peripheral circulation. Hence the vascular tinge and rubicund nose that characterizes the phisognomy of the habitual drinker. The very worst and most harmful time for a man to take a drink is when the stomach is empty. The action of alcohol in moderate doses, and under circumstances free from complications, is to increase the functional activity of the brain. The ideas come more freely, the senses are more acute, the speech fluent and the movement more active. These effects are accompanied by the increased action of the heart. Without modifying existing traits of characters, such impulses call them into action and lead to the accomplishment of deeds otherwise impossible. Fat accum-

ulation of the drunkard is due in part to the starchy matters and sugar taken in with malt liquors.

HOW ALCOHOL DESTROYS.

Alcohol destroys the body little by little, when it is indulged in to excess, and any man who drinks so much each day can count upon the fact that he is shortening his life as certainly as he shortens the length of a cigar, if he is smoking one. Under the use of this drug the face becomes red and the eyes brilliant. The future is full of hope, the past has lost its sorrows and regrets. The powers of expression are brought into fullest play, conversation becomes animated, brilliant—ofttimes sparkling and keen. Reason is thrown aside, the judgment relaxed, vanity, pride, rashness assert themselves. Emotions, sentiments, habitually repressed, are oftentimes manifested without reserve. The speech degenerates into loquacity, improper confidences are made, indiscretions committed, the bent of disposition is made clear; he who is by nature sad grows sombre, he who is irritable becomes cross, the generous man grows lavish, and the good fellow is every body's friend.

AT TIMES THE TIMID MAN

becomes violent; the refined, coarse; and the gay, melancholy. If the influence of alcohol be pushed beyond this point, a gradually increasing vertigo is associated with dulled imagination and blunted senses. The will power is almost lost. The baser passions are aroused, evil impulses and illusions of all kinds sway the drunken man. All control of conversation and action at length becomes lost. Reason is displaced by delirium, and he becomes a maniac, dangerous alike to himself and to others, and liable upon some sudden impulse to commit the most atrocious crimes. The face betrays the profound disturbance of the intellect and moral nature; its expression is changed and its lines are blurred. The flush deepens, the veins are distended, the arteries pulsate visibly, the eyes are staring and the pupils are contracted.

LATER SYMPTOMS.

The breathing, at first quickened, becomes irregular. The heart action is rapid, bounding, and sometimes there is palpitation. Somnolence soon deepens into sleep. There are three varieties of acute alcoholism. The first is marked by self-satisfaction and content, the second by sadness and melancholy. In the third the period of excitement is wanting and the drinker passes rapidly into a state of stupor. The intoxication produced by malt liquors is dull and heavy,

slow in coming on and is of long duration. Intense excitement, anger or mortification is said to increase the action of alcohol. Sudden change from a warm to a cold atmosphere also intensifies the action. In maniacal forms of alcoholism the outbreak is sudden. The attack is characterized by maniacal excitement, usually of a furious kind. The patient is impelled by the wildest passions and seeks to destroy whomsoever and whatsoever he can lay hands on. He is so strong in limb during these attacks that it takes several strong men to hold him down. In this form of the disease a word is enough to bring on the most terrible fits of passion.

After a time the patient falls into a delirium, and if he recovers he has not the slightest recollection of anything that has transpired.

CONVULSIVE ATTACKS.

There is another form, known as the convulsive patients, who throw themselves on the ground, roll from side to side, bite at people, knocking their heads against the floor or wall in the most terrible manner. Among these people are madmen whom it is dangerous to approach by reason of the violence of their movements, but they are much less dangerous than those suffering from the maniacal form of acute alcoholism. The insane, imbeciles, epileptics and persons suffering from nervous diseases are, as a rule, very susceptible to the action of alcohol. Upon examination of the bodies of persons who have died by accident while drunk deep congestion of the brain is noticed almost in every instance. The lungs are congested, so also are the kidneys, liver and spleen. The stomach usually contains alcohol and undigested food. The blood itself is often dark colored. The heart is empty and contains a few soft clots.

EXCESS IN DILUTED DOSES.

More common are the cases in which death is produced by excessive doses of diluted alcohol taken at once or rapidly repeated. This happens under various circumstances, as when a man avails himself of an opportunity to satisfy his appetite, when a bet as to the number of glasses he can drink in quick succession or in a given quantity at once, when a man is already drunk is plied by his companions for pure deviltry.

SUICIDE BY ALCOHOL RARE.

Suicide by this means is, in the ordinary sense of the term, rare. The crime has been committed upon infants and children, and is murder. One or two fluid ounces is fatal to a child below the age of ten years. The prolonged abuse of alcohol brings about changes which affect alike

the body at large and its various structures. Degenerations of the tissues and the functions of the body are certainly produced on the mouth and throat. The action of alcohol upon the mucous membrane brings on a catarrhal inflammation. Ulcer of the stomach is a common result. Dyspeptic symptoms are common. The steady drinkers of spirits, of whatever kind, present the largest proportion of diseases of the liver. Congestion of the liver is an early lesion. Chronic jaundice is usually present. Fatty degeneration of the liver takes place. The spleen is enlarged, soft and pliable. Habitual alcohol drinkers are far more liable to pneumonia than others. Insomnia is an attendant upon alcoholism. The taste is impaired and sometimes wholly lost and smell is greatly impaired.

Loss of intellectual power comes last. The first indication that presents itself is the diminution of vivacity and readiness. Timidity and loss of confidence in one's self is another affection which follows in the wake of this unfortunate habit. Self-respect is finally lost, and the memory fails little by little.

COMBINATIONS OF "QUACKS" AND "QUACK" LITERATURE.

THE United States mails are burdened with literature emanating from "quack" establishments. Through the agency of the New York Society for the Suppression of Vice and kindred associations—aided by post-office inspectors—the circulation of obscene publications has practically ceased, but "quack" pamphlets and circulars flood the mails, and make the letter-carrier's life in our large cities a constant burden. We do not refer in this connection to the press productions of the proprietors of standard medical preparations, whose business is legitimate and whose remedies are vouched for by reputable and responsible authorities. But we can hardly employ language sufficiently strong to denounce the use of the United States mails by unscrupulous parties who prey upon the fears and morbid propensities of young men and women through circulars cunningly composed and skilfully adapted to entrap victims. In these days of "trusts" and "combinations," "quacks" appear to follow in the steps of railroad, telegraph, oil and other monopolies. In most of our large cities so-called medical "Companies," "Associations" and "Institutes" have apparently taken possession of the lucrative field formerly worked so profitably by individual pretenders. Take up any of our daily papers for evidence of this fact. Read the "display" adver-

tisements of these concerns. Advertising is the trap which catches the flies. Column after column is devoted to this prostitution of the "art preservative of all arts," and as such advertising invariably pays "full rates," there are few newspaper proprietors conscientious or courageous enough to refuse it. Invariably appended to these advertisements is the request to "send for circulars or pamphlets"—and here is the point where the sharks look for returns. These pamphlets find their way into the hands of boys and girls, and their effect upon mind and morals is vile and debasing. We have before us as we write half-a-dozen of these publications, issued by as many concerns of the kind in this city, and their contents are too revolting to be even hinted at. The most disgusting and prurient information is furnished upon the usual stereotyped subjects of quack treatment. The imagination of the unsophisticated reader is appealed to in a manner to convince him that he is a victim to all the ills set forth in such appalling terms, and to assure him that his only hope of rescue from a yawning grave is to procure and use the nostrums to puff which the screeds were written. Pictures and elaborate descriptions of the various "departments" of the "great institution" from which the pamphlet is issued occupy several pages. We are told that there are "private waiting rooms" for each patient; that "an eminent faculty" is always in attendance; that "patients are corresponded with until cured;" and that "only one personal visit is necessary," and sometimes not that, as "even the severest cases can be cured through treatment by mail." But, says the well-posted reader, "there is nothing new in this. This same system of advertising and false pretences has been going on for years." Very true as far as individual "quacks" are concerned—but it is only comparatively recently that the business has been entered upon on the wholesale plan, so to speak. There are establishments of this kind in New York that keep their own presses running day and night printing circulars and pamphlets, and a small army of girls and women to fold and mail them. They have gorgeously fitted up "consultation rooms," doctors to whom they pay big salaries, and clerks without number. Their expenses from year to year are simply enormous, and yet they flourish, and the men who run them wax fat and wealthy. Their receipts must be immense, else they could not prosper, as they evidently do. The postal authorities claim that under the Federal laws these objectionable and demoralizing pamphlets and circulars go through the mails as "medical" works, and that they are therefore powerless to stop them. Congress, after many years of petition and personal appeal, passed a law making the use of the mails for the dissemination of obscene literature a

penitentiary offence; as a consequence, this soul-destroying business has been almost completely stamped out. A similar statute against "quack" literature is imperatively demanded, and we trust the day is not far distant when it will not only be passed, but strictly enforced.

EDGAR VANDERBILT, M. D.

NEW BORN BABIES AND HOW TO TREAT THEM.

A physician contributes to the *Boston Herald* some interesting directions upon this subject, a perusal of which will convey to young mothers much valuable information. He writes: "It will doubtless be of interest to some of the many mothers whom this paper reaches to know how physicians generally who have been long in practice desire their little patients treated during their earliest life. I will therefore commence with its first hours, and briefly outline the treatment which it should receive. After its bath, which should be quickly yet thoroughly administered, the baby should be wrapped well, and placed where it is sure to keep warm and be protected from strong light. As a rule it is not always well to place it in bed with its mother unless she be strong and but little fatigued, or the child has been chilled during its bath; in the latter event the warmth of the mother is the best restorative. It is to be remembered that new-born babies can bear considerable heat and but little cold. They must be kept warm. In hot weather, of course, there is some danger of keeping them too warm.

"ONCE THE BABY SLEEPS

"it must not be disturbed, and, as a rule, it will sleep, with the exception of short intervals, the first twenty-four or thirty-six hours. During some of these periods of wakefulness, efforts should be made to have it nurse. Of course, for the first few days, as a rule, the mother cannot afford it nourishment, but that fact has no weight in the matter; it should be put to the breast just the same, both for its own ultimate good and for her good as well.

"IT IS STILL A COMMON PRACTICE

"to begin to feed infants within twenty-four hours after birth. That is not only unnecessary, but is pernicious. A baby literally does not need nourishment until the period is reached when milk appears in the mother's breast, or should appear, which is near the third day. It is exceedingly difficult to persuade mothers and nurses to leave infants undisturbed that length of time. After the second day, if the baby cries much, a little

sugar and water may be given, but nothing else in the way of food is allowable until the mother can nourish it, or it is evident that she will not be able to do so. Here it is well to repeat—what has been so often urged upon mothers—that every one of them should nourish her child if possible. If this rule were followed the

“ INFANT DEATH RATE

“would be much lower than it is at the present day. Some mothers positively decline to do so, for no good reason which they can offer; there are but few who cannot nurse their children if they choose. The question whether or not a mother ought to do so should be left with the attending physician, and his decision should be final. If he considers it proper to have the child nourished artificially then he assumes the responsibility, and he is the only one capable of bearing it. If a child is to be bottle-fed, the vital question is what food shall be first given it. There is but one answer to this—cow's milk. It should be diluted during the first weeks with three parts of water, and slightly sweetened, the sugar of milk, on sale by all druggists, being used. After a week or two, if it is evident that the mixture is well borne and properly digested by the baby, more milk in proportion may be added. Here it is well to say that for the first three months seldom is more than one-third milk allowable.

“ HOW OFTEN TO FEED THE NEW-BORN BABY

“is the next important question to consider. For the first week no rigid rule need be applied. Some babies will sleep five and six hours after nursing; in such cases they should not be disturbed. After a time they awake at shorter intervals, and then the custom of feeding about once in two hours may be followed. How much shall we give the baby? is naturally asked. During the first two or three weeks it requires about three-quarters of a pint in twenty-four hours. Its food should, of course, be given from a nursing bottle of the simplest construction, that is, from an apparatus consisting simply of a bottle and rubber tip. The bottle should be small and hold no more than is sufficient for one feeding. After using it, the tip must be removed, rinsed in cold water and scrubbed with a brush. It should then be turned inside out and again scrubbed, after which it can be kept in perfectly clean cold water until needed.

“ THE BOTTLE SHOULD BE WASHED OUT

“with boiling water, and then put into a pan of water to which a teaspoonful of baking soda has been added for every pint. Before using it

again it should be thoroughly rinsed with cold water. If these simple methods are followed, there will be little or no danger, from the nursing apparatus at least, and unless every precaution is taken to secure cleanliness, there is the greatest danger of its becoming sour; if it does, the baby using it will certainly be made ill. It should be remembered that a trace of the milk given a very young infant remains in its mouth and soon turns sour. It is then a frequent cause of sour mouth, so often seen in the first month of life. To obviate the danger of that trouble a teaspoonful of warm water should always be given the baby after feeding, whether it is nourished from the bottle or by the mother. We come now to consider the use of cathartics in very young babies. Occasionally we find an old mother or nurse who will

“INSIST UPON DOSING THE BABY

“with castor oil within a few hours of its birth. Any intelligent person must know that such an application is not only unwarranted but harmful. The first milk of the mother is laxative and acts quite freely on the child. If she is to nourish it, then it will seldom need dosing. Even if it is fed upon diluted cow's milk, laxatives will rarely be demanded in the first week of life. There are, however, occasionally cases in which the little one is troubled with wind cholic, and, as a consequence, is wakeful and cries much. A half-teaspoonful of pure oil has then a very good effect. No other cathartic is allowable at this early age.

“SORE MOUTH IN VERY YOUNG CHILDREN

“is common only when the mothers or nurses intrusted with their care are neglectful or uncleanly. Nursing mothers should appreciate that absolute cleanliness of the breasts is of the greatest importance. It is not dangerous, as many mothers believe, to bathe those parts from the time milk appears in them, nor are abscesses likely to form as a consequence. Every time a child nurses the mother should employ local bathing immediately afterwards with lukewarm water; and several times during the course of each day she ought to wash them carefully with soap and water. If this is not done there is danger to the child; not only will it be likely to have sore mouth, but the milk will be made unwholesome and other affections be excited.

“HOW OLD MUST THE BABY BE

“before it can be taken into the outside air, is an important question to settle. If born in summer it may, provided the weather is very pleasant, be taken out after it is two or three weeks old. A child born in early

fall and winter should be kept in the house until it is four months old. After the proper age is reached it should be taken into the open air at least once a day if the weather permits. On this point mothers, as a rule, fail in their duty. And yet it is clearly one of the most important imposed upon them. No child can develop properly and keep healthy when denied fresh and open air. One so unfortunate must sometime in life pay dearly for its mother's fault.

"A WORD ABOUT 'BABY CARRIAGES.'

"Until the baby is five or six months old it had better be carried out in the arms of its mother or nurse. After that it can be given its airing in a carriage, provided it lies extended in the same. It should not be allowed to sit up while riding until after it is a year old. Before that age is reached the spine and muscles of a baby are weak and easily injured.

A BARLEY PUDDING.

[BY M. L. HOLBROOK, M. D.]

Rice pudding is good if rightly made, for rice is very digestible compared with some things that go into our stomachs; but rice has two defects—one is that it contains very little nitrogenous matter, and the other is that it is devoid of fat. Rice contains too much starch for a perfect food. I want to enlarge the number of things we may eat, and for this end would like to introduce a barley pudding. Formerly barley flour was made into bread, and King Charles the 1st, of England, no doubt ate it often, as it was more commonly used then than wheatened bread.

The composition of rice and barley are as follow :

RICE:	
Water	14.41
Nitrogenous Substances	6.94
Fat	.51
Starch	77.61
Wood Fibre	.c8
Ash	.45
	100.00
BARLEY :	
Water	15.06
Nitrogenous Substances	11.75
Fat	1.71
Starch	70.90
Wood Fibre	.11
Mineral Matter	.47
	100.00

Thus we see that barley has a rather better balance of nutritious matter and considerable more of nitrogenous material, with less starch. At the same price it is considerably cheaper, for nitrogenous matter is more valuable and more costly in most foods than fats and starches are.

Rice is perhaps more easily digested; still, for a strong stomach there would not be much to choose between them. It is rather strange that it is not more generally known that barley makes just as good a pudding as rice does. I will tell you how to make it:

Take one pound of pearl barley, three quarts of milk—skim milk will do if you have it—and one pound of sugar. Soak the barley for twelve or fifteen hours in two quarts of pure soft cold water; then pour off the water, put it into a good-sized baking dish, stir in the milk and sugar and, if you like it, grate on a little nutmeg, and bake in a slow oven four hours. For the same amount of nutriment the cost is hardly one half that of a rice pudding made in the same simple way, and less than that if eggs are used, and the pudding is in every way delicious.

BEER DRINKING AMONG CHICAGO WOMEN.—“The truth is sometimes unpalatable,” said a downtown restaurateur, “but it is a fact that I can assert from observation that many women in Chicago are becoming great beer drinkers. Ten years ago the spectacle of a woman drinking beer while lunching was so rare as to cause comment. Now they come in droves and order with the familiarity of veterans their favorite brands, and many of them have so far cultivated the failing of their masculine brethren that they are not happy unless they also have a plate of limburger. Wines and stronger drinks are little called for, but the growth of the beer-drinking habit is astonishing, and, although I am in the business, to me it is really alarming.”—*Chicago Tribune*.

OUTDOOR LIFE FOR WOMEN.—Dr. Sawyer believes in the “camp cure” for women as well as men. He has known tent life to cure nervous women when all other resources failed. One of the women went to a lonely western lake in May, as soon as the weather permitted, and took up her abode in two wall tents, with servants in a log hut near by. One of the tents was warmed by a small stove. The outside world was heard from only once in two weeks. She took an interest in botany and photography, and as her strength increased learned to fish, shoot, row and swim. When the first snow fell and camp was broken she was a thoroughly well woman. Girls should be encouraged to romp out of doors like their brothers.

EDITOR'S STUDY.

OUR RULES FOR GOOD HEALTH.

1. Be regular in your habits.
2. If possible go to bed at the same hour every night.
3. Rise in the morning soon after you are awake.
4. A sponge bath of cold or tepid water should be followed by friction with towel or hand.
5. Eat plain food.
6. Begin your morning meal with fruit.
7. Don't go to work immediately after eating.
8. Be moderate in the use of liquids at all seasons.
9. It is safer to filter and boil drinking water.
10. Exercise in the open air whenever the weather permits.
11. In malarious districts do your walking in the middle of the day.
12. Keep the feet comfortable and well protected.
13. Wear woolen clothing the year round.
14. See that your sleeping rooms and living rooms are well ventilated, and that sewer gas does not enter them.
15. Brush your teeth at least twice a day, night and morning.
16. Don't worry, it interferes with the healthful action of the stomach.
17. You must have interesting occupation in vigorous old age. Continue to keep the brain active. Rest means rust.

REFORM EVEN IN THE AMERICAN MEDICAL ASSOCIATION.—I am sorry to note that the venerable pool of medicine is being disturbed by the waves of reform. Here is the American Medical Association demanding, among other things, "that no student shall be admitted to matriculate who has not passed a satisfactory examination, both oral and written, in the ordinary branches of academic study." This is a poisoned arrow aimed against nine-tenths of the young men who now study medicine, and a malicious taking of money from the pockets of college faculties. Medicine is a liberal profession, and in the majority of medical colleges anybody can enter as a student provided that he has a pocketful of money. Brains, morality or capacity are not demanded; the only question asked the aspirant is: "Can you pay the required two hundred and fifty dollars and such extra sums as may from time to time be asked of you?" When the young man pays the fees he can listen or not listen to the didactic lectures fired at him, attend or not attend the clinics served up for his instruction. He is an intellectual tramp for three or four years,

sleeping or studying, indulging in practical jokes, or making a pretence at dissection ; and then he is called up to enjoy and to participate in the huge farce of an examination in which everything but his actual professional knowledge is questioned, and then he becomes a doctor, with the entire human family as his legalized victims. A large majority of our medical graduates would not be received as tyros in European colleges, but this may possibly be due to the envy and malice of effete monarchies. With us the youth who has not the talent enough to become a bright clerk or salesman is sent to learn the trade of doctor, and grossly ignorant incompetents are turned out with diplomas by the thousands. The most of these go West, some remain in college cities, and their exact location may be discovered by studying the weekly bills of mortality, and by noting in what district there are most deaths from mumps, toothache, and chilblains. Newly-created doctors are the bacteria of civilization ; they help to disintegrate society, and to reduce it to its ultimate elements. To insist that they shall have both a theoretical and practical knowledge of their profession is to thwart one of the intentions of nature by increasing the surplus population. The American Medical Association is more ambitious than wise. Its desire for reform will arouse the anger of medical faculties as well as of medical students. Hundreds of colleges that now stand on the firmest of foundations will, under the new dispensation, become tottering wrecks ; and the countless swarms of graduates will be narrowed down to a few serious men who love their profession, and who believe that their mission is primarily to relieve suffering, and not to make money. Still, the American Medical Association means well, and, on the whole, I am not certain that it is not exactly right.—*Cor. Boston Gazette.**

DEODORIZERS AND DISINFECTANTS.—Attention is called by Dr. Roose, of London, an eminent authority on the subject, to some mistakes prevalent concerning deodorizers and disinfectants. It is simply useless, he says, to place saucers containing chloride of lime, carbolic acid, etc., in a contaminated atmosphere with the expectation that the germs floating about will be caught and killed—the chlorine doubtless will remove some offensive odors and rapidly diffuse itself through the room, but to act as a true disinfectant it must be so much concentrated that the air in the space containing it would be quite irrespirable by human beings, though it is, when used scientifically, the best of all disinfectants for purifying the walls of an empty room.

For deodorizing in sick rooms and passages, Dr. Roose thinks euchlo-

rine gas very efficient, produced when a few crystals of chlorite of potassium are dropped into a little hydrochloric acid ; bromine is even more powerful as a disinfectant than chlorine, and both are far superior to sulphurous acid ; as to carbolic acid, it is stated that the spores of the micro organisms discovered in cases of splenic fever have been found to be absolutely unaffected after lying for upward of three months in a 5 per cent. solution of carbolic acid in oil.

CAUSES OF NEVOUS IRRITABILITY.—A prominent physician is quoted as saying : “ Were I to give the true reasons at the root of the growing inferiority, nervous irritability and insanity, which are sapping the vigor of the time, they would be two things—the want of proper food by all classes and the sedentary training, or want of training, among young people.” There is a good deal to be said in favor of the military training of Prussia, for our own boys nowhere get a better physique than at West Point ; but the old style, which is yet the very common style, of education involves our young people in sedentary habits. We are a nation of sitters, and not of walkers, and are taking the consequences in the way of stagnation and congestion. Heart disease and brain disease and lung disease and kidney disease, and other congestive diseases, follow too luxurious eating and inanition.

EMOTIONS AND HEART THROBS.—In connection with the curious tendency of the heart and muscles to betray themselves, I had my attention called some time since to an article in *The Revue Scientifique* describing an apparatus which was the invention of Professor Masso and consisted of a table on which a man could stretch at full length, and, having an equipose so delicate that the slightest disturbance of his center of gravity would cause a large indicating needle below to move one side or the other. It was designed to show how the heart and circulation are instantly affected by the mind, and some strange things were done on it. The slightest emotion would cause the needle to incline toward the head, and it would dart in that direction even when the man on the table was asleep and a noise was made in the room, though not sufficiently loud to awaken him. Masso relates that an Italian professor submitted to the experiment, and, reclining at full length, read to himself from two books, a poet in his own language and Homer in the original. The needle was passive while he read the Italian's verses ; but when he came to the harder task of translating Homer, it moved toward the head and remained fixed immovably there. Taken all in all, I am inclined to think that the little force pump in one's breast is about the only truthful organ, and that when

novelists speak of a false heart they slander it. As a matter of fact, its delicate throbs are attuned to every hidden thought, and perhaps some day genius will devise a form of Masso's instrument which may be attached to a witness in court and enable justice to dispense with the formality of an oath.

VENTILATION OF CELLARS.—In the ventilation of cellars the mistake is frequently made of introducing air from without which is considerably warmer than that contained within them. Instead of making them cool and airy, which is the desired object, they are thereby rendered warm and damp, for the warm air, although raising the temperature of that in the cellar, is itself cooled and deposits its moisture, which soon makes itself evident as palpable dampness. Consequently in warm weather the ventilation of cellars should be carried on at night, the cellar being kept closed between sunrise and sunset.

A DRINK TO AVOID.—“I regret to see the number of victims to the absinthe habit increasing, as, in fact, are the victims to every form of stimulant,” said a physician at St. Louis. “The young men are cultivating absinthe, and when the present generation reaches middle age the absinthe tippler will be one of the frequent guests at our hospitals, which are now full of dunkards and narcotic takers. I am now treating a man who has reached the last stage. The effects are fearful. It is a drink that serves as a powerful stimulant at first, but is the most injurious in the end because of its strength. It is easy to drink absinthe to excess because it requires such a small quantity to do the work. The intoxication it causes is exhilarating and pleasant, but after it is drunk to excess the digestive organs are destroyed and the appetite ruined. With the effects worn off comes a terrible thirst, with giddiness and a tingling in the ears, mental depression, and finally, hallucination and loss of brain power. The symptoms of an excessive drinker breaking down are muscular quiverings, loss of physical strength, emaciation and a sallow complexion. Paralysis finally sends him to the grave. The drink will hasten a man's ruin faster than all the other drinks of the modern drunkard. Absynthe was introduced to civilization by the French soldiers of Algiers after the Algerian war in 1844. It is a product of North Africa, and the soldiers mixed it with their wine as a febrifuge. They took the habit to France, and now its manufacture is one of the largest liquor trades in Europe. What France does not consume finds its way to America. It is chiefly made at Neufchatel, Switzerland, which averages 2,000,000 gallons yearly. It is a pretty liquid and nice to taste, but you would not think to see it, that

it is made by mashing the leaves and flowering tops of four species of wormwood with sweet flag and angelica root and star anise fruit, and macerating them in alcohol. The compound is distilled after eight days soaking, and anise oil is added to give it taste. Of course, imitations are made of essential oils and barks with blue vitriol ; but the genuine is deadly enough."

OZONE AS A GERMICIDE.—In some experiments with ozone as a curative agent, an English lady, so far advanced in consumption that her case appeared hopeless, has been treated with inhalations of this gas, with results described as marvelous. After a month's treatment, the appetite was regained, the sleep calm and refreshing, and there was a very good prospect of recovery. The ozone was prepared by passing a stream of oxygen through the current of an induction coil, and was administered with atmospheric air in the proportion of one in five. The experimenter has reached the conclusion that the ozone treatment is specially applicable to all germ diseases.

AN OVERLOOKED PROTECTOR—It is a pleasant thing to know, now that we are beginning to realize that so many of our diseases are functional disturbances caused by bacteria taking up their abode in us, that bacteria have difficulties between themselves and treat each other unkindly. Thus the bacillus fluorescens putridus is an implacable enemy of the bacilli of pneumonia and typhoid. If it is present these noxious bacilli are unable to get hold on our nutritive membranes. How often we may owe our lives to this hitherto overlooked little protector we can never know. All hail, then, to our friend, the bacillus fluorescens putridus.

THE SOURCES OF MISCHIEF IN EATING.—The great sources of mischief from eating are three—quantity, frequency, rapidity, and from these come the horrible dyspepsias which make of human life a burden. By eating fast the stomach, like a bottle being filled through a funnel, is full and overflowing before we know it. But the most important reason is, the food is swallowed before time has been allowed to divide it in sufficiently small pieces with the teeth ; for, like ice in a tumbler of water, the smaller the bits are the sooner are they dissolved. It has been seen with the naked eye that if solid food is cut up in pieces small as half a pea, it digests almost as soon, without being chewed at all, as if it had been well masticated. The best plan, therefore, says a writer in *Housewife*, is for all persons to thus comminute their food ; for even if it is well chewed the comminution is no injury, while it is of very great importance in case of hurry, forgetfulness or bad teeth. Cheerful conversation prevents

rapid eating. It requires about five hours for a common meal to dissolve and pass out of the stomach, during which time this organ is incessantly at work, when it must have repose, as any other muscle or set of muscles, after such a length of effort. Hence persons should not eat within less than a five hours' interval. The heart itself is at rest more than one-third of its time. The brain perishes without repose. Never force food on the stomach. All are tired when night comes. Every muscle of the body is weary and looks to the bed, but just as we lie down to rest every other part of the body, if we by a hearty meal give the stomach five hours' work, which in its weak state requires a much longer time to perform than at an earlier hour of the day, it is like imposing upon a servant a full day's labor just at the close of a hard day's work. Hence the unwisdom of eating heartily late in the day or evening; and no wonder it has cost many a man his life. Always breakfast before work or exercise. No laborers or active persons should eat an atom later than sundown, and then it should not be over half the midday meal. Persons of sedentary habits or who are at all ailing should take absolutely nothing for supper beyond a single piece of cold stale bread and butter or a ship biscuit, with a single cup of warm drink. Such a supper will always give better sleep, and prepare for a heartier breakfast, with the advantage of having the exercise of the whole day to grind it up and extract its nutriment. Never eat without an inclination.

DIPHThERIA A FUNGUS.—A correspondent of Science, Mr. P. J. Farnsworth, of Clinton, Ia., finds a very striking resemblance between the membrane of diphtheria and the fungi that produce dry rot, or more especially those forms that grow in living trees. A white or yellow leathery substance is produced, sometimes known as "punk;" the roots of the fungus penetrate the cells of the wood in every direction, producing distintegration and decay. Diphtheria is called an exudation, and classed as a bacterial disease, when, in fact, it is a fungus of a higher order. It grows on the surface, and spreads by fibulations, and its roots penetrate deeply into the tissue, producing changes and decomposition, which becomes the soil for bacteria, generating poisons that are absorbed and powerfully affect the whole system. In this view its life history has not been studied or found out. It is known that the membrane can be transplanted, but how it is propagated by spores is unknown. There is evidently some peculiar condition required. It may be that an alkaline condition of the system is required, which is the reason of the capriciousness of its infection.

WOMEN AND THE HOUSEHOLD.

[CONDUCTED BY HELEN FLETCHER.]

AMMONIA IN THE BATH.—Nothing so quickly restores tone to exhausted nerves and strength to a weary body, as a bath containing about an ounce of liquid ammonia to each pail of water. It makes the flesh firm and smooth as marble and renders the body pure and free from all odor of perspiration—that horror to the lover of cleanliness.—*W. F. G.*

THE COLOR OF THE EYES.—Clear, light blue, with calm, steadfast glance, denotes cheerfulness, good temper, constancy. Blue, with greenish tints, are not so strongly indicative of these traits, but a slight propensity to greenish tints in eyes of any color is a sign of wisdom and courage. Pale blue, or steel colored, with shifting motion of eyelids and pupils, denotes deceitfulness and selfishness. Dark blue, or violet, denotes great affection and purity, but not much intellectuality. Gray, or greenish gray, with orange and blue shades and ever-varying tints, are the most intellectual, and are indicative of the impulsive, impressionable temperament—the mixture of the sanguine and bilious, which produces poetic and artistic natures. Black (dark brown) are a sign of passionate ardor in love. Light brown, or yellow, denotes inconstancy; green, deceit and coquetry. Eyes of no particular color (only some feeble shades of blue or gray, dull, expressionless, dead-looking), belong to the lymphatic temperament, and denotes a listless, feeble disposition, and a cold, selfish nature.

THE NEED OF KINDLY SYMPATHY.—All of us have felt the longing, in hours of trial, for the smile of encouragement, or a word of hope and trust in us. The English are said to take their pleasures sadly, if not grimly. The Anglo-Saxon blood of America is tinged by this same absence of smiles, though the admittance of the gay Latin races and the Celts in our stock gives us more vivacity, as well as our nervous energy and restlessness. Still, anxiety, that should be a spur to our actions, is often allowed to become as a dagger in our sides, in making our faces full of care. We need to express more in our looks the kindness that is in our hearts. People cannot see our hearts or know of our good dispositions unless we put them into circulation in our faces. Many persons are more chary of their smiles and pleasant words than they are of their money. Yet everyone we meet is a human soul struggling under some

difficulty which is often not of their own causing. These fellow-beings are cheered and brightened on their paths by our pleasant looks, yet don't need our money. If we knew of their trials, read of them in a book or newspaper, we would be moved to pity by them. There is a certain blunt good-fellowship in men's manners to each other, especially among those who are still struggling and are not yet prosperous enough to be hardened, which is the countersign of kindliness. It is rarely a woman meets another with a glance of kindly interest. They are too often cruelly cold, critical and unkind to each other. It is uncertainty of their own position, fear of being imposed upon, or merely reserve? It is hard to say. Want of heart and sympathy it can hardly be, because when the proper key is found kindliness is reached in almost every heart. But, good sister women, let us not keep that key so carefully packed away. To fulfill our master's command of loving one another, should we not keep our hearts always open, with a smile of trust and encouragement ready to help all our struggling fellow-beings?—*A. T. T.*

FEEDING THE SICK.—“Feeding the Sick,” formed the subject of an interesting lecture by Dr. Judson Daland, instructor in clinical medicine in the University of Pennsylvania, in the course delivered to the nurses of the Philadelphia and University hospitals. In beginning his talk the doctor says: In no one thing does the great value of a judicious nurse show itself more than in her successful feeding of the sick. To show you how much depends upon the personality of the nurse in questions of this kind it may interest you to know that in certain forms of hysteria we are compelled to try three or four nurses before finding one having this peculiar qualification. It is well known to all physicians that certain nurses are always peculiarly successful in this matter, and you can readily see, therefore, how important this subject is to each one of you. We shall not to-day take up the consideration of the digestion of food, but will confine our attention more particularly to the food management of severe forms of internal diseases associated with fevers, which would naturally fall under the observation of a physician. In most of these cases the question of nourishment and consequent maintenance of vital powers of the patient is of the greatest importance. I may say that quite usually it is of more consequence than any one remedy, and in many serious diseases, as in uncomplicated typhoid fever, it is practically the only treatment necessary. To impress this fact more strongly, I may be permitted to mention a case in point. About five years ago a healthy, vigorous young woman sickened with typhoid fever of ordinary severity. At no

time during the case was there any complication. She took food with great unwillingness, and only after persistent urging. Milk containing a small amount of stimulant was given every two hours, day and night. She was then in the latter part of the third week of typhoid, just at the time when there is greatest danger of death from exhaustion. Her own physician returned from his summer vacation and assumed charge of the case. The same treatment was continued, but she died suddenly a week after. I made the post mortem examination and could find no cause for the sudden death. Upon closely questioning the mother we ascertained that gradually the small quantities of milk had been replaced by beef tea, so that practically nothing was taken the last few days of life but beef tea. As you well know beef tea is a stimulant, and contains but a minute proportionment of nourishment. It is evident, therefore, that in this case a valuable life was lost from failure to recognize this important principle.

TO CURE YOUR TOOTHACHE.—Roll up firmly a *small* piece of cotton that will *half fill* the cavity, saturate it with oil of cloves, or some other similar remedy. Then with a wooden tooth-pick or something similar, wipe out the cavity carefully with another bit of cotton while dry, apply the cotton containing the remedy and quickly cover it with dry cotton or a little soft wax, pressing it in gently, so as not to encroach upon the exposed pulp. A *drop* of such medicament, properly applied, will do all and more than a *pint*, as it is generally used. Any excess which is squeezed out, only inflames the gums and lips, and increases the suffering. The holding of strong camphor, pepper, alcohol, and similar preparations in the mouth to relieve the toothache, will only add to your troubles, by blistering the membrane of the mouth. Neither should any blistering substance be used upon the face, without the advice of some qualified person who has a good knowledge of the case. Should the tooth feel sore, and seem longer than the rest on biting them together, or if there is any swelling externally or in the mouth near the tooth, accompanied by soreness or pain, prepare a simple bread or flaxseed poultice. Roll up a small amount in a piece of very thin linen or muslin, and apply warm, *between the gum and cheek or lip; never on the outside of the face.* Best of all, sometimes: Split partly open half-a-dozen large raisins; stone them; put them in a shallow dish of *very* hot water, until they are hot as you can bear. Take one out and put it on over your tooth like a cap, slipping it way on over the gum. Keep renewing and putting on a new hot one before one gets cold.—*Treasure Trove.*

MOTHERS AND THE NURSERY.

[CONDUCTED BY MRS. F. C. PRESSLER.]

THE DEADLY CONTAGION OF DIPHTHERIA.—Dr. Young, Secretary of the Maine State Board of Health, says there is a misapprehension in the public mind regarding the contagiousness of diphtheria. The direct communication of the disease is shown by a young lady who came home sick with diphtheria in a mild form, and on her arrival her brothers and sisters embraced her. They were all attacked with a malignant type of diphtheria, and one died. The same young lady visited her aunt in another family where there were four children who took the disease, and one died. No other cases in the vicinity. Another instance: At the death of a child from diphtheria two women helped in laying it out. One of them, who was 53 years of age, was attacked in a few days, and died in three more, and the other took the disease in a mild form and recovered. Another case is that of a boy who had diphtheria in Boston. He came to this State to visit relatives. In a few days after his arrival his aunt washed some of his clothing, and was taken with diphtheria the next week, and it went through the family—four cases. Before the aunt was taken sick the boy went to another place and played with another boy, who took the diphtheria and gave it to two other persons in that family. The doctor reports a sad case as follows: An only child was taken sick with diphtheria, and died on the fourth day. The young mother in her grief kissed the child and took the disease. Within a week she was buried beside the child. In a neighborhood where no diphtheria had existed for four years a school-teacher visited a city—a notorious hot-bed of diphtheria. He contracted what he called a slight sore throat. He returned home with this still upon him and opened school; in less than a week six were lying sick with diphtheria and the school was closed. The result was five deaths, three of which were adults. In one family three children died of this disease in the croupous form. The nurse believed it was not possible to carry the disease in clothing, and would not change her dress upon leaving the house, and was not afraid to take her children in her lap upon going home. She was admonished against such a foolhardy course. Ten days after she left the infected house the physician was called and found her family ill with diphtheria of the most fatal form. One child died in thirty-six hours after it was attacked. Another case—a woman died of diphtheria in Lynn, Mass. Her son brought her clothes and bedding

home. His wife washed them, took the disease, and died in less than a week. The doctor says that cases like these, which unmistakably show the contagious nature of diphtheria, are innumerable, and at the same time there are endless instances in which diphtheria has not been communicated to others exposed to it. This does not prove that the disease is not contagious. All persons are not susceptible to the infection. He says another thing which makes the infection of diphtheria doubly dangerous is its persistent vitality. Unless care in disinfecting is taken, the infection will survive to start mysteriously another epidemic at some future time, months or perhaps years afterward.

THE FUTURE OF GIRL BABIES.—According to almost all the charts gotten up by the astrologists, what may be expected of girls born in different months is about as follows:

If in January, a prudent housewife, given to melancholy, but good tempered.

If in February, a humane and affectionate wife and tender mother.

If in March, a frivolous chatter-box, somewhat given to quarreling.

If in April, inconstant, not very intelligent, but likely to be good looking.

If in May, handsome, amiable and likely to be happy.

If in June, impetuous, will marry early and be frivolous.

If in July, passably handsome, but with a sulky temper.

If in August, amiable and practical, and likely to marry rich.

If in September, discreet, affable and much liked.

If in October, pretty and coquettish, and likely to be unhappy.

If in November, liberal, kind and of a wild disposition.

If in December, well proportioned, fond of novelty, and extravagant.

MOTHER'S MILK FOR INFANTS DURING HOT WEATHER.—The oppressive heat of summer causes great mortality among infants. Dr. George H. Clark, of Germantown, in a lecture at the Woman's Homœopathic Hospital in Philadelphia, estimated that the mortality among infants equaled one-fifth of all under one year of age, and one-third of those under five years. Dr. Clark in his lecture paid particular reference to the deaths resulting from unnatural and improper diet, and estimated that seventy-five per cent. of the deaths were traceable directly or indirectly to this cause. The evil of feeding children artificial sustenance, instead of the natural food from the breast, was a growing one, he declared, and its results had become alarming. "The naturally fed child," said Dr. Clark, "has greater power in resisting disease than the one unnaturally fed.

The most intractable cases of cholera infantum are due to improper food. In frequent cases I have been called to treat children suffering with ordinary summer complaint where the sunken cheeks, the darkness under the eyes, the fever and other symptoms went to show what little resistance they possessed. These were bottle-fed children. On the other hand, in the case of children fed from the breast there is a marked difference in such complaints during the warm season. Nature is a kind mother and keeps her children in a condition to successfully fight against disease. The organs of digestion in a babe are in a constant state of development, and must not be overworked. Food is required which is easily assimilated and readily acted upon by the secretive functions. The only safe course is to adhere to Nature's own supply of food—the mother's milk.

QUESTIONS AND ANSWERS.

FAILING SIGHT.—*Henry Smith, of Little Rock*, says he is forty years of age, that his sight is slowly but surely failing, despite the fact "that he has tried glasses of 'all kinds and makes.'" He is, he says, and has been for years, a constant reader of all kinds of print, both day and night. His bodily health is in all respects good. We advise Mr. Smith to stop experimenting with glasses of "all kinds and makes." He should at once consult a skilled oculist and follow his advice. Sight is too precious to be ignorantly fooled with.

LEMONADE FOR INVALIDS.—*Mrs. Renfrew, Salt Lake City*, wants a recipe for lemonade for invalids. Such a lemonade is prepared by cutting four lemons into halves, squeezing the juice into three pints of boiling water, then taking half-a-pound of sugar in pieces and rubbing the peel till the sugar is yellow, so as to get at the essential oil of the peel, and then pour the whole into a jug, cover, let it cool, and then strain. It also may be iced. When the patient is not very ill, or is recovering, it is well to add the white of an egg, and then froth up. So prepared, a nutritive drink is furnished to the patient.

A NEW THEORY OF CATARRH.—In reply to a correspondent at Denver, Colorado, who asks us for a theory upon the origin and cure of catarrh, we give the following extract from a paper read before the Connecticut Homœopathic Association, by Dr. E. B. Hooker, of Hartford. While not endorsing the author's views in full, his suggestions are certainly original and interesting: "He began by saying that catarrh had long been the bane of the physician and the boon of the quack, since the former was honest enough to confess that it often baffled him, while the

latter promised much, but in the end performed little. The reason the physician so often failed was because of imperfect examination of the nasal passages, with consequent incorrect diagnosis of the nature of the disease existing. Many forms of catarrh have nearly the same symptoms, but require very different methods of treatment, and unless the physician has the apparatus necessary for a complete examination of the nose from the front and from the rear, by the aid of a mirror in the throat, and unless he has had experience enough to enable him to distinguish the different forms of catarrh from each other, he is almost sure to fail. In many cases there are irregularities in the formation of the interior of the nose, which may be of little importance, since all noses are not alike, just as hands, feet and eyes are different without being really abnormal. But often these irregularities in the formation of the nose are so marked that they are actual deformities, and may be compared to deformities in other parts of the body, such as club feet, hare lips and crossed eyes, yet they do not affect the external appearance of the nose. They do, however, cause catarrh, creating an irritation which keeps up a discharge, causing a dropping backward into the throat, frequent blowing of the nose, hawking and spitting. They are very likely to obstruct one or both sides of the nose, so that it is difficult to breathe through it, making it necessary to breathe through the mouth, especially at night. This habit of mouth breathing is a bad one, which, if continued, is liable to do harm to the throat and possibly the lungs. These deformities of the nose can almost always be corrected, and since the discovery of cocaine the treatment is painless in the majority of cases. The importance of correcting these deformities can hardly be overestimated since the catarrh created by them is very likely to affect the eyes, ears and throat, causing inflammation of the eyelids, partial or complete deafness, and hoarseness or loss of voice. The conclusion reached was that not every case of catarrh can be cured, but that many of them, even those of long standing, can be either cured or greatly relieved by the right method of treatment."

STYES.—*Mrs. J. M., Jersey City.*—The treatment for styes is simple. A mild aperient should be given; the food should be light for a day or two, and the eye should be fomented with hot water through the day, while a bread-and-water poultice at night should be applied. For the *prevention* of styes, the simple means is attention to the general health. A stye is as often as not an indication of enfeebled health. If they occur very frequently, some of the eyelashes may require to be eradicated. Avoid over-use of the eyes, especially at night, and guard against chills.

THE AIR WE BREATHE.—*H. J. R., Skeneateles, N. Y.*—The air consumed in breathing, by an adult man, is $16\frac{1}{2}$ cubic feet per hour. That which is thrown out from the lungs at every expiration contains a larger proportion of carbonic acid than it had when entering the lungs, and to lower the amount of carbonic acid until it is only four parts in 10,000 (as in pure air), it is necessary to mix with each one part of vitiated air 125 parts of pure atmosphere, or to suffer the alternative of being poisoned—slowly, no doubt, but eventually poisoned—by the gradual action of the bad elements on your health. It is, therefore, not sufficient for a man to be supplied with the exact quantity of air which enables him to perform the function of breathing, but with 125 times that quantity, or about 2,000 feet per hour. This, however, only refers to a state of health, as a larger quantity by far is needed in case of sickness.

A POPULAR DELUSION.—*C. W. F., New York.*—The idea that the body “changes” every seven years, or at any other period, is a popular delusion. Read any text-book of physiology and you will find that life is really a constant series of changes, which proceed every minute you live. Changes of chemical and physical kind are always going on within the body, and the very fact that you require food daily is a proof of this.

A REMEDY FOR FETID FEET.—If your Chicago correspondent on “Fetid Feet” after bathing and thoroughly drying the feet, will apply moistened bi-carbonated soda to, and between the toes, the result will be very satisfactory. Please ask him to acknowledge the result in the *HERALD OF HEALTH*.—*S. D. D.*

MILK AS A PRODUCER OF EPIDEMICS.—In reply to “An Anxious Mother” we quote from *Health*: “Milk is a sponge, and a dangerous sponge. It absorbs at once any deleterious matter, and is one of the most fertile causes of epidemics. In a paper by Mr. Hart, read before the Health Department of the Social Science Congress in Glasgow, he analyses fifty-three outbreaks of typhoid fever, seventeen of scarlet fever, and twelve of diphtheria due to milk. The milk epidemics in question had attacked in round numbers 3,500 with typhoid, 880 with scarlet fever, and 700 with diphtheria. These cases have all occurred within the last twelve years. Mr. Vacher, in a paper, says that nearly 100 epidemics have been traced to milk.”

THE WEIGHT AND GROWTH OF INFANTS.—Dr. Squire in his “Healthy Homes” answers the questions of Mrs. E. W. Lawrence on this subject:

The proportion between the age, weight, and height of infants has a bearing on successful nursery management of much the same import as that observed all through the period of childhood. The rapid rate of increase in the earlier months of infancy, and the variations which are then observable, make a separate study of this period essential. A vigorous healthy child should double its birth-weight in the first four or five months, and treble it at a year old. This rate of growth is not uniform, nor does it proceed at any steadily-decreasing ratio, but is subject to the variations shown on the diagrams farther on. The loss of weight marked in the first few days is constant; it is not owing to the want of nutriment or to the kind of supply given. The most appropriate ingesta are those which aid the clearance of waste material from the bowels and kidneys. If the infant wets the napkin freely it is receiving all it needs in the way of fluids, and at this time the proportion of solid matter to be passed is increased tenfold. A week later with six times as much urine voided, only half this active waste is evidenced. The natural period of most rapid growth comes to a pause about the fifth month in healthy children, when the teeth are forming, and a further demand on the nutritive supply is made. Care has to be taken lest this pause be unduly prolonged, and a downward tendency advance to positive illness. We see also the first increase of weight checked as growth increases, so that some processes may be less active while a new direction is given to healthy development. Still, for infants under three years of age, weight is the best criterion of progress.

HEALTH INVENTIONS AND APPLIANCES.

A NEW DISINFECTANT.—M. Raoul Pictet has invented a new disinfectant, which is said to answer admirably as a freezing mixture for hardening microscopic specimens. Sulphuric dioxide and carbon dioxide are mixed, cooled and compressed until they liquify, the liquid being then stored in syphons. On liberation the mixture rapidly evaporates, with great reduction of temperature. With this agent mercury may be frozen, and animal or vegetable tissues can be rendered solid in a few seconds. The odor is the principal objection to the mixture, which is said to be as easily managed and as effective as ether.

A GREAT DEAL OF CAREFUL EXPERIMENT has shown that water in freezing largely expels its coarser, visible contaminations, and also that a large proportion of the invisible bacteria which it contains may be

destroyed, even as many as 90 per cent. But still large numbers may remain alive, for many species are quite invulnerable to the action of cold. It has been found that in ice formed from water containing many bacteria, such as water with sewage contamination, the snow-ice almost invariably contains many more living bacteria than the more solid, transparent part, so that the snow layer should be especially avoided in ice obtained from questionable sources.

PUBLISHERS' DEPARTMENT.

WHY HE RENEWS HIS SUBSCRIPTION.—Editor HERALD OF HEALTH: At the end of the year 1887, I concluded to dispense with part of my reading and not to take the HERALD OF HEALTH. I had more than I could find time to read, but I received the February number, and the number following; they are so much better than in years past that I am constrained to continue. Enclosed find P. O. Order for \$1.00, to pay for the year 1888, and do not forget to send me the January number of this year, as I did not receive it. I have them bound.

Yours truly,

W. J. BLODGETT.

WRITE PLAINLY AND ENCLOSE STAMPS.—All letters should be directed plainly HERALD OF HEALTH Co., P. O. Box 2141, New York City, and all names carefully spelled. Otherwise writer and publisher are often put to great inconvenience. Mistakes are constantly occurring through illegible names of post-office addresses. Persons desirous of replies to their letters MUST enclose postage stamps. Two cents is but a small amount for one to pay, but when you pay that sum, small as it is, upon hundreds of letters, it foots up many dollars.

THE ST. LOUIS HYGIENIC COLLEGE will open for the term on the 9th of October. This institution, which is legally chartered, educates men and women in the art of curing the sick by strictly hygienic agents. For announcements, &c., address S. W. Dodds, M. D., 2826 Washington Avenue, St. Louis.

ALL MOTHERS SHOULD HAVE "Our Baby's First and Second Year," by Marion Harland. It is a splendid little book and is furnished free upon receipt of your address, by Reed & Carnick, New York. Send for it and you will find it contains many valuable suggestions.

SUBSCRIBERS IN ARREARS.—Will subscribers in arrears kindly forward the money due us? We do not like to dun, and we are satisfied that this hint will prove sufficient.

EATING FOR STRENGTH.—Read the announcement elsewhere of Dr. Holbrook's "Eating for Strength." It will pay perusal.

Mrs. R. H. RICHART, of Centerville, Ill., sends a subscription to the HERALD OF HEALTH for "a lady nearly 80 years old. She is in good health, keeps house by herself, and earns her own living, though not compelled to do so; yet her active temperament will not let her be idle."

RUBBING A BRUISE in sweet oil and then in spirits of turpentine will usually prevent the unsightly black-and-blue spots.

FOR RELIEF FROM HEARTBURN or dyspepsia, drink a little cold water in which has been dissolved a teaspoonful of salt.

WHEN A PERSON IS "SICK AT THE STOMACH," ice taken into the mouth in small pieces, and allowed to melt before swallowing, will in very many instances relieve the discomfort.

THE HERALD OF HEALTH.

SUBSCRIPTION :

UNITED STATES AND CANADA, - - -	ONE DOLLAR.
GREAT BRITAIN AND IRELAND, AUSTRALIA AND NEW ZEALAND, - - - -	SIX SHILLINGS A COPY.
SINGLE COPIES, - - - - -	TEN CENTS EACH.

CONTENTS FOR JUNE, 1888.

GENERAL ARTICLES.

Experts Tell of Alcohol's Deadly Effects, - - - - -	135
Combinations of "Quacks" and "Quack" Literature, - - - - -	
- EDGAR VANDERBILT, M. D.,	139
New Born Babies and How to Treat Them, - - - - -	141
A Barley Pudding.—M. L. HOLBROOK, M. D., - - - - -	144
EDITOR'S STUDY, - - - - -	14
WOMEN AND THE HOUSEHOLD. HELEN FLETCHER, - - - - -	152
MOTHERS AND THE NURSERY. MRS. F. C. PRESSLER, - - - - -	155
QUESTIONS AND ANSWERS, - - - - -	157
HEALTH INVENTIONS AND APPLIANCES, - - - - -	160
PUBLISHER'S DEPARTMENT, - - - - -	161

IMPORTANT NOTICE.

All letters and other communications for the editor, and all subscriptions and business correspondence for the publisher, should be addressed to HERALD OF HEALTH, P. O. Box 2141, New York City. Checks, Post Office Orders and Registered Letters should be made payable to HERALD OF HEALTH CO.

THE

HERALD OF HEALTH.

Vol. XXXVIII.

JULY, 1888.

No. 7.

VARIOUS MATTERS CONCERNING HEALTH.

BY M. L. HOLBROOK, M.D.

CONSUMPTION.—The treatment of Consumption is a subject which interests a very large number of persons, considering the fact that its ravages carry off yearly more than any other disease, and what is more strange, is the fact that so little is done to prevent it. When cholera or small-pox threaten a community we are in arms, and, most strenuous efforts are made to ward off these diseases; but consumption is left to have its own way. It is astonishing how one new remedy after another comes and goes. The latest one is disinfection, as follows:

“Sulphur, slightly moistened with alcohol, is burned in a brazier, a little benzoin or powdered opium being sometimes added to make the fumes less disagreeable. The patient is required to stand twice a day in this sulphurous chamber and inhale the medicated atmosphere until his lungs are saturated with sulphuric acid. The treatment is said to have been markedly successful in as many as thirty cases, sweats and fever disappearing, the lungs clearing up, and the appetite and weight steadily improving. M. Dujardin-Beaumetz, who has been favorably impressed with the reports made in these cases, has tested the method practically, and greatly benefited, if not cured outright, seven patients. Into his sulphurous chamber fresh air is admitted from time to time, the patients being more mercifully dealt with than in the original experimenting room.

“This method of treatment is said to have been suggested by the experience of a soldier in the last stages of consumption. He was employed

in disinfecting barracks, and was obliged to pass nine hours a day in a sulphurous atmosphere. Although his condition had been pronounced hopeless by hospital authorities, he completely regained his health in sixty-five days. The sulphur burned for the purpose of destroying the germs of contagious disease in the infected barracks had a similar effect upon the tubercle bacilli of his own lungs. This is the practical explanation which the scientific followers of Dr. Koch offer of the success of this singular method of treating phthisis."

For my part I doubt the truth of the above statement. The fact is, a person with consumption is generally too much exhausted to be so quickly cured. Of course, if we accept the germ theory of that disease, that the fumes may help to benefit the patient by destroying these micro-organisms, he would need in addition to build up the constitution by food and exercise and the right sort of physical culture. After all, as I have maintained all my life, the true way to manage consumption is to try and prevent it by building up a strong chest and lungs, avoiding colds, living much out of doors and little in confined rooms at sedentary employments; in other words, hardening and toughening the body, a remedy the patient must apply to himself.

BEER.—The longer one lives the more one becomes convinced that beer is a curse to any land where its use becomes general. The constant tendency everywhere to give up the stronger drinks for the milder one does not seem to be of any great advantage, for so much more of the milder drink is used that the same amount of alcohol finally is taken, and in many cases more. The *Scientific American* says:

"The use of beer is found at last to produce degeneration of the liver and kidneys, profound and deceptive fatty deposits, diminished circulation, cause congestion and perversion of functional activities, local inflammation of both the liver and kidneys being constantly present. Intellectually, a stupor amounting almost to a paralysis arrests the reason, changing the highest faculties into a mere animalism, sensual, selfish, sluggish, varied only by paroxysms of anger that are senseless and brutal. It is our observation that beer-drinking in this country produces the very lowest kind of inebriety, closely allied to criminal insanity. The most dangerous class of ruffians in our city are beer-drinkers."

CARE OF OUR BODIES.—Few owners of fine horses do not spend from half an hour to an hour every day in grooming them with comb and brush. And they know this care helps to keep them in fine condition. Would not the same, or even a quarter of an hour spent daily in grooming, bathing and rubbing the body, the limbs, joints and skin be of equal

benefit? There are men who spend from one to three hours every day doing this, and they find it prevents cold, rheumatism, sleeplessness and other physical maladies, promotes health and prolongs life. One man writes—

“A few minutes given every morning bathing, rubbing and grooming the body is not a great sacrifice of valuable time. Twice so much is given graciously by many a thoughtful owner to the care of a horse whose value may be only a few hundred dollars, yet many persons exclaim that they have not time to spare for these hygienic attentions to themselves and their children.”

BOYS IN PUBLIC SCHOOLS.—It is to be regretted that New York boys have such poor opportunities for physical development. A few days ago twenty of them from one public school applied for examination to be admitted to the Naval Academy at Annapolis. All were found—so it is stated—well enough up in their studies, but not one large enough and strong enough to pass the physical examination. It is not likely that the fault of their physical deficiency was due entirely to the schools, as some of our howling newspapers tell us. The fault is many of the parents of these boys have themselves deteriorated by working indoors at mechanical or sedentary occupation and by living in narrower apartments with less fresh air than they would have had in the country. Having less physical strength themselves, their offspring also have less. We must not blame our schools for this. But we may blame them because they do not provide the best physical as well as the best intellectual training. The upper floor of every school-house in New York, whether for boys or for girls, should be entirely devoted to physical culture, and a thoroughly educated hygienist and gymnastic teacher should have charge of pupils in this department. This would in some degree counteract the effect of inheritance and school life. That this is quite practical I know from my own experience in introducing physical education into many public and private schools. The only difficulty in the way is the lack of public sentiment to demand it. Both parents and teachers are to blame for this, and there is no remedy excepting for those who have enlightened views on this subject to *agitate* to AGITATE.

WIVES cling longer than husbands to all the gentle, gracious little courtesies that were never forgotten in the halcyon days of their courtship, but they, too, forget at times some of the little things that made them so charming in the eyes of Tom or John or Will. Why shouldn't we say “I beg your pardon,” or “Excuse me,” and “Thank you” to each other as well as to other men and women?

ANOTHER CHAPTER ON "QUACK COMBINATIONS" AND
"QUACK" LITERATURE.

“Editor Herald of Health: I noticed in the HERALD OF HEALTH, June number, an article entitled ‘Combination of Quacks and Quack Literature.’ At the present time I am under treatment by one who circulates these pamphlets, and by reading this article I am deeply distressed and very anxious to know what kind of a track I am on. I am troubled with sexual weakness and errors in my youth; but for the last nine or ten years I have been entirely free from the habits by grasping every way that is good and true with all the light and knowledge I could gain, and seeking to do my Creator’s will. But if you would write and advise me of these remedies I feel you would brighten up the burdens of life very much. Between four and five years ago, I went through a museum in New York. At the door I received a book mentioning testimonies of cures of these troubles. This is the first I became convinced I was troubled this weak way, and went to see what could be done for me. The money it cost me was two hundred and twenty-five dollars in advance, besides the consultation fee and expenses to city and back while under treatment, and received but little benefit. I am a poor man, and had to borrow \$140 before I could commence. So I had to struggle on the best I could to earn the money to pay up the bill. I have now a little ahead, and I am willing to spend it if I can get benefited. I seek to make my habits the best that I can see and know how to benefit my health, though life is quite a burden, though I never say fail. I enclose pamphlets as come to me for you to see. So if you will write and inform me you will do me a great favor. I have been a reader of the HERALD OF HEALTH for many years.”

The article alluded to in the above letter from a valued subscriber (whose name, at his own request, is kept private) has attracted much attention, and we have received numerous communications thanking us for the exposure. One or two letters have also been mailed us threatening all sorts of dire evils if we do not “let up” on these quacks and imposters. But we have hardly commenced the fight, and we intend to prosecute it until we open the eyes of unsuspecting and deluded victims to the grossness of the imposition practiced upon them. Our correspondent encloses a circular gotten up by the parties who have imposed upon him well calculated to convince even the strongest and healthiest of men that he is in the last stages of physical decay, with the grave yawning

at his feet. And yet the chances are that there is nothing actually the matter with our friend. He never knew he was a victim until he read a similar circular, and to the perusal of this document he doubtless owes both many weary hours of mental distress, to say nothing of the loss of money he could ill afford to spare. Here is an extract from a document sent out by a "Quack Combination Concern" not far from this city:

"The inevitable effect of the disease is to shadow all the hopes and prospects of life, rendering existence itself wretched and unbearable. Very often the unhappy sufferer is tempted to commit suicide—in some cases the mind is entirely destroyed, and insanity and idiocy finally supervene. Any one who doubts the vast number of intellects ruined by this practice can visit any one of our insane asylums, and the records will show that one-seventh of the cases of insanity among their patients are the result of ———.

"The symptoms in ——— differ as do symptoms of other diseases, yet more or less of the following symptoms accompany all cases—in some cases but two or three: In its earliest stages—Depression of spirits, languor, dizziness, dimness of sight, confusion of ideas, evil forebodings, aversion to society, blotches and pimples on the face, ringing in the ears, loss of memory, costiveness, melancholy spells, fever, dark circles about the eyes, nervousness, timidity, palpitation of the heart, weak back, dull spirits, dread of future events, pains in the back, head and breast, disinclined to business, laziness, heedless, singing noises in the head and ears, deposits in the urine. As the disease progresses the symptoms become more alarming; failure of memory ensues, wasting of the muscles of the body, emaciation, loss of sexual power, impotence, apoplexy, loss of nerve power, brain disorders, eyes sunk in the head, general debility, absence of will's power, harsh, grating voice, sleeplessness, spasms, twitching of the tendons, failure of nutrition, derangement of sight, stupid, effeminate countenances, irritations and inflammations, flaccid and feeble muscles, sickening, foetid breath, lack of self-confidence, inability to reason, calculate, or fix the mind upon a given subject, weariness of life, wasting decay, consumption, indigestion, fainting fits, obscured imagination, powers of thought blunt and inactive, and at length insanity, idiocy, melancholy aberration, and such a complete state of exhaustion as to cause sexual inability."

And this extract is but a specimen of the tons of such trash mailed daily throughout the country from every one of our large cities. Thousands of men, intelligent, well-read and good students of human nature, are "taken in and done for" by these unscrupulous quacks. These

publications come into their hands. They may at first throw them away unread, but the next mail brings them another batch, and more follow. Finally attention is attracted by some paragraph purporting to describe certain symptoms, perhaps a slight headache or a temporary attack of indigestion, which may at the moment trouble the recipient, and from that moment the quack has hooked his gudgeon. Then, in nine cases, follows the experience narrated in the letter which seems as a text to this article.

We might go further into this subject of circulars, but for the present we have said enough. We should like readers of the *HERALD OF HEALTH* who are in receipt of communications of this kind to mail them to this office. We intend preparing and publishing a list of the "combinations," "institutes" and "temples of health" concerns that issue these precious documents. We will give them all the advertising they desire, and shall not charge them a cent for it either.

We intend to expose the quack, both "lay" and "Rev.," who, through so-called "religious" publications, profess to cure grave constitutional troubles, and who "keep a qualified physician" upon their premises to give an idea of respectability to their doings. Due attention will also be paid to "companies" who impose upon the credulity of the afflicted, but who refuse to disclose, when called on to disclose, the names of their medical officers. We shall write of the analyses made of quack medicines and show how colored water is made to figure under a high-sounding name as a great and unrivalled specific for disease. And this is not all, for we can give a thrilling chapter on the manner in which blackmail is levied, through threats of exposure, and can cite instances where men have been driven almost to insanity by the demands of these harpies for hush money. The *HERALD OF HEALTH* is not sensational, it deals with facts and figures; and in its good work it appeals for the support of all honest-minded men and women.

EDGAR VANDERBILT, M. D.

ON THE VALUE OF COLD BATHING.

The use of cold water for bathing purposes is a time-honored institution in many, if not in all countries. Respecting its value as a bracing general stimulant in suitable cases, says *The Lancet*, there can be no question, and the difference in this particular between its influence and the depressing effect of frequently repeated warm bathing is obviously

a point in its favor. The sharp and transient shock of cold is doubly beneficial. It clearly acts not only as a stimulus of the circulation, constricting for the moment the surface blood vessels and thus provoking their after dilation, but it is also, by the same process, an acclimatizer. The risk of chill from sudden changes of wind and weather is manifestly lessened in the case of those whose vaso-motor system has been trained to adapt itself to such movements by the discipline described above. It is true that constitution, state of health for the time being, and age cannot be left out of account, but we shall not err in saying that, given a fair degree of vascular tone, unimpaired by any serious weakness of the heart muscle, a frequent cold bath rapidly gone through is a tonic as natural as it is beneficial. In beginning the practice it is wisest to choose the summer season, and it may then be continued daily or on alternate days throughout the winter. A correspondent who has been in the habit of thus refreshing himself during the past ten years informs us that, though neither young nor robust (his age is 50), he has enjoyed a dip every other morning even in the depth of severe winters. He experienced apparently equal benefit whether he selected, for a given season, his bath, the sea, or a fresh water lake as the scene of his ablutions. He is naturally a strong believer in cold bathing. It is not necessary even for all bonafide bathers to follow his plan in detail, but his general rules are worth observing. These are—to take a rapid dip, say one which occupies three or four minutes, to bathe on alternate days, to be well warm with exercise before immersion, and to keep up the glow after it. The directions are excellent. In order to follow them out with benefit, a robust physique is not necessary, at all events for bathers indoors; but at least an average degree of vascular tone is.

A HINT TO THOUGHTFUL PARENTS.—An essential inequality of the sexes is based on the tendency to lengthen girlhood and shorten boyhood. The boy is pressed forward into business five years earlier than he used to be fifty years ago, while the girl of 20 does not know as much of house-keeping as the girl of 15 of as long ago. In other words, girls are petted and babied, while boys are sent to work. The effect is not at all favorable to the desirable end of producing happy homes. There is a good deal involved in the equalization of the sexes that is not taken into account in the oratorical discussions of the question. It is argued by Fiske that a lengthened infancy is the basis of finer character and home instincts. However, even infancy may be overdone, as precociousness certainly may be.

EDITOR'S STUDY.

OUR RULES FOR GOOD HEALTH.

1. Be regular in your habits.
2. If possible go to bed at the same hour every night.
3. Rise in the morning soon after you are awake.
4. A sponge bath of cold or tepid water should be followed by friction with towel or hand.
5. Eat plain food.
6. Begin your morning meal with fruit.
7. Don't go to work immediately after eating.
8. Be moderate in the use of liquids at all seasons.
9. It is safer to filter and boil drinking water.
10. Exercise in the open air whenever the weather permits.
11. In malarious districts do your walking in the middle of the day.
12. Keep the feet comfortable and well protected.
13. Wear woolen clothing the year round.
14. See that your sleeping rooms and living rooms are well ventilated, and that sewer gas does not enter them.
15. Brush your teeth at least twice a day, night and morning.
16. Don't worry, it interferes with the healthful action of the stomach.
17. You must have interesting occupation in vigorous old age. Continue to keep the brain active. Rest means rust.

THE VALUE OF MODERATE EXERCISE.—“I am more and more convinced every year of my life that all a man needs in the way of exercise to keep him in health is the use of calisthenics, two-pound dumb-bells and a good, stiff walk. Never exercise within an hour before or after meals, and not sooner than three hours after a heavy dinner. Exercise outside, if possible. After exercise take a cold shower, if the system will stand it, otherwise a tepid sponge bath. In general the system is benefited after a cold shower, if a reaction sets in within five or ten minutes after drying with a coarse towel. If, however, the shower is painful, and is followed by a chill and a feeling of lassitude, do not take it, as it is injurious to you. One should on no account exercise in his street garments. The reasons are obvious. Let your muscles alone and don't worry. You won't be able to carry a barrel of flour or turn a 'flip flap,' but you will be all the better for the inability, for you will probably be alive years after the other fellow has gone to his reward. Men are like candles. You

can't burn them at both ends and expect to preserve them as long as with rational handling. No one would accuse the lion, tiger, or others of the feline tribe with poor muscular development, and yet these beasts exercise no more than the pursuit of food necessitates. Nature gives the longest life to the sedentary animal. The man who vegetates, only doing a moderate amount of exercise, preserving a calm and even temperament, enjoys the longest span. Sometimes when I look at the splendidly developed muscles of an all-round athlete I can't help pitying him, for I know that his race is apt to be a short one. He has overdone it, and nature always resents crowding."—A. H. BROWN.

DISINFECT YOUR HOUSES.—Any one moving into a house should see that the rooms are disinfected. No agent can guarantee that there has been no infectious disease in the house; he does not know anything about it. Commence at the cellar first and go through each room. This should be done before you take possession, if possible; but if it is not convenient it should be done before you get settled. An ounce of sulphur may save many a dollar of a doctor's bill. Sulphur and alcohol are the most satisfactory disinfectants, and they possess another advantage in being inexpensive. The alcohol is only necessary to cause the sulphur to ignite quickly. The sulphur will burn without it, and if you have no alcohol take three or four lighted matches and place them on top of the sulphur and it will soon take fire. All silver or gilt articles should be removed from the room while the sulphur is burning, otherwise they will be very much discolored, and in some cases destroyed. In houses that have furnaces matters are considerably simplified. The sulphur can be put in the furnace, all the registers can be opened and the whole house disinfected at the same time. If the fumes become too strong open the cold air shaft and the windows, and they will soon be dissipated.

SAFEGUARDS AGAINST POISON.—Don't get up in the night and take yourself or give another a dose of medicine without first turning up the light to see the bottle or powder plainly. Don't pour out the contents of a bottle of medicine and refill with another fluid without at once erasing the old label and writing the new one. Don't give a new medicine without first smelling and tasting. A good plan is for the attendant to take a full dose before giving a very young child a dose of a new medicine (*i. e.*, the first out of a bottle of a new prescription or an old one renewed). A mistake which would only make an adult sick might prove fatal to an infant. Don't repeat a dose oftener than written directions indicate, and, if verbal, write them down for reference. Don't mind a little delay in

order to consult the druggist or doctor if the slightest uncertainty exists as to the dose or mode of administration. Every doctor and druggist can relate amusing instances within his personal experience of mistakes about taking medicine—often harmless, but too frequently serious in their consequences. A safe rule, which I have long practised, is to read the label every time you take a dose of medicine or give one to any one else, even if you have just set the bottle down. This may seem a trivial and even a childish precaution, but a habit of this kind once formed is an absolute protection against danger. There are persons now living who would give worlds if they had always acted on this rule, but not doing so, there came one little moment, and it was forever too late. In like manner a few simple precautions such as have been referred to would, if acted upon, greatly diminish, if not entirely do away with, the so-called "accidents" caused by mistakes in the use of drugs. Doctors and druggists, being human, are, of course, fallible, and may make mistakes themselves, but all the mistakes of all the doctors and druggists in the country in a period of ten years combined would not do the damage, I believe, that is caused by the domestic mistakes of a single month.—*Dr. E. M. Schaeffer.*

BAD FOR THE BLONDES.—*Dr. Beddoe*, of London, is responsible for a statement which is at once novel and surprising. He declares that the chances of dark women obtaining husbands are to those of fair women in the proportion of three to two; and that this conclusion is proved by statistics. Certainly this is in opposition to the general idea upon the subject. For every dark heroine of a novel there are twenty fair ones; while, although a few poets have sung the praises of dark beauties, those who have celebrated the charms of fair ones are vastly more numerous. Among the lower classes of English, indeed, there is a general prejudice against dark-haired women, it being a fixed idea that they possess infinitely worse tempers than fair women. Were *Dr. Beddoe's* theory correct, says the *Standard*, that three brunettes marry to every two blondes, it would certainly be found that almost every unmarried lady past the age of thirty belonged to the latter category; which is certainly not the case. At the same time the fact that the hair of the people of this island is becoming distinctly darker than it was is one that cannot be denied. Persons who can look back half a century will be ready to admit the change in this respect. For every red-haired person to be seen now ten would have been met with fifty years back; and if the change continues at the same rate, in another half-century red-haired people will have become so

uncommon that a red-haired lady will be one of the most attractive figures in a country show. From what cause this arises we are unable to say; but we cannot think that Dr. Beddæ's theory that three men out of every five prefer dark women to fair is a correct one.—*London Standard*.

EYE-GLASSES NEEDFUL AND HELPFUL IN MANY CASES.—Dr. David Webster, of New York, says: "In gathering distant pictures the normal eye finds no trouble, but it is in near work, as reading or sewing, that the difficulty comes. In reading, the book should be held a distance of ten or fifteen inches from the eyes. The reader's position should be such that the light may fall on the book, and not on the eyes. The light itself should be sufficient; nothing is so injurious to the eyes as poor light in reading. Next to sunlight the incandescent light gives the best illumination for reading, and all notions of the injurious effect on the eyes of the electric light are erroneous. Reading while riding in the cars should be avoided. The jolting and shaking of the train causes a great strain to the eyes and injures them. There is a great deal of popular prejudice against spectacles, but there are two good reasons why they should be worn, and only two. One is that we may see better, and the other that strain on the eyes may be relieved. The near-sighted child should wear spectacles, because they are the best preventive against increase of near-sightedness, and also because he loses a great part of his education in not being able to see more than a few feet away. When a person grows old the power of accommodation is lost, and even if he be not near-sighted the hardening of the crystalline lens prevents sight at short distances. Hence he is obliged to wear glasses. The vast majority of persons who wear glasses can see as well without them. They use them to avoid a constant strain on the eyes. The act of focalization is a muscular one, and uses up nervous energy. The oversighted eye, in which the focus comes behind the retina, has to perform this muscular act continually. The results are headache, irritability and nausea. The only remedy in such cases is to wear glasses. For eyes in a healthy state pure cold water is the best wash. When the eyelids are inflamed a weak solution of salt and water makes the best domestic eye-lotion. Never apply poultices to the eye."

SYMPTOMS OF LOSS OF HEALTH.—A cold is a departure from health, and should really be attended to at once. Do not let it cure itself. Get rid of it soon. Do not feed it, though, but starve it. One cold after another nearly always ends in thickening of the mucous membrane of the bronchial tubes, and before you are aware of it you become the victim of a cough. The morning tub (cold, I mean) is a very sure preventive of

colds. Never overclothe or overheat yourself. The neck should be kept cool. Cough, if not the result of simple laryngeal bronchial catarrh, may mean a very serious departure from health. Getting thin is another serious departure from health. One generally does lose weight in winter, and regain it in summer; but a slow and steady decrease in weight calls aloud for prompt measures. Want of sleep and restless nights are symptoms which cannot be overlooked. The cause must be found and removed. The trouble may certainly arise from overwork and worry combined, but in most cases the stomach and digestive system are the roots of the evil. Nervous people worry most, but they also work most. Well, the question one is inclined to ask himself when he feels something wrong with his health is: "Am I overworking myself?" I would answer thus: If you really enjoy working it cannot injure you very much; but, on the other hand, if it is force work, and you find little pleasure in it, then it will tell on your constitution. But many people cannot afford rest. Well, but wonders can be done by taking exercise; by breathing only fresh air night and day, indoors and out, and by careful regulation of the diet. In conclusion, let me entreat of you, as you value your happiness, not to neglect first departures from health.—*Cassell's Family Magazine.*

WOMEN IN BUSINESS.—Women who go into business, either from choice or necessity, should acquire business habits, adopt business methods, and possess themselves of all knowledge of details and general information. There should be no sentiment about it; they should expect no immunity from disagreeableness on the score of being "ladies;" their prospect of marriage should have no more effect on their work than it has with that of men. Their dress should suit the requirements of the occupation. In no dress does a girl look neater, prettier or more graceful than that adopted for gymnastics or lawn tennis, both of which give fullest play for all movements. How much better would many working girls look and feel and work in such dresses than in the gaudy, tawdry finery so many of them wear. These should have their business suits just as men do. They should also realize that in obtaining employment weak backs and pale faces and general debility are at a discount. They should expect no favors on the score of sex; they should call for no privileges; they should call for no foolish notions as to chivalry and deference and all that. Business is business, and this is not an age of chivalry, but of political economy and the survival of the fittest.—*Bessie Bramble.*

TRIPLETS SEVENTY-ONE YEARS OLD.—“There stopped with me last week,” says Mr. Tom Dame of Macon, Ga., “an old gentleman named Laurence Hammond of Jones county. He is 74 years old and is yet strong and hale. His presence here reminded me of the remarkable history of a portion of his family. He has three brothers who are triplets. They were born in Jones county, and about the time they reached manhood they wandered apart; one went to Monroe county, where he still lives, and two went to Mississippi. Eleven years ago the three brothers met and celebrated their sixtieth birthday. I was present, and, you may imagine, it was a remarkable and interesting occasion. On the twenty-third of last February they were 71 years old, and all of them are stout, healthy men. They were in Macon at the last state fair, and stopped with me, and if we live they will be here the next State fair. The two in Mississippi are Jesse and Thomas, and the one living in Monroe county is Ben. It isn't often you strike up with such cases, is it?” Laurence Hammond was in the city yesterday, and one would hardly suppose that he is 74 years of age.

WOMEN AND THE HOUSEHOLD.

[CONDUCTED BY MRS. R. J. McMILLAN.]

EXERCISE AS A BEAUTIFIER.—It is a fact which cannot be disputed that women in this country do not take sufficient exercise. We are a luxury-loving nation, and for those who have no softly cushioned carriages there are the many public conveyances by which we can accomplish our journeys at our ease and cheat our muscles to the fullest extent our purses will permit. “But I am a good walker,” says many a woman, when the subject of walking comes up. Whether she is or not is a matter easily ascertained. Nothing short of an ability to walk four miles without undue fatigue on a fair road, taking the way as it comes, constitutes a woman a good walker, and to be able really to call herself one, she ought to double this distance. But walking is not in itself sufficient exercise. The muscles of the upper part of the body do not have work enough to do, and to give them proper play the seeker after health and beauty should devote at least ten minutes every day to vigorous exercise with clubs or dumb-bells. The latter, perhaps, are the safer for beginners, but they require more hard work than beginners will usually give them. With the clubs, however, it is easier to overdo. The ladies of several

Eastern cities have recently organized tricycle clubs and are undertaking many delightful trips on their wheels. Those who have ever tried this ideal form of exercise do not need to have its fascinations described. It is less fatiguing than any other form of exercise, because by it every muscle in the body is brought into play, and one who knows the delights of a smooth spin over a level road, the earnest, pleasurable effort of mounting an incline or the exhilarating effect of a blood-stirring coast down hill, with every energy directed to the controlling of brake and guiding-bar, and the whole body tingling with enjoyment of the swift motion and glorious fun, will need no urging to aid in popularizing this amusement among women. No need for rouge upon the cheek made blooming by the glow of healthy blood sent coursing through every vein or for powder to hide the sallow skin with its unsightly blemishes; pure air and clear water will take care of those; no need for "dress improvers," and the various devices known to modistes for building up the figure, for the woman whose form is rendered supple and lissome by exercise, and whose muscles are rounded and developed by use.—*C. C., San Francisco.*

WHY GIRLS EAT CANDY.—"American girls eat more candy than the girls of any other nation," said an observing traveler recently to a reporter. "They commence on New Year's day and then continue until New Year's eve. Always candy; sometimes because it is a birthday, sometimes because they meet a friend, sometimes because it was sent to them. They have as many excuses for eating candy as a man has for drinking whisky."

"Don't foreign girls eat candy?" "Oh, yes; and they are learning very fast to follow the example of the fair sex on this side of the water. In this country the Yankee girls were the first to start the fashion, or habit, as it should be more properly called, and from the east it has spread all over the country. Now I think the western girls can hold their own against all comers. In Europe, Germans, Italians and Spaniards are great eaters of pralines, chocolates a la creme, sugared almonds and crystallized fruits. French women eat fondants, and there a man, when he escorts a lady to the theatre, must carry with him a packet of douceurs. In England candy eating started with sucking caramels or nibbling cremes. Now the well-to-do Briton eats sweets with his wine after dinner. They are fond of fondants, nougat, candied mandarins or tangerines and other kinds. Butter Scotch, barley sugar and chocolate are the ordinary, every day candies. Soldiers suck almond rock while doing sentry duty, the policeman on his beat usually has a bull's eye or brandy ball in his mouth, and the British tar chews an American caramel instead of the quid of pigtail

that used to distend his swarthy cheek in the good old days of England's "wooden walls."

HOW A BEAUTY TAKES HER BATH.—Admitting the necessity of the use of soap and water, let us consider the best sort of bath to take. Nine people out of ten who think they cannot risk a plunge bath may find that by managing it judiciously it will prove a tonic to the whole system ; but the tenth person is the exception and must devise another means of complete cleanliness, since the weakest skins are those in which poisons are most apt to be detained, and the invalid who cannot endure a plunge must be on the alert to throw off in some fashion the oily film deposited on the surface of the body. Probably no bath is healthier than the tepid, although as we shall see both cold and hot may be used in certain cases to great advantage. The Princess of Wales, whose complexion is not only the finest, but who has best stood the wear and tear of time, takes her morning plunge regularly and in water fairly cold, but she is particularly careful to promptly make use of the flesh brush—using gloves of moderate roughness, rapidly over the surface of the body, and finally the rough towel in a quick, general rub, occupying both for the bath and this massage, if one may call it such, twenty minutes in all. At night the same lady's bath is prepared of tepid and distilled water, the admirable advantage of which is not properly understood. Every particle of foreign matter is removed from distilled water, so that it is absolutely pure. It costs about twelve cents per gallon, and can be used, a quart at a time, for a quick sponge bath with admirable effect, when combined with a little glycerine and rose water.

THE KIND OF HUSBANDS THEY LOOK FOR.—How women do differ in regard to the kind of men they want to marry. Indeed, there seems to be very few who have succeeded in getting the one fancy had painted for them. No doubt they all had their minds made up to marry an ideal, but when their fates came along the ideal was forgotten, and is only recalled as an idle fancy. With some it may be more serious. For instance, says a correspondent of the *Pittsburgh Gazette*, those who abandoned their ideals and married rakes or worthless creatures in the guise of men. These unfortunates often recall the husbands they had in the mind's eye, or the worthy young men whom they had snubbed because they were poor. "I am an old maid," writes a correspondent, "or at least I am classed with this set. My years fully justify the younger public in giving me a back seat. I am not writing for publication, but to say to you that I am greatly interested in

'Diana' and her opponents. Like her, I had an ideal; but I had not defined it as closely as she has. So fully was I impressed with the idea that a tall, dark-haired, handsome man would come to me that I would not allow myself to care for any one of the many gentlemen who were anxious to become my suitors. Well, he came one day, and I was certain that he had been sent by my good angel. I loved him at sight, and would have married him within a month. It was not long, however, until I found that he drank, and gambled, and did many other wrong things. Then I gathered all my strength and said no. He promised to reform for my sake, but again I said no. If he would not reform for his own sake and from principle, he would not reform permanently for me. He did these things because it was in him to do them. I take no stock in these sentimental reformatations. They seldom outlast the honeymoon. My ideal was not long in finding another angel, for whose sake he reformed. A year after their marriage she was the most miserable creature I ever knew. He died a gambler and she a sorrow stricken wife and mother. I would say to all young ladies: Have no ideals, but resolve to marry none but honest, industrious, sober, manly men. Study to make yourselves fitting companions for such men, and you will have no trouble in finding such. My ideal man haunts me still; yet when I see one that resembles him I shudder and shut my eyes. So great was my surprise, and so bitter my disappointment when my ideal vanished, that I never have had the heart to think again of marriage."

PALATABLE DISHES FOR INVALIDS AND CHILDREN.—Stewed smelts are considered a delicate and nutritious fish for invalids. After being prepared for cooking, cut off the heads and tails and put them in a stew-pan covered with enough water, adding a very little powdered white sugar and a few sprigs of parsley or sweet marjoram. When the water boils, lay the fish in and simmer them five minutes. Stir in them a little arrowroot mixed with a few drops of cold water, and let it stew ten minutes longer. Serve up the stew into a small dish with a cover, and with a light bread roll. It is an agreeable change from the general diet of the invalids.

Some puddings for invalids, and also for children, are excellent and nutritive. Boil half an ounce of rice in a gill of milk until very tender, then add a very small piece of butter; core and slice a perfectly sound apple; put it in a stew-pan, with a little sugar and water, and stew until tender; when done put the apple in a small tart dish, mix a well-beaten egg with the rice, pour it over the apple, and bake ten minutes in a

moderate oven. A delicate pudding for an invalid or children is made of rice, two ounces washed in water; strain, then put in a pint-and-a-half of boiling milk with slips of lemon-peel, cinnamon, and half a bay leaf tied together; let it boil slowly, stirring it occasionally, till quite tender; add then one ounce of butter, a quarter of a grated nutmeg, a tablespoonful of sugar, and two eggs. Pour it in a buttered tart dish, and bake for half an hour.

A Brown Betty is a most wholesome and agreeable pudding for the children. Cover the bottom of a large, deep, white dish with cored, pared and thinly sliced juicy apples. Add plenty of brown sugar, grated lemon or orange peel. Strew over them a thick layer of bread-crumbs, and add to the crumbs a few bits of butter. Follow this with other layers until the dish is full, finishing it with bread-crumbs and butter. Bake until the apples are quite done and soft. Send it to the table hot.

MOTHERS AND THE NURSERY.

[CONDUCTED BY MRS. F. C. PRESSLER.]

TO CURE A WART, place the thumb upon the wart and press it against the bone. Move the wart backwards and forwards upon the bone until the roots become irritated or sore, when the wart will disappear.

LARGEST CHILD IN THE WORLD.—In Wayne Co., White Creek P. O., on the Big Sandy River, lives Joseph Davis, who has a daughter, aged 6 years, who weighs 230 pounds. This is the largest child for its age known in the world.

STYES ARE SUCH TROUBLESOME LITTLE AILMENTS that the following remedy for their cure, recommended by M. Abadie, may be welcome: Dissolve one part of boracic acid in thirty parts of distilled water, and drop on some of this solution with a wetted piece of wadding several times a day. It is said not only to effect a cure, but to prevent a return of this annoying affection.

THIS CASE NEEDS NO COMMENT.—Mamie Husking, a young girl 17 years of age, who recently came here from Santa Clara to attend the Girls' High School, was yesterday committed to the Napa Asylum for the Insane. About eight weeks ago she began raving about ancient history, mathematics, etc., and finally became violently insane. She was brought to the Commissioners' office yesterday morning a raving maniac, and

while being examined declaimed concerning the architecture of the new City Hall in language singularly well selected and elegant. As she is dangerous to be at large, and her affliction is increasing, the Commissioners sent her to Napa. In their report they ascribe her mania to over-education and overwork at school.—*San Francisco Call*.

THRUSH, OR SORE THROAT OF INFANTS, is often due to the rough and careless swabbing out of the mouth of the child by the nurse, who uses the corner of a coarse towel, and proceeds as if she were scrubbing the kitchen floor or back stairs. In Prague, since Obstein has forbidden the washing of the mouths of infants under his care, stomatitis has almost disappeared from the lying-in-hospitals, whereas previously fifty-two per cent. of the infants born there and under ten days old were afflicted.

APRYSEXIE IS THE NAME Dr. Guye, of Amsterdam, chooses for inattentiveness, and he quite singularly finds that the nose is a cause of it. A dull boy became quick to learn after certain tumors had been taken from the nose, and a man who had been troubled with vertigo and buzzing in the ears for twelve years found mental labor easy after a like operation. In a third case a medical student was similarly relieved. Dr. Guye supposes that these nasal troubles affect the brain by preventing the cerebral lymph from circulating freely.

A RECENT WRITER ON BOW-LEGS AND IN-KNEES speaks of the relative frequency and curability of these deformities. After many observations he noted the fact that bow legs is quite common among colored children, and that they often grow out of it, but still their legs rarely become as straight as the Caucasian idea of form and symmetry require. Bow-legs are more amenable to treatment than in-knee. Braces and splints are the remedies for these affections. For in-knee use the splint at night only, and in all cases resort to daily rubbing and bending of the distorted legs.

THE VALUE OF GYMNAS TIC EXERCISES.—Luther, the father of the Protestant Reformation, is quite as affirmative on the subject of the necessity of gymnastics for the preservation of the health. Gymnastic exercises, he says, give strong and robust limbs, and promote the health of the whole body. Youths who are interested in them will not be likely to abandon themselves to lazy habits, to debauchery, to strong drink, or to card-playing. One great philosopher, Montaigne, has a striking passage in his letter to Diana of Frix, Countess of Gurson, in which he sets forth in a clear manner the importance of making the physical train-

ing keep pace with the moral ; and I cannot but think, with Dally, that it would be well if the entire passage were printed on the walls of our schools : " It is not a soul, it is not a body, that you are developing, it is a man—and you are not to treat them as if they were separate, or cultivate the powers of the one without at the same time cultivating those of the other. They should, in fact, be managed like a pair of horses harnessed together."

SICK ROOM HINTS.—Don't light a sick room at night by means of a jet of gas burning low. Nothing impoverishes the air sooner. Use sperm candles, or tapers which burn in sperm oil. Don't allow offensive matters to remain. In cases of emergency, when these cannot at once be removed, wring a heavy cloth—for instance, like Turkish toweling—out of cold water, use it as a cover, placing over this ordinary paper. Such means prevent the escape of odor and infection. Don't forget to have a few beans of coffee handy, for this serves as a deodorizer, if burnt upon coals or paper. Bits of charcoal placed around are useful in absorbing gasses and other impurities.

BABY POWDER THAT KILLED.—The ladies of the stage, perhaps even more than their non-professional sisters, are careful of the preservation of their charms. Like most of that sex known as "the sex," they make a corporeal application of "baby powder," etc., after the bath, and are not innocent of various powders and cosmetics on other occasions. Probably many of them go in for less innocuous dryers, softeners and beautifiers after ablution than "baby powder." Let them beware, for they may suddenly have to sacrifice to Venus on the other side of the Styx. Here is a tale for their ears : Frau Frohn, a German actress of excellent reputation, died a few days ago in Berlin in a somewhat extraordinary manner. On leaving her bath, she powdered herself with some sort of veloutine. Then she cleaned her nails with the point of a pair of scissors. She stuck herself on a finger, and the perfumed powder got into the slight wound. Instantly the finger began to swell and the doctors who were called in were unable to stop the poisonous progress of the veloutine. The finger was amputated and then her hand, but nothing was of any use, and the unfortunate woman died in the most horrible spasms.

IMPROVED SWADDLING CLOTHES.—At the Illinois Homœopathic Medical Association the feature was the illustrated lecture of Dr. C. L. Grosvenor on "Infant Hygiene." The doctor treated of the inadequacies of infants' swaddling clothes, descanting on the harmful effects resulting from the tight bandaging of a child in its earlier years, and suggesting what he

considered a good remedy. A loose, warm garment was the only and proper thing, leaving to the child the use of all its limbs and coaxing rather than impeding its development. He would throw away the bandaging and use cotton wadding—bandaging, if at all, with extreme looseness. Tight bandaging, thought Dr. Grosvenor, impeded the liver, which is the great scavenger of the human body, in its eliminating action. The lungs would then be derelict in their duty. The blanket likewise ought to go; it was a homely thing at best, of little use, and a great discomfort to the youngster. He would likewise throw the skirt overboard. Progress had been made in almost everything else but in the matter of babies' clothing. "Give us soft, fluffy goods, something like this," said the doctor. And he held up his ideal baby's swaddling clothes. It was a garment fashioned ethically, of white flannel material, with a fluffy, downy border of sky-blue tint, soft and downy inside, such, in fact, as ought to make any modern little toddler wish for a perpetual season of babyhood. He explained its mechanism. "Goes right up the sleeves, thus. See? Perfect, absolute freedom in it. Here your baby can kick and no harm done. No pins to meet the plump limbs half-way. A poem of a garment. A modern, ethical, physiological dress. The development of centuries in a day! Examine and be convinced. Get an idea of the perfect hygienic character of this perfect dress." The women doctors present examined it, and rapturously pronounced it a jewel, and just too lovely for anything.

DR. EDSON'S SIMPLE TESTS FOR POISON IN CANDY.—The Board of Health has not interfered often with the manufacture of candy in New York City, though the fact that candy is very frequently adulterated is well known, and there can be no doubt that occasional interference would be wholesome. Dr. Edson advises that a little of suspected candy be dissolved in cold water. If kaolin or quartz has been used it will settle to the bottom of the glass. If whiting (ground chalk) is present, a little acid will make the solution effervesce. If there is starch, a drop or two of tincture of iodine will turn the solution to a bluish color. By burning a little of the candy and mixing the ashes in water and a little chloride of barium, a white cloudiness may be produced. If it is, there is probably terra alba in the candy. Adulterations for color, he says, are some of them harmless, and some highly injurious. He recommends that a little of the candy be dipped in alcohol. If the color be dissolved out, dip a white woolen yarn in the solution. If the yarn is colored, the adulteration is probably a coal tar color; if this is red, it may contain arsenic. If the

alcohol does not remove the color, put a drop of hypochlorite of calcium in solution on the candy. If the color fades out, it is probably harmless. The commonest poison used for color is chrome yellow, which is a very dangerous poison. Pour ammonia on the candy; if it turns red, it contains turmeric, which is harmless. Dissolve some of the candy in a clear tumbler of water. Hold this in the sunlight, and look at the water against a black background. If it looks yellow-green as seen against the black, and yellow when held to the light, it is harmless. It contains fluorescein. If these results are not obtained, don't eat the candy. It probably contains chrome yellow. Again, dissolve a bit of any suspected chocolate or brown-colored candy in a glass of hot water, and see if any burnt umber is left in the bottom undissolved in the form of a brown, gritty residue. If so, don't eat the candy. No simple test is known by which to detect the presence of prussic acid, fusel oil, oil of vitriol, wood alcohol and rancid butter, all of which, with some other ingredients, are sometimes used to give a pleasant flavor to the candy. But if the candy was bought from a reputable first-class dealer, and any of it is left after all these tests are applied, you may eat it without serious apprehensions.

A MEDICAL writer recommends the eating of young, raw onions by children three or four times a week, and of boiled and roasted onions when they get too strong to be eaten raw. Another writer says, that "during unhealthy seasons, when diphtheria and like contagious diseases prevail, onions ought to be eaten in the spring of the year at least once a week."

MOTHERS who do their own housework need to be very careful of overdoing, of getting overheated, of exposing the arms in winter when hanging out clothes. Never nurse your child when angry or especially nervous; wait until you are more quiet. The crying for food will not do it as much harm as improper food.

DON'T be led into the belief that true cholera infantum is simply produced by summer heat. Disturbing food, such as unripe or over-ripe fruits, decayed food of any description, or milk which is impure or slightly turned, are the principal causes. Exercise care in regard to these and prevent the disease.

A LITTLE self-denial on the part of the nursing mother, the exercise of watchful care on the part of one who is forced to bring her child up by bottle, will do more to carry it safely through the possible dangers of dentition than the attendance of the doctor.

QUESTIONS AND ANSWERS.

AVOID LEAD POISONING.—*Mrs. R., New Orleans.*—And all preparations for the hair containing lead. The lotion you say was recommended you by a friend, containing, as it does, lead, is exceedingly dangerous.

FOR LICE ON CHILDREN.—*Mrs. F. R., Chicago*—For lice on children's heads try carbolic oil (one part of carbolic acid to eight of oil.) Keep the head at all times strictly clean.

DYSPEPSIA.—*F. H. G., Malden, Mass.*—Your case is by no means an uncommon one. You are suffering from dyspepia. Take more out of door exercise and abandon the habit of late and heavy meals. Keep your stomach and bowels in good condition. Try plenty of fresh air and cold sponge baths.

OZONE.—*Frank Reynolds, Binghampton, N. Y.*—The quantity of ozone varies greatly in different places; but it exists in greater quantities by the sea and in mountain air. Ozone can be obtained artificially, but as we have already stated, we know of no reliable apparatus for the purpose. Its production from phosphorous is dangerous. There is a fortune in store for an inventor who solves the problem of cheap and reliable production of ozone.

NEEDLESSLY ALARMED.—*Anxious Inquirer*—You have been needlessly alarmed; books like the one you refer to always make non-professional readers nervous. True, from the symptoms described we judge that there is nothing seriously the matter with you. Try the effects of cold sponging, cheerful society, and don't study over much. Let us hear from you again.

REGULARITY IN EATING.—*Indigestion, San Francisco*—By all means cultivate regularity in meals, and you will find that the stomach will respond in time. Even if you have the bad habit of eating four meals a day, it is not necessary that you should "gorge" yourself every time you sit down to the table. Eat moderately to begin with, and partake of such goods only as you know will agree with you.

FULL LENGTH.—*Inquirer* writes that he is 18 years old and five feet tall. He is dissatisfied with his height, and asks if there is any way in which he can increase his stature. We sympathize with our correspondent, but can afford him no relief. He has probably attained his full height, though possibly he may fill out as he gets older. We advise him to accept Nature's decree philosophically, and give the subject no further concern.

THE MEDICAL VALUE OF VEGETABLES.—“*A Mother*” wants to learn of the medical value and effects of vegetables. A celebrated cookery book gives the following information upon the subject:—“Asparagus is a strong diuretic, and forms part of the cure for rheumatic patients at such health resorts as Aix-les-Bains. Carrots, as containing a quantity of sugar, are avoided by some people, while others complain of them as indigestible. With regard to the latter accusation, it may be remarked in passing, that it is the yellow core of the carrot that is difficult of digestion—the outer or red layer is tender enough. The large sweet onion is very rich in those alkaline elements which counteract the poison of rheumatic gout. *If slowly stewed in weak broth, and eaten with a little pepper, it will be found to be an admirable article of diet for patients of studious and sedentary habits. The stalks of cauliflower have the same sort of value, only the stalk of a cauliflower is too often so ill-boiled and unpalatable that few persons would thank you for proposing to them to make part of their meal consist of so uninviting an article. Turnips in the same way are often thought to be indigestible, and better suited for cows and sheep than delicate people; but here the fault lies with the cook quite as much as with the root. The cook boils the turnip badly, and then pours some butter over it, and the eater of such a dish is sure to be the worse for it. Try some better way. What shall be said about our lettuces? The plant has a slight narcotic action; when properly cooked it is really very easy of digestion.”

MILK AND EGGS IN MIND TROUBLES.—Dr. Clouston in the annual report of the Edinburgh Royal Asylum answers the query of Henry R. Johnson, of St. Louis, as to the use of milk and eggs in the cases of nervous patients. He gives to such patients as many as a dozen eggs, and as much as six or seven pints of milk a day. When this form of treatment is associated with plenty of walking exercise in the open air, a great increase of weight often takes place. “The greater my experience becomes,” writes Dr. Clouston, “I tend more to substitute milk for stimulants. I don’t undervalue the latter in suitable cases; but in the very acute cases, both of depression and maniacal exaltation, where the disordered working of the brain tends rapidly to exhaust the strength, I rely more and more on milk and eggs made into liquid custards. One such case this year got eight pints of milk and sixteen eggs every day for three months, and under this treatment recovered. I question whether he would have done so under any other. He was almost dead on admission, acutely delirious, absolutely sleepless, and very nearly pulseless. It was a hand-to-hand fight between the acute disease in his brain and his gene-

ral vitality. If his stomach could not have digested and his body assimilated enough suitable nourishment, or if he could not have been taken out freely into the open air, he must have died. But to-day he is fulfilling the duties of his position as well as he ever did in his life. All acute mental diseases, like most nervous diseases, tend to thinness of body, and therefore all foods, and all treatments that fatten, are good. To my assistants, and nurses, and patients I preach the gospel of fatness as the great antidote to the exhausting tendencies of the disease we have to treat, and it would be well if all people of nervous constitution would obey this gospel."

ON THE CARE OF TOOTH BRUSHES.—*Amateur Dentist, Logansport, Ind.*
—The use and care of the tooth brush are important subjects of which, as a rule, but little is known.—“Tap the brush before using it to see if you can jerk out any loose bristles. Tap the brush after using it, to shake out the water, and put it away fairly dry. Do not keep it closely shut up in a brush-tray or dressing-bag bottle. Loose bristle may be found in a new brush in consequence of the wire having cut the bristles in half while drawing them into the hole, the knot being too full. Bristles may project beyond the level of the serge, the knot being too slack; clip them off; do not withdraw them, and thereby make the knot still more slack. Bristles will perish if brushes are put away thoroughly wet, and left for days to get thoroughly dry; after a time, even with the greatest care, this will happen. Brushes will smell offensively if closely shut up when wet; they will also become discolored. Tooth-brushes will wear out in course of time; some people use them for months, while some will cut them down very quickly. Teeth with sharp edges cut bristle. Teeth with irregular spaces will catch individual bristles and forcibly withdraw them. Some people select a brush too soft for their requirement, and make it harder by pressure, breaking down the bristles, which they would not do if their brush was sufficiently hard. A tooth-brush being an inexpensive article, it is wiser, therefore, to throw it away before it is thoroughly worn out, than to keep it as an annoyance, which it will be if used too long.

HEALTH INVENTIONS AND APPLIANCES.

FOR THE CURE OF PHTHISIS.—Dr. Hobart Cheeseman, N. Y., states that the oxalate of cerium has been proved a remedy for cough in every stage of phthisis. He has had an extensive experience with the drug, and

speaks of its utility in the highest terms. Dr. W. H. Gardner, surgeon in the United States Army, recommends the oxalate of cerium in seasickness. He says: "I do not think I exaggerate when I state that it will cure or materially relieve 75 per cent. of all cases." It is administered in doses of ten, fifteen, or twenty grains every two or three hours, in about one tablespoonful of water. He also says he has used it in hundreds of cases of sick headache with marked success. He also confirms Dr. Cheeseman's experience in regard to its useful effect in relieving cough.

IT HAS BEEN FOUND THAT IODINE when combined with salicylic acid can be readily incorporated with fat, wax or paraffine, and that from lighted candles made in this way iodine and phenol are shed in a gaseous form, the phenol coming from the decomposition of the salicylic acid. When combustion is rapid the phenol is destroyed, but not so the iodine, which can be detected by its peculiar odor. It has been stated that in cases of "hay" catarrh, asthma and spasmodic cough relief has been obtained from the iodine vapor thus dispersed. As a deodorizer it is said to be most marked in its action, destroying the smell of tobacco-smoke, the stuffy odor of closets, and so on.

DR. THOMAS ADDIS EMMETT, describes his method of tracheotomy without the cannula. He uses a silver wire which is passed through the skin and the trachea, so adjusted as to turn the edges of the skin over into close contact with the edge of the opening in the trachea. He thinks it a comparatively easy matter to obtain an early union between the edges of the skin and the lining membrane of the trachea, and at the same time to preserve the necessary opening into the air passage. He thinks the cannula can never be so perfected that its presence in the trachea will avoid irritation.

AN ARTIFICIAL LEG has been patented by Mr. Alexander Gault, of Medford, Minn. It has a socket for receiving the stump of an amputated leg, formed and suitably shaped of hard moulded India rubber or gutta percha, with other novel features, being especially adapted for use by one whose leg has been amputated between the knee and foot, and designed not to chafe the stump of the wearer.

A BROILING SANITARY OVEN for ranges has been patented by Mr. James G. Lyon, of Brooklyn, N. Y. The fire pot of the range is provided with an open front grate set back from the front of the range, and the space between the fire pot and the range front is floored over, forming a space in which viands may be exposed to the live coals behind the front grate.

PUBLISHERS' DEPARTMENT.

A GRATIFYING ANNOUNCEMENT.—We are pleased to announce a large increase in the number of new subscribers the past few weeks. This is a gratifying fact, as this season of the year is generally very dull. Our friends write us freely expressing satisfaction with the enterprise and practical teachings of the magazine, and did space permit, we should only be too happy to publish their words of commendation and encouragement. We, however, as the preachers say, “improve this opportunity” to return them thanks, merely observing that we shall do all in our power to retain their good opinion and well wishes. With all due modesty we think the *HERALD OF HEALTH*, in its own peculiar field, is “equalled by few and surpassed by none,” and we promise our best efforts to keep it in the front rank of Hygienic progress and reform.

WRITE PLAINLY AND ENCLOSE STAMPS.—All letters should be directed plainly *HERALD OF HEALTH Co.*, P. O. Box 2141, New York City, and all names carefully spelled. Otherwise writer and publisher are often put to great inconvenience. Mistakes are constantly occurring through illegible names of post-office addresses. Persons desirous of replies to their letters MUST enclose postage stamps. Two cents is but a small amount for one to pay, but when you pay that sum, small as it is, upon hundreds of letters, it foots up many dollars.

PROBABLY MANY OF OUR READERS know of and use James Pyle's Pearline, the newest thing in soap. Just a hint to those who do not—“Murder will out,” and if Pearline did not do all that is claimed for it, the fact would have been proven long ago. Pearline came to the relief of over-worked women just ten years ago. An entirely new idea, and now over one million families use it, in place of soap, the reason is obvious, and we would advise our readers who are not using it, to at least try it, and see if they, too, do not approve of this great invention for reducing the drudgery in woman's hardest work.

TEMPERANCE AND PROHIBITION is the expressive title of an interesting and popular work from the pen of G. H. Stockham, M.D. The author takes a scientific and common sense view of the prohibition problem and his book throws new light upon a subject that is now agitating the country. On many points he takes similar ground to that of Professor Bunge, whose paper on the “Alcoholic Question” in the April issue of

the *HERALD OF HEALTH* attracted so much attention. The price of the volume is \$1.00 and it can be had from the author, whose address is 1209 Broadway, Oakland, California.

ST. LOUIS HYGIENIC COLLEGE.—We are in receipt of the second annual announcement of the St. Louis Hygienic College of Physicians and Surgeons, the advertisement of which appears in another column. This college, which was chartered less than a year ago, has completed its first term of work ; and it will begin its second term early in October. The announcement states that there is every prospect of a good attendance. We wish the college success.

SUBSCRIBERS IN ARREARS.—Will subscribers in arrears kindly forward the money due us? We do not like to dun, and we are satisfied that this hint will prove sufficient.

CONDIMENTS.

NOTHING reminds one so vividly of the brevity of life as a thirty-day note.

LIFE is short—only four letters in it. Three-quarters of it a “lie,” and half of it an “if.”

THERE are times when a man feels that one good sneeze would do him more good than a ten-dollar legacy.

ONE reason why the girl of the period knows so little about house-keeping is because the young man of the period could not be persuaded to court in the kitchen.

YOUNG Physician (pompously)—Yes, I’ve called at Mr. Brown’s three times a day for a week. He is a very sick man, Miss Smith. Miss Smith—He must be by this time.

TEACHER—“Have animals a capacity for affection?” **Class**—“Nearly all.” **Teacher**—“Correct. Now, what animal possesses the greatest attachment for man?” **Little Girl**—“Woman.”

LITTLE Tommy—“Ma, wouldn’t it be nice if you had the toothache ‘stead of Bridget?” **Mrs. Blueblood**—“Why, my son?” **Tommy**—“‘Cause you could take your teeth out ; she can’t.”

MISS GUSHINGTON—Do you not find Dr. Smalltalk very entertaining. He is such a mimic. **Mr. Sneerington** (who detests the doctor)—I have often noticed that the doctor takes people off very cleverly.

"I was very near gone," he said. "I took an overdose of laudanum, and nearly climbed the golden stair." "But why," asked Miss Sally Partington, in tones of pitying contempt, "didn't you at once take an anecdote?"

"WHAT two beautiful children! Are they twins?" said an old bachelor to an Austin lady with two children. "Oh, yes, they are twins," replied the lady. "Excuse my curiosity, madam; but are you the mother of both of them?"

He stole softly upstairs, and in the dim light began to rock the cradle and croon. "What's the matter, John?" asked his wife, sleepily. "The baby wash (hic) nestling, m' dear," replied John, "'an' I got up t' quiet him." "You had better come to bed, John; the baby is in here with me."

PATIENT (to family physician)—"In your absence, Doctor, I was compelled to call in young Dr. Sawbones. He said that the clinical symptoms indicated chronic interstitial inflammation. What's that in plain English?" Family physician—"In plain English it means that Sawbones didn't know what was the matter with you."

THE HERALD OF HEALTH.

SUBSCRIPTION :

UNITED STATES AND CANADA, - - - ONE DOLLAR.
 GREAT BRITAIN AND IRELAND, AUSTRALIA AND NEW
 ZEALAND, - - - SIX SHILLINGS A COPY.
 SINGLE COPIES, - - - TEN CENTS EACH.

CONTENTS FOR JULY, 1888.

GENERAL ARTICLES.

Various Matters Concerning Health—M. L. HOLBROOK, M. D.,	163
Another Chapter on "Quack Combinations" and "Quack" Literature.	
— EDGAR VANDERBILT, M. D.,	166
On the Value of Cold Bathing,	168
EDITOR'S STUDY,	170
WOMEN AND THE HOUSEHOLD. MRS. R. J. McMILLAN,	175
MOTHERS AND THE NURSERY. MRS. F. C. PRESSLER,	179
QUESTIONS AND ANSWERS,	184
HEALTH INVENTIONS AND APPLIANCES,	186
PUBLISHER'S DEPARTMENT,	188
CONDIMENTS.	189

IMPORTANT NOTICE.

All letters and other communications for the editor, and all subscriptions and business correspondence for the publisher, should be addressed to HERALD OF HEALTH, P. O. Box 2141, New York City. Checks, Post Office Orders and Registered Letters should be made payable to HERALD OF HEALTH CO.

THE

HERALD OF HEALTH.

Vol. XXXVIII.

AUGUST, 1888.

No. 8.

THE IRREGULAR HEALTH HABITS OF A DISTINGUISHED SCULPTOR.

Editor Herald of Health: There are thousands of people whose observations upon health and hygienic speculations would be much more valuable and interesting than any I can give you; but as you have requested my views and personal experience, I hereby comply. In your standard rules for health, published in each number of your valuable journal, you say, "be regular in your habits." My own judgment is that this is a great popular error. If you had said "be natural in your habits," you would have been nearer the proper thing. You, and nearly everybody else, doubtless, will hold that "regular habits" is the first great precept to be observed in the preservation of one's health. I maintain, however, that there are more people die of "regular habits" than there are of natural habits.

THERE IS NOT AN ANIMAL IN ALL CREATION,

except man, who takes three regular meals a day unless that animal is by circumstances compelled to eat regularly. The fact that millions of people in Christendom believe in regular habits is not good or conclusive evidence of the correctness of the assumption. It will be observed that all persons who turn their stomachs into clocks or time pieces, and eat on time to the minute, generally become gourmands, big stomached, eat twice as much as they need and die early. Any person who will eat three meals per diem by the clock, or take three drinks of ardent spirits regular every day at a certain hour, or take a dose of opium morning, noon and night on time, they will soon get so that they will demand

double meals, double the quantity of liquor and, it may be, five times the amount of opium. Every practitioner knows this to be true. Well, you ask what is the remedy, where is your substitute? It is simply to eat and drink moderately when you become hungry, and drink when you are thirsty. There is no reason why the digestive apparatus should be run on time like a railroad car, and especially when there is not a single law of nature which can be cited in its favor. Referring to the practice of medicine in all ages and countries, we know that plain, palpable errors have been practiced at the expense of human life for centuries. I can remember when to take 20 ounces of blood from a patient who was half dead was the thing to do, and when ice and cold water were considered more dangerous and destructive than poison to a patient with fever.

TEMPERANCE IS SUPERIOR TO REGULARITY,

and there is nothing regular in nature; everything is governed by circumstances and environment. The animal, vegetable and mineral kingdoms are irregular; they may run by the season, but not to the minute or the hour. Eat the right thing at the right time, follow the dictates of your appetite, and eat and drink with moderation. This is the kind of regularity I observe. I never have taken any note of the hour or minute for taking meals or doing anything else—circumstances control me. You may inquire what moderation is; and may say what is moderation for one may be immoderate for another. Very true. The answer to this is that if persons do not know what temperance and moderation are, it is their misfortune. The plain truth is that few persons ever find out how to eat and drink until age overtakes them and it becomes too late to reform.

IT IS SHEER FOLLY

to lay down the same rules for all persons; what one man can stand would often kill another. There are many persons who, from taking opium with regularity, become able to take enough at one dose which, if divided into four doses and given to four strong men, would make them sleep the sleep of death. If you say that good habits and regular habits are synonymous, that will do; but if there be any meaning in words they are not the same.

NOW WHAT ARE GOOD HABITS

in eating, drinking and exercise of body and mind? I answer that that can only be determined by experiment. A correct conclusion can only be reached by considering the persons; their organizations, functions, powers, weaknesses, circumstances and surroundings. Folks are not all

made alike, therefore you cannot successfully apply the same rules to all. I had two uncles, brothers; one of them eat and drank when he felt like it. He drank whiskey and chewed tobacco for sixty years, and died at 86. The other one was moderate in everything and never drank a drop of liquor and only lived until he was 82. My habits are what would be called irregular. When I can, I eat my breakfast if I like what is set before me at 8 o'clock; if I don't like the breakfast I eat nothing; coffee, however, is indispensable. I take the other two meals as I feel. I always make my lunch, while at work professionally, of fruit; but I never either eat or drink unless I require it, or feel that I need it. I have always eaten as much of a variety as I can get. A hog and an ordinary man being omniverous, are more alike in their digestive apparatus than any other two animals I know of, except a fat man and a hog; they are exactly alike, and although the man has the advantage of the hog intellectually, the hog has the advantage of the man instinctively, and is the better able to govern his appetite, which the swine invariably does.

PLENTY OF "ALL ROUND" EXERCISE

is good for me; too much bathing makes me sick; I am not and never was much of a bather. Some folks need a great deal of washing, others require but little. The lower orders of the human family require daily washing to keep clean—chimpanzees, gorillas, black men and dirty white men and women need soap and water. The stench arising from the bodies of those who have not reached the human side is almost unbearable. I have known men whose exudations from the various glands of their bodies were worse than a half dozen decayed cadavers in a dead-house dissecting room; such people cannot lay much claim to superiority of make up; in truth, they have hardly crossed from the animal to the human side. Such beings are generally covered with a dense forest of hair, their voice is harsh and unmusical, their expression favors the animal, while there is not the most remote suggestion of the angelic in their faces; the expression of their heads is of the savage type; another strange thing about such folks is that they never smell their own odors; animals are the same, they never do. I believe in washhouses to

WASH THE UNWASHED,

but take little stock in the so-called luxury of bathhouses for bathing exclusively. They consign large numbers to the cemeteries. If we were fish or amphibious creatures a bathhouse for bathing only might be tolerated, or if we were web-footed or web-handed even, it would be a sort of suggestion that we might take to the water. There are some people

who have constitutions like Rocky Mountain mules, who can drink new whiskey, eat fried victuals, stone pies, and bathe every day and still continue to live; either one of these practices ought to kill an ordinary man. It is a startling wonder to see what some folks can stand. The explanation is, that we are made evolved and developed under different circumstances; our organizations are made for us, we have no say or control in the matter and, therefore, not so much to blame. The only way I see out of the "seas of trouble" which surround us in our pursuit of health, is for all persons to study their own organizations and find out what is best for them to adopt, and what rules will best apply individually to their cases.

WILSON MACDONALD.

A REQUEST.

In the July issue of THE HERALD OF HEALTH a request was made that readers who had received "quack medicine" circulars or books through the United States mails would forward the same to this office. In response we have received a large number of these objectionable publications. We are preparing a list of the most notorious quack concerns in the country, and to make it complete we desire to obtain as many of their circulars and other specimens of their printed matter as possible. We should like to have the experience also of any victims of these unprincipled frauds—promising that the names of contributors shall not be made public. We take this occasion to thank all who have sent us specimens of these skilfully worded traps for the unwary. As we have already stated, the mails are overburdened with stuff of the vilest kind issued by so-called "medical" concerns, and it is in the interest of humanity that some steps should be taken to put an end to the abuse.

We give the following extract from the letter of a correspondent as bearing upon this subject. We have put the concern he alludes to upon our list:

"Pleased to see article on quacks in July number. I was a victim of a Boston concern to the extent of one hundred dollars—received two bottles medicine and box pills, which did not do me any good. This was eight years ago. I consider them a band of clever swindlers. The firm has advertisements in nearly all of our papers of a book which is well calculated to secure patients for the cure of the results of youthful follies. I am cured by reading common sense books on the subject."

SOME GOOD ADVICE FOR AUGUST WEATHER.

SEVERAL eminent New York physicians have given in a general way, some good professional advice as to health habits during the summer, and our readers will find much to interest them in the following condensation of their views :

According to DR. SHRADY a healthy man will stand a great deal of heat; but the sick man, or the dissipated man, is liable to be materially affected by it. The effects of heat are, as is known, naturally depressing. Alcohol may stimulate for awhile, but its after effects are depressing; and when the combined depressing influences of heat and alcohol are working against a man he has more to combat with than the man who is only resisting the heat.

SLEEP A GREAT AID.

Sleep is a great aid to health and to recovery where sickness prevails; but the body requires to be at a comfortable temperature to admit of sleep; excessive heat or cold precludes its possibility. Dr. Shradly alluded to one peculiar circumstance about hot waves, which he considers may be in a way responsible for some few cases of sun affections. That is the way some people will depend upon the thermometer rather than their own sensations in ascertaining the temperature. Now the thermometer has not so much to do with it. A dry heat with the thermometer at 100 is not nearly so injurious as a damp heat, such as we had last week, with the mercury in the smaller nineties.

THE WORST RESULTS.

When the atmosphere is saturated with humidity the perspiration cannot evaporate, the pores become clogged and the worst results may ensue. "Free perspiration is the best thing for hot weather," emphasized the Doctor, "free perspiration and a clean skin, the former being consequent upon muscular exertion combined with the latter."

Alluding to the almost universal prevalence of cholera infantum during hot weather, Dr. Shradly said he considered it dependent upon the souring of milk caused by the temperature.

MILK SOURS RAPIDLY

at any temperature above 60 degrees, and it has been noted that cholera infantum is more prevalent where the minimum temperature is above 60, though the average temperature during such periods may be lower than when the minimum is below 60 and the maximum proportionately higher. The lowest temperature is almost always during the night, when the milk

for city use is transported from the country and shaken about in cans. If at that time the thermometer stands high the milk sours quickly, and is most injurious to the infants who may be nourished on it during the succeeding day. Children who are being weaned by their mother seem to be far more exempt from cholera infantum than those who are brought up on the bottle.

DR. EDWARD C. SPITZKA,

who is an authority on the subject, says that as long as a person can perspire freely there is no limit to the temperature which the human body can endure. It has been established by tests that for a short period a human body can withstand a temperature of 600 degrees, if the person be nude, but if there is any covering, no matter how light, upon the body when submitted to such a temperature it would instantly become burned. Persons who have been accustomed to muscular exertion and whose habits are temperate can withstand the heat better than those who do not work. There is such a thing in this country as the intemperate use of ice water, and the person who rushes to the ice cooler every hour or so, or the one who drinks a great deal with his meals, is pretty apt to feel the heat, and usually, when the time comes, goes off pretty quickly. A healthy person need have no thirst except in proportion to the amount of evaporation required by the body to carry off the superabundance of heat.

The question of the effect of heat upon the human system reduces itself largely to the functions of the skin and the resisting power of the nervous system. It is for this reason that persons suffer from chronic diseases, so slight sometimes that the person afflicted is unaware of the existence of any trouble until the hot weather comes on.

CRIME IS MUCH MORE PREVALENT

during the hot weather than in cool, for the very simple reason that in hot weather the blood becomes heated, and a person is much more easily angered than in cool weather. Summer is also a favorite time for those tired of life to shuffle off this mortal coil, and at this season of the year the correct method of taking one's life is by drowning. At least statistics show such to be the case, and no other reason can be found, possibly, than that the suicide has a kind of vague idea that drowning is a kind of cooling way to die in hot weather.

DR. JOHN C. PETERS,

says it would be an easy matter to clean city streets and at the same time purify the air, by the issue of a dilution of bromine.

Sixty cents worth can be diluted in three or four hundred gallons of water, which, if sprinkled on the streets, would be found effectual in purifying the germ-laden atmosphere of the heated city. Used on the streets it is one of the most powerful disinfectants. If city streets were sprinkled with a dilution of bromine, the sewers and the subways flushed with it, and back alleys and the docks disinfected it would do much to break up diseases which at this season rage in certain districts of our cities.

But foul air is more to be feared than hot pure air. The great mortality among children in the summer time comes more from this source than from the heat. If one-half the children who die annually were in the country, where the air is pure, they would live. One way to guard against foul air is to burn the refuse in furnaces, as in England and South America, but the present system of carrying the refuse and garbage down the bay and emptying it into the sea is very bad.

DR. CYRUS T. EDSON,

of the New York Health Department, when questioned in regard to the effect of long-continued warm weather, said: "The danger consists in raising the temperature of the body above the normal condition, which is in the neighborhood of $98\frac{3}{4}$ degrees. The human body is like a steam boiler, of which perspiration is the safety valve and serves to keep the temperature below the danger point by getting rid of the abnormal heat. When through any cause this is checked there comes what might be called an explosion, that sends the blood flying to the head, and the result is sunstroke. The effect of a long continued heated term is to get the digestive apparatus out of order so that food is not properly assimilated. Danger from this is greater from the fact that except the greatest care is taken meat will not be perfectly fresh, in which case there will be present to greater or less extent 'ptomanies,' a certain poisonous principle derived from putrefaction. It is this which causes so many deaths from diarrhoeal complaints during the summer, as shown by vital statistics, as then the system is so debilitated by excessive heat that it cannot throw off the poisonous effects."

"HOW IS IT THAT THE MIND BECOMES IRRITABLE and the brain easily worried by excessive heat?" the doctor was asked.

POISON IN THE AIR.

"That," replied Dr. Edson, "comes from the fact that in addition to the exhaustion from the heat we breathe air loaded with health destroying

germs, generated by the heat from the decayed vegetable and animal matter always to be found in the streets of a crowded city, and in the homes of unclean people. There is no doubt that the air of the city in summer is impure and gradually poisons the systems of those who do not disinfect themselves."

DR NAGLE,

who has been in charge of the Bureau of Statistics of the New York Board of Health for years, when asked in regard to the causes of prostration from heat, said: "Sunstroke comes from exposure to protracted heat in dry air, and is more quickly induced when combined with vitiated air. It is sometimes called 'thermic fever,' or in other words, 'heat fever.' You have heard the term blood heat, and when the warmth of the body gets beyond this prostration is produced.

" IN EXCESSIVELY WARM PERIODS

anything that heats the blood should be avoided. Many persons make the mistake of eating as heartily at this time as in cold weather. It is advisable to keep the surface of the body moist by perspiration, for which purpose a judicious amount of liquid should be taken. Frequent bathing also tends to keep down the temperature of the body. Hot nights are largely responsible for deaths from heat prostration. They prevent the body from cooling off after the heat of the day, and thus render it more liable to attain the dangerous degree of temperature. It is particularly so in the case of old people and children. There is no doubt," he continued, "that the increase of suicides in the summer time is attributable to mental irritation and depression caused by hot weather."

DR. KEMBLE, HOUSE SURGEON

of the Chambers street Hospital, New York, where all the downtown cases of sunstroke are taken, said: "The subject of sunstroke is not thoroughly understood. It is caused in most cases by direct rays of the sun, but often persons are stricken down at night. Abnormal temperature of the body is what causes the attack. Anything over 100 degrees is dangerous. The worst cases are strong, healthy men, who think they are tough enough to go through anything, and stubbornly refuse to be warned by the premonitions which come in all cases before being stricken down. Plethoric men and those who indulge in stimulating drinks are especially subject to sunstroke. Those who feel exhaustion coming on should at once stop work, and by bathing and other means endeavor to get the temperature of their bodies back to a normal condition."

HOW TO BECOME A GOOD SWIMMER.

SWIMMING is a little hard at first. All one wants is to get used to the water first, for when he gets a mouthful it distresses him. A good swimmer will throw it out, turn over on his back and will be all right in a moment. The best way to pick up swimming is to go into the water up to your arms and strike out "doggies," keeping both feet off the bottom. Mind, don't let one drag. Just think you won't go under and you will be all right. In striking off, the beginner should fall upon the water gently, keeping his head and neck perfectly upright, his breast advancing forward in unison with the legs. The back cannot be too much hollowed, or the head too much thrown back.

THE HANDS SHOULD BE PLACED

just in front of the breast, the fingers pointing forward and kept close together, with the thumbs to the edge of the forefingers; the hands should be made rather concave on the inside, though not too much. On the stroke of the hands they should be carried forward to the utmost extent; they should next be swept to the side at a distance from, but as low as the hips, and should then be drawn up again, by bringing the arms toward the side, bending the elbows upward and the wrists downward, so as to let the hands hang down while the arms are raising them to the first attitude, and so on.

THE LEGS SHOULD BE MOVED ALTERNATELY

with the hands. They should be drawn up with the knees inward, and the soles of the feet inclined outward. They should be thrown backward as widely apart from each other as possible. These motions of the hands and legs may be practiced out of water, and it would be well to do so and become familiar with the motions. When in the water the learner should draw in his breath when his hands are descending toward the hips, and expel the air from the lungs when beginning the stroke with the hands.

NEXT TO SWIMMING, FLOATING

is just as needful. One tired out may turn over and rest. The position in the water is the same as that in swimming except as to the legs; the arms should be stretched out over the head in the direction of the body. If the legs begin to sink you should throw out your chest and keep the loins as low as possible. In this position the human body, which is specifically lighter than water, may float at your pleasure. In floating, the mouth should always be kept closed and respiration should be rapid.

THERE ARE PERHAPS HALF A DOZEN STROKES

in swimming. The over hand stroke is the fastest, but then it is tiresome. By far the best is the Archmedial or side stroke. One can make five feet at a stroke in a fair current. The body is turned either on the left or right side, as the swimmer chooses. The feet perform the usual motions in this style of swimming. The arm from under the shoulder stretches itself out quickly at the same time the feet are striking.

THE OTHER ARM STRIKES

at the same time as the impelling of the feet. The hand of the latter arm begins its stroke on a level with the head, while the hand is again brought forward in a flat position, and the feet are contracted; the stretched out hand is, while working, drawn back toward the breast, but not so much impelling as sustaining. Greater speed can be made on the side than in swimming the breast stroke, there being less resistance to the water.

TREADING WATER

is easily learned. There are two ways. In the first the hands are compressed against the hips and the feet describe the usual circle; the other consists in not contracting both legs at the same time, but one after the other, so that while one remains contracted the other describes the circle. In this motion the thighs are placed in distended position and curved as if in a half sitting posture.

HOT-WATER CURES.—A strip of flannel or a napkin dipped in hot water and wrung out and then applied around the neck of a child that has croup, and then covered over with a larger and thicker towel, will usually bring relief in ten minutes. A towel folded several times, dipped in hot water, wrung out, and then applied over the seat of the pain in toothache or neuralgia, will generally afford prompt relief. This treatment in colic works like magic. There is nothing that will so promptly cut short a congestion of the lungs, sore throat, or rheumatism, as hot water, when applied promptly and thoroughly. Pieces of cotton batting dipped in hot water, and kept applied to old sores, new cuts, bruises and sprains, is a treatment now adopted in hospitals. Sprained ankle has been cured in an hour by showering it with hot water, poured from a height of three feet. Hot water taken freely half an hour before bed-time is the best of cathartics in cases of constipation. This treatment, continued for a few months, with proper attention to diet, will alleviate any case of dyspepsia.—*Oracle.*

EDITOR'S STUDY.

OUR RULES FOR GOOD HEALTH.

1. Be regular in your habits.
2. If possible go to bed at the same hour every night.
3. Rise in the morning soon after you are awake.
4. A sponge bath of cold or tepid water should be followed by friction with towel or hand.
5. Eat plain food.
6. Begin your morning meal with fruit.
7. Don't go to work immediately after eating.
8. Be moderate in the use of liquids at all seasons.
9. It is safer to filter and boil drinking water.
10. Exercise in the open air whenever the weather permits.
11. In malarious districts do your walking in the middle of the day.
12. Keep the feet comfortable and well protected.
13. Wear woolen clothing the year round.
14. See that your sleeping rooms and living rooms are well ventilated, and that sewer gas does not enter them.
15. Brush your teeth at least twice a day, night and morning.
16. Don't worry, it interferes with the healthful action of the stomach.
17. You must have interesting occupation in vigorous old age. Continue to keep the brain active. Rest means rust.

IMAGINARY COMPLAINTS.—It is really remarkable what results the imagination will produce in the bodily condition of many persons. No nurse or physician but has had his experience of this fact. A successful nurse once related to the writer her experience in compelling a patient to walk. The latter, a lady, had been for two years confined to her bed or chair, having to all appearances lost the use of her lower limbs. The nurse was convinced that the lady could walk if she were to try, and, after experimenting quietly until she had assured herself of her patient's ability to stand, she one day persuaded her to endeavor to take a step, supporting her in the meantime. After two or three experiments of this sort the nurse, while ostensibly supporting the sick woman, really gave her no support, and at last one day allowed her patient to walk laboriously off, leaving her behind by the bed. The lady was somewhat mortified and a great deal surprised when she realized that she was as capable of locomotion as she had ever been. This same nurse once had a patient who declared herself unable to sleep without the administration of morphine.

To satisfy her whim the physician prepared her an aqueous solution of the drug the use of which gave her the needed slumber. When the bottle was empty the nurse quietly filled it from the bath-room faucet, and continued its administration as usual. For several weeks the sufferer took her nightly spoonful of aqua pura, and still refused to sleep unless it was administered. At last, however, deeming her sufficiently restored to health to endure being told, the nurse confessed the harmless cheat. The patient's eyes were opened, and she had sense enough to thank the faithful attendant, who had probably saved her the anguish which falls to the lot of a victim of the morphine habit.

PUNISHMENT NO REMEDY.—“I doubt very much if a confirmed drunkard was ever reformed by punishment,” says Dr. L. W. Baker, superintendent of the Family Home for nervous invalids at Baldwinsville, Mass., in an article on the medico-legal treatment of drunkards. The doctor cites the following facts in proof: At the International Prison Congress in 1871 it was stated that not one in a thousand persons committed to jail for inebriety ever recovered. Before a committee of the House of Lords in England men of the largest experience testified that they had never heard of a case of reformation of inebriates from punishment by fines and imprisonment. This testimony is confirmed by prison authorities all over the country. In the vast majority of cases the first sentence is speedily followed by others. In 1879 Massachusetts punished by fine and imprisonment over 17,000 inebriates, more than 16,000 of whom had been in prison before. Of the 56,000 inebriates coming under legal notice in New York in 1852, less than 1,000 were punished for the first time. All others had been sentenced before for the same cause. One man has been sentenced to Deer Island, near Boston, seventy-five times for drunkenness, and many cases have been known of men who have been sent to jail and workhouses from twenty to two hundred times for the same reason.

WOMEN PHYSICIANS IN THE UNITED KINGDOM.—There are now fifty-six women enrolled on the British Medical Register. Of these, thirty-six practice at home and eighteen abroad. Four hospitals and six dispensaries in Great Britain are entirely or partially officered by medical women; three women hold posts as medical superintendents of the women post-office clerks. The North London Collegiate School for Girls has a woman as Medical Inspector, and in other positions of responsibility they are employed and give satisfaction. But probably the most humane work done by women physicians is in attendance upon the native women of

India, two-thirds of whom are by their social customs secluded from men, other than their husbands, no matter what may be their necessities. There are, however, several medical schools in India which are open to women as well as to men, a privilege which the Indian women have eagerly embraced, and which will eventually have the effect of greatly ameliorating the sufferings of their fellow-women, but for some time to come they must depend upon English and American women going out to their relief. With most women contemplating the study of medicine the question of expense is an important one. Parents have not yet come to think familiarly of incurring the cost of technical education for their daughters. The question of success is another point upon which they wish some assurance. This is the unknown quantity in the problem. Men have succeeded and men have failed in the profession; and the same is true of women. If a woman has fair ability, good health, perseverance, and the capacity for painstaking and hard work, there seems to be no good reason why she should not succeed as well as a man, barring the prejudice against women physicians, which is gradually wearing away.

MONEY SAVED BY SANITATION.—Medical men have long been familiar with the fact that sanitation has been a saving to the community at large in doctors' bills, in nursing, and even in days of labor to the industrial classes. But it has been difficult to put results into figures so as to impress the public mind. Mr. Brudenell Carter attempted this in his inaugural address to the College of State medicine. Every case of fever, he calculated, cost the community ten dollars. The reduction in the annual death-rate from fever to 484 per million from the 1851-60 rate of 908 per million represented a total saving of \$1,500,000, "but of this no one seemed conscious;" while the annual cost of scarlet fever at the present time was \$2,000,000 a year. If, therefore, we could trace scarlet fever to a definite cause, as a bovine disease communicable by milk, we could adopt precautions which "would save the country every year somewhere about half as much money as the recent conversion of stocks, besides much misery." Here is new light upon disease. It is increasingly preventable, and as we reduce its virulence and range we save money.

AN EASY VIRTUE.—Father Alcott had a happy saying that politeness is such an easy virtue that every one could afford to have it in abundance. Yet there is a general complaint of the deadness of fine manners. The trouble seems to be that manners change more rapidly than in olden time. The old school of politeness reintroduced would be jeered at by those who mourn its loss. How would our girls look practicing the courtesies of

fifty years ago? The "good old gentleman of the good olden time" lived in a slow age, when there was time for infinite infinitesimals. We might keep them up one day in the week. Go ahead six days as go you can; but the seventh look to wigs, and knee buckles, and stately courtesies, and all sorts of little personalities. That, indeed, was one good thing about the old fashioned Sunday that it was a day of nice clothes and nice manners. People dressed and acted well out of respect to the Lord. They might keep up the habit out of respect to themselves and each other.

ON THE TREATMENT OF SKIN DISEASES. To keep the skin in such a condition, as to throw off as quickly as possible poison from the system is the supreme duty of a physician. To promote this healthy action different methods should be adopted in different diseases. The first consideration of importance is that of cleanliness. The pores or outlets of the system of glands should always be kept open so that the outer skin will not accumulate and harden, and thereby retard the escape of poisonous matter. The question of washing and bathing thoroughly is one of great importance. In sickness, except under peculiar circumstances, bathing should never be long omitted, and the water should always be at such a temperature that all chance of chilliness is avoided. It should be from 90 to 98 degrees, and in order to be as near that degree as possible it should be tested with a thermometer. Afterwards, should the bath not be satisfactory, more hot or cold water may be added. But water alone is not sufficient to cleanse the skin of its impurities, and toilet soap of a good quality should be freely used. In some instances, especially in skin diseases, a stronger or potash soap is required, but if the skin is too tender to endure much friction weak solutions of an alkali, like borax or carbonate of sodium, may be brought into requisition, being applied with a soft sponge and afterward rinsed off with clean water. The exposed parts of the body, as the hands and face, should be washed at least once every day, as should those parts of the body where the oil and sweat glands are mostly located, as, for instance, under the arms, where the oil glands are especially numerous. The scalp, too, should be cleansed once a day. In certain diseases it is often advisable to use what are called dusting powders, which should be applied to the skin after a bath, thus imparting to it a soft and comfortable feeling. In the use of these powders care should be taken to have them free from a symptom of grittiness, or irritation will certainly result. The powders may be applied with an ordinary toilet brush. In itching or burning of the skin, as in viruptive

fevers, the use of washes or soothing lotions is recommended. Simple washes containing no sediment may be applied with an atomizer, sponge or absorbent cotton. Of these the last named is perhaps the best, as the cotton is not costly and can be destroyed each time after using, while the sponge is more difficult to keep clean and too expensive to throw away. In cases where a lotion containing a sediment is used the application with a sponge should be scrupulously avoided, as the sediment would disappear in the sponge instead of being deposited upon the skin. Such washes are especially good for chafing and in many eruptive diseases, as the wash dries and leaves the sediment for a protective coating to the parts.

PROFESSIONS SAID TO BE HEALTHIER THAN TRADES.—Much has been written of late concerning the long lives of those who follow literary pursuits, and some interesting statistics as to the age of writers have seen the light. All professions are healthy as compared with trades. What men are longer lived than scientists, archæologists—there is no profession of archæology, but let that pass—lawyers, clergymen, physicians, actors? In some professions, notably the Bar, to which might be added the stage, the early training is said, in half serious banter, to kill off the weaklings. To some extent this is true of all professions. Men without self-control die, as a rule, young, whatever their occupations. In other cases, however, the conditions under which the classes named exist are the most favorable. The two things that most readily kill men who attain middle age are anxiety or loss of interest. The man who goes to bed not knowing whether a turn in the market may elevate him to wealth or steep him in ruin dies of softening of the brain; he who has made his fortune and retires feels, unless he has cultivated a hobby, that he has no place in the world, dies of inanimation. As a rule the professional man of 50 has learned what he can do. If he is unfit for the line he took he has slipped out of it; if he is making a fortune it is a career full of interest and with little trouble or anxiety to himself. It is not his own case that the lawyer pleads, the physician combats and the parson arraigns. If, again, he is but moderately successful, his earnings, though small, are pretty safe. He gets as near an approximation to security as fate in a world such as this accords, and he may hope, barring exceptional circumstances, that the future will be as the past. His occupation, meanwhile, brings him consideration and intelligent surroundings, and his life is fairly and pleasantly varied. Once the philosopher temperament is reached the combustion of life is very rapid.

BUTTERMILK IN SUMMER.—A St. Louis physician is eloquent over buttermilk as a summer drink. "Buttermilk," he says, "and by that I mean the pure, fresh, unadulterated article, is one of the most healthy, nutritious drinks we can use. Especially is this so in hot weather, as it has a tendency to quench the thirst, allay fever, and is soothing in its effect. Yes, I consider it more healthful than sweet milk. The latter, if used in any quantity, will produce biliousness, which the other does not, as it contains lactar, or milk acid, which is a digestive ferment, making it easily assimilated by the stomach. Pure buttermilk," resumed the doctor, "is composed of caseine, milk sugar, salts, water, lactic acid, with small traces of butter, which, previous to churning, is an oily substance in the milk or cream in the shape of little globules. During the process of churning these are broken, run together and form the butter. To illustrate, the stomach is simply a churn itself. The moment food is taken into it it closes and commences the process of digestion by dashing and slashing the food back and forth much after the manner of a churn dasher. This being the case, it is plain to be seen that buttermilk, having once undergone a churning process, is more easily digested than sweet milk. Then again, by the churning process the oily globules referred to are removed, which also makes it more wholesome. The latter, when taken into the stomach in sweet milk, are not digested in the stomach, but pass through it into the bowels, where it meets the secretion from the liver, hence the bile. There are people, however, who cannot use buttermilk at all, and some who cannot use milk of any kind, nor butter; but to others it proves both food and medicine. And again, there is buttermilk sold which is not fit to drink. I refer to the manufactured article, which is most outrageously adulterated."

WOMEN AND THE HOUSEHOLD.

[CONDUCTED BY MRS. R. J. MCMILLAN.]

GIRLS WHO PAINT.—You ought really to call attention to the dangers that the young ladies incur in painting their faces. The custom has increased, is increasing, and ought to be diminished. Let anyone scan the girls he comes across in the park at from 12.30 to 1.30. If he shall do so he will soon perceive that nine-tenths of them are painted and dyed. Their faces and their necks are whitened with a lotion, their cheeks are rouged, their eyebrows and eyelashes are darkened, their hair

is dyed and their lips are reddened. Now let him observe those of the fair sex who are above 30. What will he see? That they are blue. This is the result of washes and rouges and powders, with a metallic basis. I suppose that no girl, desirous as she may be to add to her charms, is anxious to develop into a blue woman in a few short years. If, therefore, she must paint, I would advise her to rub some sort of grease over her face before putting on rouge or powder. The grease closes the pores and mitigates the ill-effect of the subsequent operations. It has, too, the advantage of rendering the powder less apparent. Some of the park girls really look as though they had plunged their faces into a sack of flour before coming out.—*London Truth*.

WHAT A CLEVER MAN wants is a clear-headed, sensible wife, who will forget his vagaries in remembering his brilliancy, and remain a constant shield between his sensitiveness and disagreeable things; something, in fact, like one of those cushions that sailors put down the side of the vessel to keep it from jarring too roughly against the dock. Look at me, for instance. I never wrote a word for publication, painted a picture, composed music, or did anything clever in all my life. But I make my husband just the sort of wife he needs.—*Mrs. J. L. Roberts*.

SUMMER LUNCHEAS AND TEAS.—It must be admitted that the languid heats of summer do not offer to the amateur cook her most inspiring opportunities. And yet, summer lunches and teas furnish the occasion for a graceful, light and mutually agreeable hospitality, which is really, in itself, the most persuasive invitation to the practice of the dainty art. For a dainty art it may be made, this womanly skill in cookery, which lies so near to the sources of power in home-making. As a dainty art let us bring it into service for the delectation of our friends in the leisurely summer afternoons. People never think so much of eating or enjoy eating so much as when they have little else to do, and that is oftenest in summer. Then a pretty lunch, a favorite form of simple entertainment at any season, is never so pretty as in summer. All the accessories, the flowers, fruit and summer toilets are in perfect keeping, and the variety of dishes from which to draw upon for the menu is inexhaustible.—*Mrs. Goodale*.

THE LITTLE WOMEN —I confess to a weakness for little women. There is not one of God's creatures so attractive, so delightful, so lovable. She has a pretty clinging way with her that is so flattering to a man's pride, so soothing to his vanity. She is just the right size for her head to lay comfortably against a man's vest and set his heart going with

a pit-a-pat that fills it with the most ecstatic emotions. There is no feeling so immeasurably satisfying in all the range of human experience. Talk about bliss, and perfect bliss! If there be such a thing possible on this mundane sphere, it is in the possession of a plump little creature, just tall enough to reach to your heart, who looks up into your face with her heart in her eyes and seems perfectly content that she is your's only. She is a complete epitome of all that man can expect or wish for here below. Believe me, the best feminine goods are done up in small packages. The large woman inspires a man with a feeling akin to fear; the tall, stately woman with awe; the very beautiful woman with admiration; the woman of average stature and looks with only commonplace interest. But the pretty little woman! Who can tell the emotion she creates in the bosom of man? Language cannot express it. Even the poet, gifted with eloquence above common folk, endowed with the highest and noblest gifts of nature and art, has not the power to fittingly describe it. Have you not noticed, too, that the little woman is always clever, and that the man whom she endows with the priceless treasure of her love always makes a bold and persistent fight with the troubles of this world? He cannot help it. He is urged on to do his best for the little creature who has chosen him from among so many and who controls for the best his whole being. She is the "pulse of his heart"—his comfort, his pleasure, his delight, his all.—*St. Louis Critic.*

THEY CHEWED GUM —It isn't very often that I feel ashamed of my sex, but the other day I must own I felt like apologizing for being a woman. I was at Olympic Park, and the first thing I noticed was three women sitting in an oblique line below me and chewing gum as if they were under orders to go through a certain number of evolutions every minute. I was disgusted and yet fascinated at the same time—disgusted because of the vulgarity of the thing—fascinated because of the precision with which the muscular movement was carried on. One woman had a long, thin face, with a nose and chin that reminded me of the Granny Nutcracker in Night Cap Stories of my childhood days. She mumbled the gum between her front teeth until I felt a wild and wicked desire that a "foul ball" might obliterate her. The woman below her weighed about 200, I should judge, and wore a checked dress with an enormous opera chain like a golden clothes-line draped all over her capacious bodice. She opened her mouth like an appealing oyster—I suppose I should say clam, at this season—and chewed gum with all her heart and soul and teeth-lets. The other woman looked like a dainty piece of humanity, neatly

and becomingly dressed, and she chewed her quid of gum as if she was ashamed of herself. She disgusted me more than the others, for she evidently knew better than to do so ill-bred a thing, and yet—well, she chewed gum just the same.—*Clara in Buffalo News.*

KNOCKS THE ROMANCE OUT.—Some one says : “ It is a happy woman that sings at her household duties, and a happy man that whistles in his work and walks through life.” I like that sentiment, yet when “ our girl ” gets up at 5 o’clock in the morning and rattles dishes and pans and sings “ I Know a Bank, etc.,” to the accompaniment, it knocks all the romance out of the above pretty sentiment just as it did when she threw the poker at the cat and broke my best cut glass pitcher while she was singing, “ Meek and Humble Would I Be.” I like people who whistle. I don’t care whether they whistle a tune or not, or whether they know one note from another. A good, cheerful whistle bespeaks a good, cheerful heart.

HOW A GIRL CAN BE MADE COMELY.—Whether a girl will have the gifts of comeliness ; whether she will have a fine, smooth complexion, straight limbs, shapely figure, and good carriage, depends on her mother’s care from infancy. Whether she is to be plump and short or tall, whether she is to be a gypsy or a creamy brunette, a freckled thin-faced chit or a well-touched blonde is measurably under control. Her “ forbears ” must be taken into consideration in training. If her family are stocky, not over tall, and she follows the type, train her for height and longer contours by sending her to a dry mountain region, if possible, and accustom her early to exercises for suppleness, letting her live out of doors, but not setting her to close work or hard tramps. She should dance, ride horseback or tricycle, or drive, eat venison, kid, game, and dry meats, with watery vegetables like radishes, turnips, cabbage salad, cucumbers, and melons, hard graham crackers, and water or grape juice. She should sleep alone, in a very airy room, keeping the limbs straight, not going to sleep curled up with the knees half way to the chin. Pulley exercises, swinging by the hands, long, smooth strokings, and gentle firm pulling of the limbs daily tend to length of limb and increase of stature if kept up year after year. The stroking with long, smooth sweeps and gentle pressure from neck down the length of the spine and from hip to heel nightly by the hand of mother or trusty nurse is one of the greatest encouragements to growth and symmetry a young thing can know. A sheet or shawl thrown round the body, open behind, with a clasp pin or two, allows the stroking with ease and entire modesty. Always rub downward, never up, to lengthen a limb.—*Exchange.*

MOTHERS AND THE NURSERY.

[CONDUCTED BY MRS F. C. PRESSLER.]

A THIRTEEN OUNCE BABY.—“It is a wee mite of a baby,” said the mother of Mrs. James Willis, whose daughter, living in Chicago, gave birth to a girl baby which tips the beam at thirteen ounces. It is without doubt the smallest baby that was ever born in Illinois, and probably the United States. The father, James Willis, is a big, healthy man, who weighs about one hundred and eighty-five pounds, stands five feet eleven inches in his stocking feet and drives a wagon for a leading wholesale grocery house. Mrs. Willis is slight of form and weighs one hundred and twenty-five pounds. The little baby is wrapped in cotton, as it is too small to be put in clothes. It appears perfectly healthy and has a good pair of lungs. The parents are proud of their midget offspring, which they expect will develop into a good sized, healthy child, as Mrs. Willis was also very small when she was born.

SAD REFLECTIONS.—“If we could only be children forever,” wistfully says a writer in the San Francisco *Chronicle*, and then proceeds to show how much more fun a child has than a grown-up person: “I sometimes look at a pretty boy and think what a pity it is to think that he’s bound to grow-up and become a man and get married and drunk and wicked and all sorts of horrible things. And when you look at the blue-eyed, fair-haired little female child and think that some day she is going to be a pretty woman with a tight-laced waist, a tailor-made suit, false hair and a touch of paint on her face; that she is going to fib and flirt, and deceive and marry the wrong man and have lots of trouble—well, you can’t help asking ‘What is the use of it all?’”

MILK FOR CITY CUSTOMERS.—Women especially seem to wish to be deceived, for they are always offering inducements for deception by demanding conditions and assuming favors which cannot be granted. Many tradesmen take advantage of their eagerness to obtain special bargains on goods by promising everything demanded. I suppose there is as much deception practiced in selling milk as in any other line, for our women customers, who deal through their servants, insist on certain conditions which if the milkman cannot fulfill, he will often promise to do in order not to lose the trade. I have in mind one particular case where more women are laboring under a delusion than in any other way. It is a belief which many doctors foster, that the baby raised on the bottle

must have the milk of one cow, and only one, as it would otherwise die. As soon as a contingency arises to feed the baby on cow's milk, the milkman is ordered to bring a special bottle of milk every morning from the same cow. If the milkman promises, as he generally does, the mother goes on for a year or more feeding the baby on milk which she believes comes from the same cow. It may be just as well that mothers are happy in their ignorance, for a good many of them would not insist on the one cow milk if they only reflected upon the difficulties in the way of supply. In the first place, one cow does not give milk as long as the baby could use it. Again, most of the milk delivered here comes from farmers outside the city, who ship it in big cans containing the product of all their milking. Some of the milk dealers explain this, and lose a customer by it. Some small dealers really reserve one cow's milk for certain customers, but generally the promise can not be kept. I have seen milkmen filling babies' bottles out of a big can. The wily farmer works the baby milk racket just as he does the butter scheme. He comes in from his farm apparently with only one bottle of milk, and charges an exorbitant price for it, but he is to be no more trusted than the dairyman. The best way to get one cow's milk is to keep the cow yourself.—Milkman in St. Louis *Globe Democrat*.

THERE IS A VERY COMMON DISEASE of the throat, accompanied by a white exudation, which is frequently confounded with diphtheria. The mucous membrane of the throat, particularly of the tonsils, is studded with numerous small holes called follicles. These follicles secrete mucous, and when the throat is inflamed from any cause mucous and pus collect in the mouths of the follicles, appearing as a whitish exudation. The tonsils are oftenest the seat of local inflammation, the disease being known as tonsillitis. The confusion that exists is between simple tonsillitis with points of exudation, and diphtheria with a false membrane.

CHILDREN FED ON THE FOOD of their seniors, or rich cake and crammed with sweets, do not as a rule thrive well. They cannot compare favorably with children fed on oatmeal, or maize and milk. Oatmeal is recovering its position as a nursery food, after its temporary banishment. Oatmeal porridge is the food *par excellence* of the infants born north of the Trent, or was, at least; and stalwart people were the results. Carlyle said of Macaulay: "Well, anyone can see that you are an honest, good sort of a fellow made out of oatmeal." A Perthshire ploughman, on being asked his opinion about foods, said he had never eaten anything else

than porridge and milk for five and thirty years, and did not think he could fancy anything else. He evidently was not satiated with porridge, nor felt his dietary monotonous, nor tired of its sameness.

CARE OF BABIES DURING A HEATED TERM.—All young babies should be bathed in lukewarm water once a day during a heated term, and if they are feeble twice a day would do them no harm. The health of a child depends upon its cleanliness. Tight bandaging should be avoided in this kind of weather, and the inner garment should be of light flannel. All the clothing should be made loose, so as to give the child the free use of its limbs. Before putting the infant into its cradle at night all its clothing should be removed and replaced by a light gown. The body should first be thoroughly sponged with lukewarm water. It ought to have clean clothes every day, but if this cannot be afforded the garments taken off at night should be aired before being put on in the morning. Many mothers make a mistake in giving spirits, cordials and other obnoxious drugs to babies without the advice of a doctor. A healthy youngster will sleep soundly at night, and if it cries it is either sick or hungry. It is inhuman to wean a baby at this time of the year, although many mothers have so little love for them that they do it. This is especially true of the wealthier class. Above all things a baby ought to have plenty of fresh air, and it ought to get it early in the morning and about dusk in the evening. Of course, a child should be nursed from its mother's breast, but if the mother cannot nurse it it should be given goat's milk, if possible, or if that cannot be obtained, cow's milk, if pure, is next best. If the child thrives on this diet it should be given nothing else during the warm days, and but little else until it is over a year old. No child under one year should be given grown people's food. The milk in warm weather should be given from the bottle quite cold. If a baby has a weak stomach a tablespoonful of lime-water should be put in its milk, and also a lump of sugar. Its nursing bottle should be kept perfectly clean, and it would be preferable to have two, so that they may be used alternately.

BURNS AND SCALDS.—The following passage taken from a recent work entitled "Ambulance Handbook," will have much interest for THE HERALD OF HEALTH readers :

"Burns and scalds are of various degrees of severity, from mere redness of the surface to complete destruction of a limb. In healing, if extensive, the various scars they leave are prone to great contraction, often rendering the part deformed and useless. These injuries are more fatal to

children than to adults; they are more dangerous on the head and trunk than on the extremities, and a slight burn over a large extent of the body is of greater moment than a very severe burn or smaller extent. You should throw a blanket, or heavy woolen fabric or garment, around anyone whose clothes you may see on fire; cotton is too easily ignited. The clothes should be removed with the utmost gentleness, being cut where they adhere, and any blisters may be punctured. The parts should then be soaked in rags steeped in 'carron oil'—equal parts of lime water and linseed oil—rolled in cotton wool, and covered with gutta-percha tissue, securing the whole by bandaging. If none of these are at hand, starch or flour may be thickly dusted over the burn, or another good thing is a mixture of castor oil and collodion. If no cotton is at hand, roll the person in a blanket or rug, taking care it does not touch the broken skin. If the patient has collapsed, a little brandy containing some laudanum may be given; the drug should, however, be administered sparingly, and omitted if the collapse seems severe. All burns of a severe character are dangerous, and the above merely indicates what should be done till a medical man can attend."

CRAMMING CHILDREN.—Mr. Johnson Martin, Medical Officer of Health of the Bolton Rural District, England, has discussed in a recent paper the injuries to health arising from "cram" and its prevalence. He gives cases of undoubted strain in children, and shows how terribly lasting are the effects of such tasks and hours on youthful minds and bodies. A father told Mr. Martin that his little girl was to be found "at her lessons as soon as she gets out of bed, then at school, and when she comes home at night," continued the parent, "she has so many lessons to learn that she cannot eat and is now growing as thin as a lath." We trust the father in this case did not require any medical advice to enable him at once to apply the only remedies of service in the case—rest, play, fresh air and a long holiday. Another little girl broke down under the accumulation of tasks, talked about her lessons in her sleep, and so on. We are trying to make our children "wise as serpents," and a sorry mess we are making of their health and life in the endeavor!

CLEAN THE TOYS.—Infant's toys should be systematically cleansed. The child beslavers the implement several times a day, and leaves saliva in the rattle or whatever as a culture bed of bacteria. This condition of things goes on till the toy is a magazine of animal poisons, to contaminate and recontaminate the innocent victim of thoughtless inattention.

QUESTIONS AND ANSWERS.

HYDROPHOBIA.—Mr. Andrew Wilson replies to the question of G. W. H., as to the nature of hydrophobia, in the following words: "The conclusions regarding hydrophobia may be summed up in the statements, firstly, that it is an affection respecting which much popular misconception exists, and that in consequence a large amount of unnecessary fear and alarm prevail regarding its occurrence; secondly, that hydrophobia is in ordinary cases a curable affection, provided prompt measures are used for its cure; thirdly, that the phenomena of the disease point to its clearly specific nature, and to its being derived in man, exclusively from the diseased secretions of rabid dogs and of allied animals; and, lastly, that the best means for insuring the public safety consist in the widespread knowledge of the nature of the disease and of the measures to be adopted for the prevention and cure of the disorder."

PARSLEY AS A MEDICINE.—*Mrs. H. W. Remsen, Omaha.*—Dr. Stanislas Martin, after observing that the use of mineral waters interrupted the secretion of milk, states that, as an external application, parsley-leaves act most efficaciously in dispersing it, and that they were used for this purpose by the Roman matrons of old. The breasts should be covered with freshly plucked leaves, and these should be renewed several times a day as fast as they begin to fade. The dispersion of the milk soon takes place. Dr. Dujardin-Beaumetz confirms Dr. Martin's statement, and adds that in Asia Minor parsley in the form of large cataplasms is used by the women as an ordinary domestic remedy.

THE USE OF THE CLINICAL THERMOMETER.—*Mrs. W. C. Williams, of Richmond, Va.*—Mr. Davis, in his "One Thousand Medical Maxims," gives the following instructions for the use in the sick room of the clinical thermometer. Every mother should possess one: "The temperature of the body in health is a little under $98\frac{1}{2}^{\circ}$, marked on the thermometer with an arrow; when the heat of the body at rest exceeds 100° , or falls below 97° , excepting under very rare conditions, danger may be looked for, and advice should be sought without delay. In using the thermometer, the bulb should be placed in the armpit next to the skin, and not touching any article of clothing, for five minutes, and the arm drawn over the chest; then the temperature of the body may be read off, and the mercury brought down again to the arrow by gently tapping the thermometer against the palm of the hand. If the temperature of the body reaches 103° , fever, inflammatory action, or constitutional disturb-

ance is severe; 104° or 105° , very severe; 106° , very dangerous; and 107° , usually fatal; and when it reaches 108° , death may be expected within twenty-four hours. These figures refer to males and females alike. In the great majority of cases of fever or inflammation, the temperature does not ever exceed 106° . In fever, when the temperature returns to its normal, $98\frac{1}{2}^{\circ}$, the "crisis" is past, and convalescence commences.

EXCESSIVE SWEATING OF THE HANDS.—*Mrs. Fred. Robertson, Indianapolis.*—Prof. Alderson's treatment for this complaint is as follows: "The patient should soak her hands night and morning in warm water, in which should be dissolved about two drachms or half-an-ounce of the chloride of ammonium, and about twice as much carbonate of soda (crystals), enough water to be used to well cover the hands. I generally prescribe for my patients sufficient for six applications, and, as skins vary in tenderness, tell them to use as much as will temporarily to a slight extent cause the wrinkling known as cutis anserina (or goose skin), a condition which I describe to them as looking like the hands of a washerwoman. After well bathing, the hands are to be well rubbed with the following embrocation:—Tincture of iodine one drachm, compound camphor liniment and glycerine of each a drachm and a half, and compound liniment of belladonna, one ounce. (If for the hands, a drachm of eau de Cologne makes the embrocation more agreeable.) The embrocation to be employed twice a day. A cure quickly follows. This treatment is equally appropriate and successful for excessive sweating and even bad-smelling feet, for that odor is due to the excessive function of the sudoriparous (or sweat) glands."

DON'T MIND IT.—*H. J. R., Chicago.*—Have nothing to do with the so-called "remedy" you allude to. The man who puts it up is simply a quack, and his compound is as vile as himself. Your case is by no means an uncommon one, and careful attention to your general health will bring about a cure in time.

F. C. W., New York City.—You are evidently of highly nervous temperament, and the symptoms you name are not unusual in such cases. See to your general health. Food nourishing, plenty of sleep, and extreme regularity in habits.

HEART TROUBLE.—"*Anxious,*" *Chicago.*—Try the effect of giving up tobacco, as the use of the weed undoubtedly increases the tendency you allude to. Electricity is not advisable in your case.

HEALTH INVENTIONS AND APPLIANCES.

HOW TO PRODUCE STERILIZED MILK.—It is now understood, that the diarrhoeal disturbances of children in summer are largely due to the administration of spoiled milk. Particles of manure and other dirt from the cow's udder get into the milk at the time of milking, and through transportation and repeated handling fermentation sets in, rendering much of our milk unfit for use before it enters the infant's stomach. Contrary to the general belief fermentation is not arrested by boiling milk in open vessels, and keeping it in receptacles which are opened and variously handled during the day. But it has been conclusively demonstrated, that if the milk be sterilized according to the method of Dr. Soschlet, of Munich, it will keep sweet for several weeks.

It may be interesting to give a brief description of the utensils. They are: First,—Twenty well annealed 5 oz. bottles, with perforated rubber corks into which fit slender glass stoppers; Second,—A wooden stand with a zinc dripping pan for inverted reserve bottles, and provided with a drawer for extra corks and nipples; Third,—A tin tray to hold 10 bottles of milk, and to fit into a tin pot half full of water which is made to boil in the usual way; Fourth,—A graduated pitcher, for measuring the milk and water, or other substances; Fifth,—A water-bath for warming each bottle of sterilized milk before using it,—consisting of a tin cup with a double bottom (the inner perforated); Sixth,—A bag-syringe, with a nozzle for injecting soda solutions through feeding tubes; Seventh,—Bristle brushes for cleansing the bottles, tubes, etc.

The manner in which the milk is prepared for use is as follows: The 10 bottles are filled with milk to within $\frac{1}{2}$ inch of the neck; into each bottle a perforated rubber cork is forced, after which the bottles are placed into the tray and the latter set into the pot of water. After the water has been made to boil and expansion has taken place, the glass stoppers are tightly pressed into the corks,—the milk remaining in the boiling water for 15 or 20 minutes (being thus kept under pressure in a temperature of 212° F.,—which is sufficient to destroy all germs and impurities). When the milk is to be used, the bottle is put into hot water, until warm, when the stopper is removed and an ordinary nipple attached. Milk remaining in the bottle after the child has been fed must be thrown away.

THE BEST WASH FOR THE HAIR is: One cupful of salt, one quart of soft water; after it stands for twelve hours commence to use. Take a

cupful of the brine and a cupful of hot water, wash well with that, rinse once and rub dry as possible with a towel.

A WEEK SOLUTION OF SALT AND WATER is recommended by good physicians as a remedy for imperfect digestion, and for a cold in the head it is a complete cure snuffed up from the hollow of the hand.

IT IS CLAIMED THAT A FEW DROPS of eau de cologne, ether and chloroform, in equal parts, poured on a handkerchief previously wetted with cold water, and placed on the seat of a neuralgic pain, gives instantaneous relief. It is also very efficacious for nervous headache.

PUBLISHERS' DEPARTMENT.

WRITE PLAINLY AND ENCLOSE STAMPS.—All letters should be directed plainly HERALD OF HEALTH Co., P. O. Box 2141, New York City, and all names carefully spelled. Otherwise writer and publisher are often put to great inconvenience. Mistakes are constantly occurring through illegible names of post-office addresses. Persons desirous of replies to their letters MUST enclose postage stamps. Two cents is but a small amount for one to pay, but when you pay that sum, small as it is, upon hundreds of letters, it foots up many dollars.

“THE CONDITIONS FORMULATED BY THE COMMITTEE ON INFANTS' FOODS at the American Medical Association are approximated more nearly by Carnrick's Food than by any other with which we are familiar.”—Editorial note in *Philadelphia Medical Times*, June 1, 1888.

“BRICK” POMEROY HAS JUST ISSUED ANOTHER BOOK, entitled “Reaching for Hearts.” It contains thirty-four of his noted Saturday Night Sketches, and in paper covers is sent for 25 cents, by the Advance Thought Publishing Company, 234 Broadway, New York. Same amount of choice reading matter as \$1.50 books contain. Send for it, or send \$1, and get this and three other new books by the same author.

TRUMPET NOTES FOR THE TEMPERANCE BATTLE-FIELD.—A careful compilation from the best sources, including new songs, written expressly for this work by noted composers, for Temperance Assemblies, Gospel Temperance and Prohibition Meetings, Reform Clubs, W. C. T. Unions, Lodges, Divisions, Quartets, etc., etc., by J. N. Stearns and H. P. Main. The book also contains the odes of the Good Templars and Sons of Tem-

perance in full and in better form than ever before, and from official sources. It contains 192 octavo pages of first-class hymns and tunes, and is by far the best temperance music book ever published. Prices—In paper covers, single copies, 30 cents; \$25.00 per hundred. Board covers, 35 cents, single copies; \$30.00 per hundred. Sample copies for examination sent at the hundred rate. Address J. N. Stearns, publishing agent, 58 Reade Street, New York.

SUBSCRIBERS IN ARREARS.—Will subscribers in arrears kindly forward the money due us? We do not like to dun, and we are satisfied that this hint will prove sufficient.

ST. LOUIS HYGIENIC COLLEGE.—We are in receipt of the second annual announcement of the St. Louis Hygienic College of Physicians and Surgeons, the advertisement of which appears in another column. This college, which was chartered less than a year ago, has completed its first term of work; and it will begin its second term early in October. The announcement states that there is every prospect of a good attendance. We wish the college success.

THE HERALD OF HEALTH.

SUBSCRIPTION :

UNITED STATES AND CANADA, - - - ONE DOLLAR.
 GREAT BRITAIN AND IRELAND, AUSTRALIA AND NEW
 ZEALAND, - - - SIX SHILLINGS A COPY.
 SINGLE COPIES, - - - TEN CENTS EACH.

CONTENTS FOR AUGUST, 1888.

GENERAL ARTICLES.

The Irregular Habits of a Distinguished Sculptor - WILSON McDONALD,	191
A Request, - - - - -	194
Some Good Advice for August Weather, - - - - -	195
How to Become a Good Swimmer, - - - - -	199
EDITOR'S STUDY, - - - - -	201
WOMEN AND THE HOUSEHOLD. MRS. R. J. McMILLAN, - - -	206
MOTHERS AND THE NURSERY. MRS. F. C. PRESSLER, - - -	210
QUESTIONS AND ANSWERS, - - - - -	214
HEALTH INVENTIONS AND APPLIANCES, - - - - -	216
PUBLISHERS' DEPARTMENT, - - - - -	217

IMPORTANT NOTICE.

All letters and other communications for the editor, and all subscriptions and business correspondence for the publisher, should be addressed to HERALD OF HEALTH, P. O. Box 2141, New York City. Checks, Post Office Orders and Registered Letters should be made payable to HERALD OF HEALTH CO.

THE

HERALD OF HEALTH.

Vol. XXXVIII.

SEPTEMBER, 1888.

No. 9

VARIOUS MATTERS CONCERNING HEALTH.

(Special for the HERALD OF HEALTH)

By M. L. HOLLBROOK, M. D.

PROGRESS.

SOMETIMES when one is overworked and vitality is below par, there comes on a feeling that the world is not gaining very fast, indeed may be retrograding. A good cure for such feelings is to go back a little in the world's history and find out how things were before we were born. I have just read an item which will give us some food for reflection on the subject. It states that: "In the course of the twelve months of 1817, 12,000 wagons passed the Alleghany Mountains from Philadelphia and Baltimore, each with from four to six horses, carrying from thirty-five to forty hundredweight. The cost of carriage was about \$7 per hundredweight, in some cases as high as \$10, to Philadelphia. To move a ton of freight between Pittsburg and Philadelphia, therefore, cost not less than \$140, and took at least two weeks' time. In 1886 the average amount received by the Pennsylvania Railroad for the carriage of freight was three-quarters of a cent per ton per mile. The distance from Philadelphia to Pittsburg is 385 miles, so that the ton which cost \$140 in 1817 was carried in 1886 for \$2.87. The Pittsburg consumer paid \$7 freight upon every 100 pounds of dry goods brought from Philadelphia, which 100 pounds is now hauled in two days at a cost of fourteen cents.

About the same progress has been made in most other things, in education, in knowledge, in medicine, and especially in hygiene. Im-

perfect as is the medical science of to-day, if we take it at its best it has made enormous strides since 1817. There is no doubt but at that time doctors killed about as many as they cured, indeed killed many who would have got well without a doctor's care. I think, taking things as they are, most persons may content themselves with the feeling that the world is progressing, and becoming every day a more desirable place in which to live.

HOW TO TAKE MILK.

Milk is becoming more and more used as a food for invalids and semi-invalids, so that it becomes important to know how to take it to get the best results. It is best taken with good bread. If swallowed in considerable quantities alone, it forms a somewhat indigestible curd of considerable bulk, but if taken slowly with bread this curd is broken up, or so divided into small masses that the gastric juice can get around it to perform its office effectually. Some experiments have been made in physiological laboratories, showing that when milk is taken alone much of its nourishment is lost, but if taken with bread or even with cheese it is well digested. With babes who take their mother's milk the curd is different, woman's milk forming a soft curd quite easy of digestion.

VENTILATION OF CLOTHING.

The world is beginning to learn that our clothing requires constant ventilation even when it is being worn. If this is not done we suffer from lack of fresh air next to the skin, and also from an accumulation of the noxious vapors of the body. The skin breathes only in a lesser degree than the lungs. To secure ventilation of the clothing it is better to have it worn loose, so as to hold in its meshes a large amount of air. This air will constantly change places with the outside air, and thus pure warm air can be brought in contact with the skin. Unventilated clothing is very uncomfortable and unwholesome to the wearer.

LEAD PIPES.

Many persons have a feeling that lead pipes poison the water through which it flows and thus endangers health. Sometimes this may be the case, but on the whole, as yet, no better material for water pipes for general use has been found. When they are perfectly new, however, they are more dangerous than after they have been in use a while. The reason for this is that an insoluble coating of oxy-carbonate of lead and lime and other substances forms inside the pipe, and protects the water from coming in contact with the more soluble lead. If the water is very

soft, that is containing next to no lime, then the pipes will poison the water, there being no material to form this coat, but as most water does contain some lime, this would rarely happen.

A danger may arise, however, if the water is contaminated by nitrates or nitrites, or by vegetable acids, for these will dissolve some of the lead. The inhabitants of several English towns have suffered much from lead poisoning by such water being brought through lead pipes.

It is of vast importance that we all have pure water to drink, and we must pay more attention to it if we wish to avoid many diseases or enjoy excellent health.

HEALTH SECRET OF JAMES FREEMAN CLARKE.

The death of Rev. Dr. Clarke, at nearly 80 years of age, leaves a gap which will not soon be filled. He was indeed a great and a good man. During a residence of some years in Boston in early life, I found no preaching so wise, so earnest, so helpful as his. I think it was in 1885 that I asked him to give me his health habits for publication in the *HERALD OF HEALTH*, which he did. They will be found recorded during that year. The *Christian Register* gives the following concerning him which ought to interest everyone.

“No one who knew him would say that Dr. Clarke was a robust man ; but there were few well men who could do more work than he did, or could do it with less expenditure of nervous energy. He was the man of all the men we have known who always had strength for an emergency. He was never idle, never hurried ; and yet one who knew his habits, and was acquainted with what he accomplished, and was in the habit of measuring the man by what he did, would always be surprised by the amount of work that passed through his hands. He was once asked what was the secret of his tireless energy and great accomplishment. The reply was instantaneous ; and the assuring smile of one who feels that he has a satisfactory answer spread over his features as he said, “I have never been in a hurry ; I have always taken a plenty of exercise ; I have always tried to be cheerful ; and I have taken all the sleep that I needed.” These were his health rules ; and, while his contemporaries one by one succumbed to ill health and early disappeared, this veteran till less than two years ago was in comparatively strong health and could do his work with apparent ease. When he broke down, he was like the “One Hoss Shay” celebrated by his friend and classmate, Dr. Holmes ; he seemed to go all at once, as if the machinery of his physical system were worn out. He made the most of his life, because he made the most of the conditions

which are the foundations of splendid physical health. He knew from the first how to take care of himself. His rules were as rigidly observed as the laws of the Medes and the Persians, and his obedience to them gave him nearly eighty years of active and helpful life. He never wasted his energy. He never lamented that he could not do the impossible. He was an idealist who, within the limits of what could be done, worked with all his might till his working days were over.

COLD BATHING.

The other day a reader of the *HERALD OF HEALTH* asked me if I thought cold bathing agreed with everybody. She said she had read so much about it in this journal that she thought she would try it for a week, but it tired her so and she felt so weak she had to give it up. Such cases are met with now and then. They had better content themselves with the warm bath occasionally for purposes of cleanliness and daily rubbing or friction with hand. A coarse towel, or better still, the hair glove or brush, to toughen the skin and keep up an active circulation of the blood in it. The object of the cold bath is not so much for cleanliness, though it has its value in this respect, or for its tonic effects. To those who can bear it, and most persons can, it is very strengthening both to the skin and to the nervous system, and a great preventer of colds. Those who cannot bear it must do the best they can with substitutes. I fancy, however, that many who think they cannot bear a cold bath might train themselves to it by using the right methods. These would be to bathe only once or twice a week at first, to use tepid water, to bathe only a portion of the body at a time, to use little water, to have a warm room, and not to bathe when exhausted, and to use much friction on the skin. The head and chest might be bathed one day, the feet another, and so on.

A SUN BATH

in every house. For many years I have advocated sun baths for many invalids. The difficulty is to procure conveniences for them. Many of the modern sanitarians are introducing the sun bath. The time will come when they will be introduced into our houses more generally. All that is required is to educate people up to the idea of their necessity and value. I was glad to find in a medical journal lately an article on this subject by Dr. Smith under the title of "Wasted Sunbeams." Among other things he said that human habitations, though erected for the benign purposes of insuring comfort, affording protection, and promoting family privacy, are, unfortunately, often the causes of a number of the ills from which we suffer. This is true as to the residences of the rich

and poor. It is not easy to construct a perfectly sanitary dwelling. In nearly all of them there are, however, some avoidable insalutary conditions, which are undermining the health of the family. While the early Orientals had but little knowledge of the exact nature of air and sunlight, they nevertheless believed that fresh air was an important factor in maintaining physical vigor, and that exposure to the solar beams was salutary. In constructing their homes, their architects utilized their housetops, and gave them salubrious plateaus. The roofs, gently declining as watersheds, were covered with either tiles, bricks, or cement, making them as durable as pavements. Beddings of turf, prettily distributed, made these artificial deserts to "blossom as the rose." Is there any thing either in our climate or state of civilization which prevents us from, in a measure, imitating such ancient, useful, and fashionable airiness? Our atmosphere is proverbially bright, and many of the severer days are sunshiny. In a great metropolis like New York there are thousands of children and invalids, and even others, who require more fresh air and sunning than they receive. City yards are small, shut in by tall buildings and high fences; the parks may not be adjacent; and the streets afford ill-conditioned pleasure-grounds. It would not be difficult for architectural ingenuity and sanitarians to contrive methods of using the housetops so that roofs, now so useful in affording indoor protection from cold, sleet and rain, can be made additionally useful at certain seasons by affording out-door recreation and protection for invalidism. The "solarium" of the New York Hospital, made attractive with its plants, birds, and aquaria, is a grand help in restoring the convalescents, and at the Hospital for the Relief of the Ruptured and Crippled the contagious sparkle of the sunbeam is found shining in the eye and lives of many young patients.

THE FOOD OF THE GERMAN FARMER.

(Special for the *HERALD OF HEALTH*.)

THE German peasant, in all those parts of Germany I was living in, takes five meals in summer and four meals in winter. These meals are composed of meat and all other animal products, as milk, eggs, butter, cheese, etc., with all products of the vegetable kingdom. As to meat, pork and fowl are the most largely used kinds. In fact, in many families, "Rindfleisch" (cattle meat) is only brought on table on *Sundays*,

and it is looked at as a kind of feast, almost, especially in poorer families, who cannot very often afford it, to have this most nourishing of all foods—as it is believed—on table. I remember with horror those “nice meals” being brought on one table. I remember well the unhappy position I played when the meals were started with the usual “Rindfleischsuppe” (soup of beef), when everyone enjoyed it—I could not likely be induced to partake of it.

Let us suppose now, for a moment, we are living in a German village. At six o'clock you will see the farmer take his first meal, consisting of a weak coffee, which is very often composed of coffee and roasted wheat, and to which milk is largely used. He will take to this coffee some slices of brown bread (corn bread with jam, or with butter, lard, etc.) At nine o'clock another meal will be served; for as people had already done some hard work by that time, they want another meal. This second breakfast may consist of slices of brown (rye) bread with butter and ham, or butter and cheese, or butter with eggs, or bread with bacon or sausage only, to which as a rule by the male members of the family—*very* seldom by females—either a small glass of “Schnaps” (corn brandy) or some very weak beer is partaken of.

An average peasant family, numbering five heads, would about consume, per year, two fat pigs, four or five geese, perhaps a few ducks, about half a dozen old hens and a dozen young ones, two dozen young pigeons. Pork is in stock all the year round, as well in form of the well known “sausage” as in the shape of bacon, ham, etc. It will be “smoked” in order to keep. As to the vegetables used, I must say people know better to appreciate their value than in England or America. It is really astonishing to observe the ignorance which prevails here, especially amongst the poorer classes in England, upon such matters. There are thousands of people in England who never saw in their lives a Haricot bean, pea or turtle—living on nothing but mutton chops, beefsteak, pie and cheese. This is entirely different in Germany. Cereals and pulses are largely used, and there is a healthy variety in the bill of fare. It will not happen very often that the same dish is served for dinner twice a week. I remember having read once in a medical book—I forget whether it was by Prof. Gork or Redam, that the rural people in Thuringia and Saxonia had the best natural instinct for the choice of their foods, and that the mixture observed by this people could be put down as a standard for any other people by any physician. There is a strong reaction actually taking place with respect to the food question, quite especially in England, and we see the number of those people who,

ridiculed at first in infinitum, opposed to the use of the old famous English roast beef, increasing day by day. Whether vegetarianism ever will be powerful enough to abolish the use of meat entirely, is more than questionable. At any rate let us hope that the value of foods, especially of pulses and cereals—who deserve, on account of their cheapness, a greater consideration—may be made known more and more amongst the people; let us hope that our learned men, physicians and philanthropists, will pay in future a greater attention to the food question than hitherto, and in spreading out the light of knowledge amongst the poor, to teach them how to preserve their most valuable capital—their health. That this hope is not mere utopy, we are convinced of by looking at the efforts which have been undertaken, and the changes which have taken place in this respect during the last ten years.

PUPKE.

HOW INFECTION MAY BE CARRIED.

A CONTRIBUTOR to *London Health*, in an interesting communication on the above subject, says :

FLIES, aside from being pests, are actual conveyers of contagion. The fly can communicate virus from an open sore, and can carry this from one person or place to another. This may not be credited, but it has been proved by direct experiment to be not only possible, but an actual fact. The common house fly, by lighting on a diseased spot, either in an animal or a man, and thence passing to a healthy subject, has been known to impart the infection to the latter. Whether the poisonous matter be an animal virus or a germ of disease, does not matter; and in this connection it is well to speak of other common methods of possible disease infection. A postage stamp may in various ways convey contagion. One of the simplest and most plausible is that in which a postage stamp, partially attached to a letter to pay return postage, is sent by a person infected with some disease to another person. The disease is transferred, in the first place, to the adhesive stamp through the saliva, and in being attached to the letter by the receiver the poison may be transmitted to him in turn through the saliva.

ANOTHER CAUSE

may be the infection of the stamp with disease germs. The stamp, having been exposed in a room where a diseased person lies, may

become slightly moistened and thus retain the germ. That this is true can be proved very simply by a microscopical examination. It is even possible that an active and tangible poison, as arsenic, may accidentally or intentionally be attached.

We often see a person holding change for a moment in the mouth, probably not knowing that investigation has shown that disease germs can be carried by money. If one could see through what hands the money has passed, they would hesitate before using such a third hand. Silver money is as bad as paper money; but while many would hesitate to hold a dirty bank note in their mouth, they think that a silver piece, because bright, is apparently clean.

CIGARS MAY CONVEY

contagion. We have seen a note in which a physician gave as an excuse for not loaning a light to a friend that he was afraid of contagion; but if he was so afraid he should have been consistent and refused to smoke the cigar. Cigar wrappers are in the cigar factories, especially in Cuba, moistened with the lips and tongue, and the girls who roll the wrappers are by no means of the highest reputation. Grave diseases can be carried in this way. Tobacco, contrary to the common belief, does not destroy disease germs, and smoking will not confer immunity from contagion.

ANYONE WHO USES A TOWEL

in common with the public, or a piece of soap, or brush and comb, or any requisite of the toilet, runs the risk of possible infection. The subject of antiseptics (simply another word for cleanliness) has not necessarily brought to light many new facts, but has set people to thinking of old ones. The germ theory of disease is to most people a very vague one. There is a general idea that disease is carried by germs, and that the air is filled with these, and it is a wonder to most people that everyone is not so afflicted, the laity conclude that the germ theory is an absurdity and a contradiction. They do not consider the element of a fertile soil. The germ is the same as a seed, and all organic bodies are reproduced by a seed. We must plant seed in a soil suitable for it, and the surroundings—heat and moisture—must be adapted to it if it is to grow. As we descend in the scale of organic life, we find that some of the lower animals can hardly be distinguished from plants, and these are reproduced, not by seed, but by a process of division or budding. A part of the animal is divided and separated, and forms a new animal.

AS WE DESCEND IN THE SCALE,

we find that instead of seeds we have spores, as in ferns ; but these serve the purpose of seeds, and demand a fertile soil before they can grow. Of many million spores but one or two may serve their purpose ; the rest die without giving any result. As we descend still lower, we find that fungi and moulds need not only a fertile soil, but a peculiar soil, and many of them will not grow except in or on another organic body.

In medicine, a common example is the ergot of rye. Another is corn smut. These, in addition to requiring a peculiar soil, undergo an "alteration of generation." For example, corn smut is first reproduced on the barberry leaf as "rust," and this rust in turn produces corn smut. The theory of disease germs is founded on the knowledge of the actions of the lower animals and plants. The bacillus may be an animal or it may be a plant, poisonous in itself or simply a carrier of contagion. It may even be a result of disease, and have nothing to do with its cause except as a foreign body. Still, as we find it present, and find it always present, we are necessarily induced to believe that it is an active agent, but in order to reproduce itself

IT MUST HAVE A FERTILE SOIL.

This it finds, as a rule, in a person whose constitution is run down from overwork, lack of rest, poor living, or disease. It may be introduced into the system, directly into the blood, through an open wound, thus inducing septicæmia, a state of poisoned blood, or it may be introduced indirectly into the blood through the alimentary system. In this case it must be inhaled or eaten with food. In either case it is absorbed, or perhaps actively works itself through the mucous membrane. Once in the blood, the bacillus grows, as a rule, by division, and multiplies to an enormous extent. Disease may also be carried by a virus, which may in turn consist of bacilli or of organic putrefactive matter. The common example of this is the virus of cow-pox or of a snake, an actual poison.

EITHER OF THESE FACTORS

may be present on a piece of soap or money, or a soiled towel, or a book that has been in constant use, in fact, any article that has been handled by a number of people. We can, perhaps, realize how omnipresent disease germs are, when we consider that washing our hands in an antiseptic solution, and wiping them on a perfectly clean antiseptic towel, we shall find they are still, scientifically speaking, unclean. Cleanliness, then, is above all to be inculcated as a preventive of disease. If not next to godliness, it is surely next to health.

EATING FROM NECESSITY.

How many of us really and truly sit down at the table, and as we should, enjoy our eating? Eat to enjoy life. We have no doubt but that the following narrative, says a correspondent of the *St. Louis Globe*, will be recognized as that of a personal experience by many: Arise in the morn early or late, as the case may, under protest—a sufficient testimony that balmy sleep, his sweet restorer, has failed to make proper connections, so to speak; move about, strange to be so stretchy, achey, even tired yet, eyes hard to get open properly, maybe fall over a chair or two, or stoops over to get some article of apparel and is compelled to make an effort. In fact he must go through a bracing up process. After performing his morning toilet he has limbered up some, got his eyes open and floundered down stairs to the breakfast table. Looked at the watch and mentally concluded or realized that he must be at business right off. Braces up again and mechanically, may be vigorously, proceeds to ingest what he can; matter of necessity, never hungry for breakfast, you know.

Rush out of house for street cars, stands up maybe all the way down town. If he is fortunate enough to get a seat he experiences a sort of relief, and recognizes that he is still tired. Get to work dull and listless. Necessities or excitement of work for five hours or so occupies his attention. Whistle blows, bell rings, clock strikes or friend comes in. Dinner is sought; feels somewhat empty, hardly hungry; eats a fair meal and feels full; empty feeling gone. A desire to rest is experienced—even sleep. Braces up and again gets to work for five hours or more; has to struggle for a while; eyes are very heavy; senses of discomfort about stomach. Finally time to stop work comes; closes up active effort, but mind and attention still lingers. He starts home with heavy legs and feet; headache; maybe somewhat dizzy. No seat on cars this way, either; recognizes that he is very tired.

Gets home, crawls up the front steps and exclaims: "Supper ready?" "Yes, come right along." He sits down, has no appetite, but eats again, "from necessity." Not much; easily satisfied. Feels sort of weak about the stomach, as well as otherwise. Putters around in or out the house for a while or reads the paper; feels a little better; seeks, maybe, entertainment, the excitement of which fixes his attention from self. At last he seeks repose exhausted, and maybe sleeps heavy, or not at all. The next morn and day bring the same experience, and so on day after day. Eternal effort; eternal desire for rest; eternal lack of enjoyment of

life ; eternal eating from necessity. Can we wonder that this man eats from necessity? Yet, this is an American of to-day. His distemper is of his own making. He is a robber of nature and has failed to put in practice the full meaning of the divine commandment : "Thou shalt not kill."

PROF. CHANDLER ON MISCHIEVOUS NOSTRUMS.

Prof. Chandler calls attention to the enormous business done in mischievous nostrums. "Some of these concerns" he remarks, "are admirably managed, having regular staff organizations. There is the literary man, who writes the letters, giving marvelous accounts of marvelous cures ; there is the artist, who shows the patient before and after taking twenty-two bottles of the medicine ; there is the poet who composes poems upon the subject ; there is the liar, who swears to what he knows isn't true ; and the forger who produces testimonials from his own imagination. Without exaggeration, I should say that nine out of ten of these medicines are frauds, pure and simple ; the real business is advertising for dupes. The medical part of it is but a side issue. I am pretty sure if I were to pound up brickbats, and spend \$100,000 advertising it, at \$1 an ounce, as a sure cure for some disease which cannot be cured, I should get back at least \$110,000 ; thus getting \$10,000 for my trouble. Nine-tenths of the medicines sent out in this fashion have no more curative properties than brickbat dust."—All of which bears out the views given in these columns on the same subject.

SEWING A CUT FINGER.—Many persons are familiar with the common remedy for a cut, of sewing it up. I have seen persons suffer great inconveniences from a comparatively small wound at the end of a finger and thumb, because they did not know how to apply the remedy. Wait till the bleeding has ceased, and then with a fine cambric needle with a silk thread not more than an inch or two long, or three inches at most, take up a small stitch in the skin and not into the flesh, draw only *towards* the cut, right and left, which tends to draw the parts together, and never draw *from* the cut, which only opens it. The relief thus afforded is understood only by those who have tried it. A hired man had cut the end of his thumb, while engaged in mechanical work, and it annoyed him excessively. I drew the parts together with a fine thread and needle ; he was astonished at the relief, and had no further trouble with it.

EDITOR'S STUDY.

OUR RULES FOR GOOD HEALTH.

1. Be regular in your habits.
 2. If possible go to bed at the same hour every night.
 3. Rise in the morning soon after you are awake.
 4. A sponge bath of cold or tepid water should be followed by friction with towel or hand.
 5. Eat plain food.
 6. Begin your morning meal with fruit.
 7. Don't go to work immediately after eating.
 8. Be moderate in the use of liquids at all seasons.
 9. It is safer to filter and boil drinking water.
 10. Exercise in the open air whenever the weather permits.
 11. In malarious districts do your walking in the middle of the day.
 12. Keep the feet comfortable and well protected.
 13. Wear woolen clothing the year round.
 14. See that your sleeping rooms and living rooms are well ventilated, and that sewer gas does not enter them.
 15. Brush your teeth at least twice a day, night and morning.
 16. Don't worry, it interferes with the healthful action of the stomach.
 17. You must have interesting occupation in vigorous old age. Continue to keep the brain active. Rest means rust.
-

SIZE OF SPECTACLE GLASSES.—Spectacle wearers, especially elderly people, frequently imagine that spectacles with large glasses are preferable to those with smaller glasses. There is, says *Jewelers' Review*, but one advantage in using large glasses, which is, when the spectacle frame does not fit the face so that the center of the lenses do not come opposite to the pupil of the eyes. Three-quarters of one inch is plenty large enough if the lenses are set in a frame that causes their centers to come opposite the pupil, for the following reason: In the first place, the glasses being small, they can be much thinner, a very decided advantage; secondly, only about one-quarter of an inch of glass can be used, because we cannot see distinctly through a glass except we look straight through, and not obliquely, hence all spectacles and eyeglasses should be worn at the same angle that we generally hold the print or the paper which we are reading or writing upon; thirdly, a great many rays of light pass from behind over our shoulder, fall on the glass, are reflected into the eye, without having passed through the glass.

THEORY OF MIND-READING AND SLATE-WRITING.—Dr. R. C. Word, of Atlanta, Ga., discusses this subject. (*South Med. Rec.*, 1888.) He adduces cases to show that, to all intents and purposes, the brain is a dual organ; that, though the two brains ordinarily act as a unit, they may act separately. And then Dr. Word advances as a theory that, under certain peculiar circumstances, one side of the brain may converse with the other side. In fact, he thinks it possible, in some exceptional cases, for one side of the brain to be electro-positive and the other side electro-negative. Under these circumstances, the link which ties the two brains together is, in some mysterious way, severed, or for the time being deprived of its co-ordinating influence. In this condition, the electro-positive side may ask questions which may be automatically answered by the electro-negative side. Under these circumstances, any incident or memory latent in the brain is liable to be revived, and to be automatically and unconsciously reproduced by the medium; and when thus presented it comes with all the force and conviction of a communication from a third or an outside party. Thus the "slate writer" gets messages from his or her own brain; or if brought into *rappori* (nervous relation or connection between parties) with another party, he may get mental impressions from him also.

POISONING BY CARBOLIC ACID.—The *British and Colonial Druggist* says in "Notes from Germany:" A very interesting carbolic poisoning case came to light a short time ago in Glavus. A woman took by mistake for solution of potassium bromide a teaspoonful of 90 per cent. carbolic acid, which corresponded to $2\frac{1}{2}$ drams of the pure acid. Soon after the dose the patient noticed that the bottle she had used was labelled "poison" and "carbolic acid," and became very anxious. A quarter of an hour passed, however, before any pain was felt, when medical aid was summoned. As antidotes, bi-carbonate of soda and almond oil were given, with emetics, and strange to say, the woman was quite well nine days after the accident. This is an exceptional recovery, since such quantities of phenol have never before been taken without death supervening. Indeed, a case is recorded where, after taking a similar amount a woman died in eight minutes; not only so, but Jenni-Temme, who publishes this case, relates also an instance in which in consequence of copious external applications of carbolic spirit by friction the patient died in fifteen months. While on the subject of poisoning, I will mention a case in which the toxic agent was sulphur contained in a hair pomade. The man who used the ointment did so for some years, and at length

poisonous symptoms manifested themselves in a marked manner. The compound consisted of twenty parts of vaseline, one part of wax, and two parts of sulphur. It is of course a matter of doubt whether the poisoning followed from the change of sulphur into sulphuretted hydrogen, or whether arsenic was the mischievous agent. The last hypothesis is rendered likely by the fact that crude sulphur was used, and this often impure from the presence of the anhydride named. At any rate the case enforces the need of care in the application of the numerous toilet preparations for beautifying the complexion, etc., which often contain some proportion of sulphur.

NUTRITIVE VALUE OF CERTAIN FOODS.—Speaking roughly, a quart of oysters contains, on the average, about the same quantity of actual nutritive substance as a quart of milk, or a pound of very lean beef, or a pound and a half of fresh codfish, or two-thirds of a pound of bread. But while the weight of actual nutriment in the different quantities of food material named is very nearly the same the quality is widely different. That of the very lean meat or codfish consists mostly of what are called, in chemical language, protein compounds, or “flesh formers”—the substances which make blood, muscle, tendon, bone, brain and other nitrogenous tissues. That of the bread contains but little of these and consists chiefly of starch, with a little fat and other compounds, which serve the body as fuel and supply it with heat and muscular power. The nutritive substance of oysters contains considerable of both the flesh-forming and the more especially heat and force-giving ingredients. Oysters come nearer to milk than almost any other common food material as regards both the amounts and the relative proportions of nutrients and their food values, of equal weights of milk and oysters—i. e., their values for supplying the body with material to build up its parts, repair its wastes, and furnish it with heat and energy would be pretty nearly the same.—*Professor W. O. Atwater, Wesleyan University.*

A PUZZLING CASE.—In Alabama, a black negro girl about eighteen years old has given birth to twins at seven months, one of which is as “black as the ace of spades,” and the other as white as any white child her medical attendant ever saw. This is as puzzling as the case recently reported, in which a beautiful young woman with a tinge of negro blood so slight as to be imperceptible, married an unsuspecting white gentleman, and in due time presented him with a black baby.

MANNER AND CHARACTER.—The two are not invariably synonymous,

yet to a very great degree manner is an expression of character and is its direct result. Fineness of perception, delicacy of feeling, has its correspondence in shades and inflections of manner. As civilization advances into the finer social enlightenment, manner becomes a factor only less important than morals. Punctiliousness in those trifles whose aggregate, after all, makes up the sum of life is one of the attributes of character and is indispensable to polished manner. The prompt reply to letters and notes; the due acknowledgment of invitations, of gifts, of favors, are a part of the grammar of social life.

Rudeness is justly considered as a social crime. The ill-bred person has no place in the social fabric, and he should be as much excluded from polite life as should the criminal from the business transactions of honest men. Beautiful manners are the fine inflorescence of all forms of art. Noble sculpture, beautiful paintings, the harmony of music, the charm of intellectual gifts, all find their highest and most potent expression in manner.—*Boston Traveler.*

WORKING JUST AFTER EATING.—When the manager of Nevada requested her to sing immediately after dining she refused. He held that it was extraordinary insolence, and result was a lawsuit. Nevada won the suit, however. Her plea was: "It will ruin my voice to sing after filling my stomach with food, and whatever the stress of the occasion I will not destroy my voice." Nevada understood and worked according to a fundamental and simple law, that the blood can enable but one set of organs to do safely an extraordinary feat at a time. The blood furnishes the power for singing and for thinking, as it does for digesting and jumping. When required in the stomach it must not be demanded elsewhere. When digesting meat, potatoes and eggs the blood is fully occupied. If summoned to vocal tasks it leaves digestion disturbed. Yet nearly all study is performed after meals, while the stomach requires the blood. The brain calls it away by force of its imperiousness under culture. The blood goes to the brain under protest and charged with carbon. Then there is dyspepsia below, headache and neuralgia above, followed by disorder of the secretive and nutritive organs. Then follows the class of disorders classed as heart troubles and nerve diseases. The heart is sympathetic with the whole system, and palpitates with its convictions. Here is your incipient disaster, the preliminaries of a breakdown.—*M. Maurice, M. D.*

DO WE HAVE ANYTHING LIKE IT IN THIS COUNTRY —Dr. K. Nakano describes a curious disease called "head drop," which occurs in some parts of Japan. This is the name by which the disease is called among the

natives. Its history is not known, but it has existed from ancient times. There are no premonitory symptoms, except uneasiness of mind and headache for a few hours before the attack, which comes on suddenly. The head becomes so heavy that it cannot be kept upright, and so hangs forward; and walking also becomes unsteady. In some cases there is congestion of the conjunctivæ, dilatation of the pupils, double vision, and dullness of sensibility in the neck. Moreover, the tongue becomes stiff, the speech slow, swallowing difficult, the loins paralysed, and the legs weak. The urine is of somewhat high specific gravity, with a white sediment after standing a few hours; there is no albumen, but some sugar-reaction. If the case becomes severe, one of the legs may be paralysed and lose sensation. All the cases were observed in farmers below the age of thirty five. Most patients are attacked when hungry; they continue to be affected from a few hours to a few weeks—sometimes for two or three months. One attack predisposes to another, even in the same year. In the interval the health of the patient is not affected. Head-drop occurs at all seasons, but especially from the end of spring to the beginning of summer. It does not seem to be hereditary, nor is there evidence that the affection is contagious. Judging from the symptoms of the attacks, Dr. Nakano thinks there is no doubt that some kind of miasma or malaria attacks a part of the brain or spinal cord. In the district around there are a great many cases of ague, but almost none in the place where this disease occurs, although circumstances favor the occurrence of ague. Both local and general treatment have been freely tried, but with little success.

RESPECT YOUR STOMACH.—Let no man take liberties with his stomach—nor woman neither, for that matter. The stomach is a long-suffering member, but like the worm, it will “turn” upon occasion. Most men love their stomachs, but few respect them. But that is where they make a large mistake. Take care of your stomach. You have only one, and you don’t know when you’re going to get another. Take care of your stomach and it will take care of you. Abuse it and woe be unto you. The ancients made the stomach the seat of the affections, and with good reason. Some even go so far as to center the soul there. It is certain that the hades of the divorce court is filled with cases that can be traced direct to a defective cuisine, and who shall say how many lost souls have gone down to perdition who dated their first dereliction from duty back to the deadly frying pan, and their fall from grace to the diabolical agency of half-baked dough? Women desire to widen their

sphere. Let them enlarge their culinary horizon. The woman who invents a new dish deserves a halo or a halter, according to the dish. Many a woman has gone to an honored grave whose best title to immortality was her baking. Her children rise up and call her blessed because she made good bread. As a rule men eat too much and women too little. And both are apt to forget that quality has more, or should have more, to do with the matter than quantity. Few women have what may be called the "alimensive sense" properly developed. The average woman seems to consider it her special duty and proud prerogative to cater to that high and mighty monarch, her lord and master's stomach, and to let her own severely alone. But, even in this era of cookery schools, how often can she intelligently cater to anybody's stomach? She knows all about cakes, candy and kickshaws, but when it comes to the substantials, where is she? And when it comes to the æsthetics of eating, how many of either men or women are "there?"

Married women eat more than single women, not so much as a matter of taste as of habit, and because food is lying around. Men must have their regular meals, and what they don't want, women will eat rather than see it go to waste. It is notorious that women become utterly demoralized as to their eating, when the "men folks" are away from home for any length of time. Whether the family be rich or poor seems to make little difference with women, who almost invariably abandon the regular dinner when the head of the house is away, and drift into the slovenly and harmful habit of "picking up" such odds and ends—mostly sweet stuff and pickles—as may come handy. If men were good for nothing else in a house, they would be well worth their care and "keep" just to hold the womankind to some sort of regularity and sense in the matter of their meals. It is the single women, however, who most need taking in hand—the working girls especially. Some of them deny themselves the necessities of life in order to put the proceeds of their martyrdom upon their backs. Poor misguided young creatures! Haven't they sense enough to know that bright eyes, rosy cheeks and calico are more attractive and will catch a husband sooner than dull orbs, sallow face and satins? This is the season of the year when mankind generally are likely to be reminded that they have stomachs. The gala days draw near when digestive organs do not digest, when baby luxuriates in colic, papa curverts with cramps and mamma succumbs to the "morbus." There is a good old saying that an ounce of prevention is worth a pound of cure. The doctors have slain their thousands, and the cucumber its tens of thousands. Remember this, and respect your stomach.—*Mary Norton Bradford.*

WOMEN AND THE HOUSEHOLD.

[CONDUCTED BY MRS. R. J. MCMILLAN.]

A TIMELY REMEDY.—“Many people do not know how easily they can protect themselves and their children against the bites of gnats and other insects. Weak carbolic acid sponged on the skin and hair, and in some cases the clothing, will drive away the whole tribe. A great many children and a few adults are tormented throughout the whole summer by minute enemies. We know persons who are afraid of picnics, and even of their own gardens, on this account. Clothing is an imperfect protection, for we have seen a child whose foot and ankle had been stung through the stocking so seriously that for days she could not wear a leather shoe. All this can be avoided, according to our experience, and that we believe of many others, by carbolic acid judiciously used. The safest plan is to keep a saturated solution of the acid. The solution cannot contain more than six or seven per cent., and it may be added to water until the latter smells strongly. This may readily and with perfect safety be applied with a sponge. We have no doubt that horses and cattle could be protected in the same way from the flies, which sometimes nearly madden them.”

DANGER FROM PET DOGS.—One of the most noted physicians has discovered a new danger that menaces ladies who keep pet dogs. There is an invisible worm that rubs off the dog's tongue. These worms work their way into the flesh of human beings, and it is extremely dangerous for a dog to lick even a lady's hand. This fact was discovered by one of our best physicians, and was made public by a gentleman who is the husband of one of the ladies who has had a nest of dog worms removed. A wealthy lady residing in Brooklyn had a strange lump growing on her cheek, and she consulted her family physician. The doctor informed her that she had a nest of dog worms imbedded in her cheek. He explained that he had treated a number of ladies for the same ailment, and had operated successfully on them. The doctor frankly explained the cause of his patient's ailment. The lady told her husband what the doctor had said on his return home that evening. The disgusted man took his revolver and his wife's pet pug to his stable, and shot the dog.—“*Aunt Sally.*”

RECKLESSNESS CONCERNING DRUGS.—There is absolutely no limit to the

recklessness of women with drugs, especially those proper to the toilet. One woman fancied carbolic acid would improve her skin, and so it will, diluted enough. But she used it strong, till the skin of her face cracked, peeled and—that was not the worst—left a downy growth which spoiled originally decent cheeks. Another thought cold baths the finest stimulant in the world, and took a plunge in the coldest well water twice a day in warm weather, till she had to give up, with her heart probably injured for life. Another believed in hot baths, and after unlimited trial came out so weakened that it took years to restore her. Moderation is the rule for all treatment, but most persons learn it too late, and miss the lifelong benefit they might derive from the agencies they wear out in a year or two. Electricity has been sadly overdone by women who fancied they knew enough to treat themselves, bought a small battery and tried to use it as a bank of vitality. Students try to do double work by aid of this fearful stimulant, and find out it shatters their nerves in less time than alcohol. It is of no use to try to find a philosopher's stone, or an Aladdin lamp, or any substitute for the painstaking process of developing care and judgment for one's self. You cannot by any marvel of science give health or beauty by pressing an electric button, or holding the handles of a battery, or swallowing any bolus, or lathering yourself with sweet scented lotions, although cosmetic recipe books and dealers may tell you so in flourishing sentences.—*Shirley Dare's Letter.*

SOME USES OF GLYCERINE.—Dr. J. S. Charles writes to the *Scientific American* of the uses of glycerine. He recommends it first as a dressing for ladies' shoes, to make the leather soft and pliable. Secondly, for sweating feet, using one part of burnt alum and two parts glycerine on the feet at night. For bunions and corns, equal parts of Cannabis Indica with glycerine, bound on with canton flannel. Two drams of glycerine and two quarts of water makes a pleasant bath. Glycerine in whiskey or cream will relieve a paroxysm of coughing, and for a consumptive a mixture of one part of powdered willow charcoal and two parts of pure glycerine not only allays the cough, but purifies the stomach. Lastly, he recommends it as a menstrum in which to fry fish for the morning breakfast.

DANGER IN DUST.—Whoever thinks of dust as anything more than an inconvenience? Of what is dust made up? Think of this a moment, and its very complex and dangerous character will become apparent. Here are a few of the components of dust: fine earth, fragments of wood, cotton, wool, feathers, and almost everything under the sun. Dried

excreta, spittle, filth from the gutter, and every possible kind of offensive matter. Dr. Mackenzie, of London, has observed that there is much more sickness in dusty weather than at other times. Sore throats, catarrhs, colds, sore eyes, and numerous other maladies abound during dusty weather. House dust is simply street dust brought indoors by the wind, or adhering to uncleaned boots and shoes.

THE BELLE AS A WIFE.—If a young lawyer should be disbarred, a young clergyman degraded from the ministry, should a merchant fail or an engineer lose his position, he would scarcely suffer a greater sense of change than does the young belle when she finds herself ineligible to the post which has been hers by the consent of her parents and by the approbation of the world. She misses the bouquets, the murmurs of applause, the atmosphere of adulation. Why should she not? The lover, a creature all smiles, who came bringing gifts, has become a stern taskmaster, scolding over bills. The belle has become a slave to the cook, of whom she is afraid, and to the grocer, the baker, the candlestick maker. However, if "Love goes like a light in the pathway," all this becomes right in time, and the young wife will accommodate herself to circumstances, and when she emerges, after a year or two of seclusion, still beautiful, still young, still pleasure loving, there is no doubt an added appetite for admiration from the long fast. The husband is absorbed in money making. He cares little how his wife spends her time, and so grows the married flirt, innocently at first. Innocent at first; but alas! a dangerous game, fraught with possible misery to herself; for even the most innocent flirtation is a troublesome affair. Its essence is secrecy, and that is a bore and a nuisance to an honest heart.—*Mrs. John Sherwood in Once a Week.*

THE LOUD VOICE IN PUBLIC.—The ill breeding that manifests itself in loud talking in public is entirely too prevalent hereabouts among women whose attire and general conduct stamps them as otherwise well bred. That womanly trait, a low voice, which Shakespeare found so excellent a thing in women, is noticeable by its rarity in most American communities. The impression conveyed by hearing such a voice in public places and conveyances is that the forte speaker's usual surroundings are the factory or the rattle of the kitchen dishes, each resulting in enforced elevation of speech to a key high enough to drown other noises. The factory girl or the dishwasher has every excuse for loud talking, for with her it is the force of habit. Other women have no such excuse, and their vociferousness may be set down to innate vulgarity. Such women focus the eyes and arouse the attention of every occupant of a street car. There it is simply

amusing and perhaps annoying. In the place of amusement the loud talker, man or woman, is simply a pestilence, a reminder that the Nineteenth century is prolific of barbarians and that rudeness is the rule and refinement the exception.—*Pittsburg Bulletin*.

CRUDE PETROLEUM AS A REMEDY.—Among the safe and simple remedies which are good for curing local ailments, is *crude petroleum*. I have used it for twenty years, and it never did me any harm, and mostly a good deal of good. Twenty years ago, having purchased a barrel of the oil, I directed a hired man to apply it to the outsides and roofs of barn buildings. He objected that his hands were sore, and he feared the oil would injure them. He concluded however to make the trial. He worked at it three days, at the end of which time he told me his hands were all quite well. It had cured them. In applying it as an external remedy, it does not produce a quick and brilliant effect, but used several times at intervals, its work is safe and certain.—*Country Gentleman*.

NAIL GROWING IN THE TOE, sometimes makes persons quite lame, the nail curling down at the edges and cutting into the sensitive parts. It is entirely mechanical in its evil effects, and may be cured mechanically. Scrape or shave the nail very carefully on the upper side, so as to make it thin and flexible. Then gradually and carefully crowd little masses of cotton under the troublesome edges of the nail to lift them up, and keep the cotton in place for a few days, successively increasing the raising at the edges.

MOTHERS AND THE NURSERY.

[CONDUCTED BY MRS. F. C. PRESSLER.]

TOOTHACHE REMEDY.—A correspondent of the London *Electrician* gives the following as an instant remedy for toothache:—With a small piece of zinc and a bit of silver (any silver coin will do), the zinc placed on one side of the afflicted gum, and the silver on the other, by bringing the edges together, the small current of electricity generated immediately and painlessly stops the toothache.

FOULNESS IN NURSING BOTTLES.—(Report of the Committee on Hygiene of the Medical Society of the State of New York)—The committee says that, in spite of the fact that nursing bottles with long rubber tubes, and glass reaching to the bottom of the bottles, have been condemned in all text-books as dangerous, they are publicly sold in the shops and are

largely used among the poorer classes. Commonly the brushes that are supposed to be sold with them are seldom used. The committee recommends that "the attention of the Society at its coming meeting be called to this matter, in order that some steps may be taken to secure appropriate legislation on the subject." This action is suggested, as it is the belief of the committee that such nursing-bottles are injurious to the public health, being largely responsible for the great mortality which occurs among children, especially in the tenement-house districts. It may reasonably be questioned whether, although the tubed bottles may well be called "snake bottles," they can be banished, for physicians do meet with children who thrive upon food administered through them. The fact is that the danger from their use comes from the carelessness of the child's guardian rather than from the bottle itself; but bottles without corners and tubes are to be preferred. Valved bottles are liable to get out of order. Pap-cups, if carefully used, are excellent. Prof. Starr has suggested a new bottle, called the graduated nursing-bottle, made of transparent flint glass, so that the slightest foulness may be seen. The interior surface is free from angles, and an accurately graduated scale of fluid ounces and half ounces, or tablespoonfuls, is blown in the glass. It is said to be convenient, accurate in measurement, and easily cleansed.

MILK SECRETIONS AIDED BY ELECTRICITY—According to Jordanis, very satisfactory results may be obtained from the employment of electricity in atrophy of the mammary glands, in those cases where, after delivery, the mammæ are small and shrunken, and do not secrete milk. In a case reported, the patient had been confined eight days; but the child was not put to the breasts, as they were small and soft, and not secreting milk. Electricity was applied, and after a few *séances* the breasts became firm and rounded, milk was secreted, and the infant was suckled. The improvement was lasting. The faradic current was used; the positive pole was placed over the breast, but the intensity of the current is not recorded.

DR. HOLMES relates the following to illustrate the significance of small things in the sickroom:—"Will you have an orange or a fig?" said Dr. James Jackson to a fine little boy now grown up to goodly stature. "A fig," answered Master Theodore, with alacrity. "No fever there," said the good doctor, "or he would certainly have said an orange."

REMEDY FOR CRAMPS.—A writer in the *British Medical Journal* declares that the elevation of the head of the bed, by placing under each leg a block of the thickness of two bricks, is an effective remedy for cramps. Patients who have suffered at night, crying aloud with pain, have found this plan to afford immediate, certain, and permanent relief.

MORBID SUBJECTIVITY. —Our present school system, relying almost exclusively upon cooks as the media for the communication of knowledge, tends to develop the reflective centers rather than the perceptive faculties; and through the imposition of inordinate tasks, brings on an ultra-mental mood which is inimical to the physical welfare of the pupil. In the case of sensitive girls this wear and tear brings on a state which a scholarly friend of mine has aptly designated as one of "morbid subjectivity." The remedy which I would suggest is more attention to physical culture, not in our select schools and endowed colleges, but in the public schools, the university of the people.—C. A. L. REED, M D.

LET THE GIRLS ROMP.—Most mothers have a dread of romps, so they lecture the girls daily on the proprieties, and exhort them to be little ladies. They like to see them very quiet and gentle and as prim as possible. The lot of such children is rather pitiable, for they are deprived of the fun and frolic which they are entitled to. Children—boys and girls—must have exercise to keep them healthy. Deprive them of it and they will fade away like flowers without sunshine. Running, racing, skipping, climbing,—these are the things that strengthen the muscles, expand the chest, and build up the nerves. The mild dose of exercise taken in the nursery with calisthenics or gymnastics will not invigorate the system like a good romp in the open air. Mothers, therefore, who counsel their little girls to play very quietly make a mistake. Better the laughing, rosy-cheek romping girl than the pale, lily-faced one who is called every inch a lady. The latter rarely breaks things, or tears her dresses, or tires her mother's patience as the former does; but, after all, what does the tearing and breaking amount to? It is not a wise policy to put an old head on young shoulders. Childhood is the time for childish pranks and plays. The girls will grow into womanhood soon enough. Let them be children as long as they can. Give them plenty of fresh air and sunlight, and let them run and romp as much as they please. By all means give us hearty, healthy, romping girls rather than pale-faced little ladies condemned from their very cradles to nervousness, headache, and similar ailments.—*Farm and Manufacturer.*

THE QUESTION OF FEEDING AN INFANT embraces much more than the simple procedure of putting food in its mouth. It is of paramount importance that the food administered should possess the chemical constituents which are absolutely necessary for the maintenance of the heat of the body, for the formation of nervo-muscular force, the development of new tissues, and the repair of the old; and, further, the ailment

should allow of that rapid metamorphosis or change in the tissues which especially takes place in healthy infant life. In order that these obvious functions of organic life may be duly performed, it is also necessary that the child should be placed under such hygienic conditions as are known to promote nutrition and growth. Therefore, the skin should be kept perfectly clean, inasmuch as it is a very important organ in eliminating those waste products which result from the digestion of food and the disintegration of used-up tissue. The protection of the skin in a newly-born infant ranks next in importance to feeding. If the bodily heat of the child be not conserved by suitable warm clothing, congestion of the highly sensitive and vascular tissues of the infant immediately takes place, and death is often the consequence. A fall in the thermometer in winter is the death-knell of thousands of the badly-fed and insufficiently-clothed children of the poor. If the skin be kept clean and warm, it is enabled to perform its duty as an organ for relieving the system of waste material. When this is not efficiently done, nutrition cannot be properly carried on. The skin and the lungs are scavengers, and if they do not do their duty, the roads become impassable, and new material cannot be delivered at its destination.—DR. BAKER.

IRREGULARITY IN THE FEEDING and inattention to the quantity given, and to the general health of the nurse, are all causes of disease in, or at least of discomfort to, infants in the earlier part of their existence. Dr. Baker, in his work on Infant Feeding, is particularly careful in impressing upon mothers the necessity of keeping up their strength and vigor by good and appetizing food while nursing. She should eat, he says, whenever she *begins* to feel hungry, lest in waiting for the regular meal-time she lose all inclination for food. The idea that much wine or beer is necessary and wholesome for a woman at this time is not only erroneous, but often positively injurious. Of course, it is an idea that has taken its hold among many mothers and nurses, but it has been plainly proved that, though the quantity of milk is increased, its quality deteriorates. Another practice which has always prevailed is the administration to a nursing mother of gruels and slop-diet, thereby treating her as if she were recovering from some dangerous malady, whereas she is only experiencing one of the conditions of nature, and really requires her strength to be kept up with nourishing and wholesome food. Therefore she ought to eat as much as she desires, and whatever agrees with her is not likely to disagree with her child. "In fact," says Dr. Baker, "the sooner the mother gets back to her regular meals a day, composed of such articles of food as she

has been accustomed to and can digest, the better both for herself and her child." Of course, there are cases where the temperament of the mother renders it safer that her diet should be accurately prescribed. Milk, and nothing but milk, is the proper food for infants. No child should have meat given to it until it has *finished* teething. Much of the delicacy with which young children are troubled arises from the foolish haste which their nurses show to introduce them to a meat diet.

QUESTIONS AND ANSWERS.

EATING TOO HEARTILY.—*Student, Newark, N. J.*—This correspondent complains that "On a very hot day I feel several sharp pains darting through the forehead, and a dull heavy feeling in the head while in the sun or even indoors, which passes away when I take exercise in the open air in the shade. What causes it and what will prevent it? I have had them two or three times this summer while in the office, which is well ventilated. I am careful with diet but eat heartily, not of meat, but of bread, milk and fruit, sometimes vegetables. My health has improved very decidedly since I have adopted the light diet and discarded all heavy food. On making a sudden stoop toward the floor sometimes my heart will beat violently for a minute or so, and then beat normally after one or two short slow beats. This very seldom happens." Eat less heartily at meals. Your diet is all right, but you probably overload your stomach at each meal. Eat often if hungry, but eat a little at a time. Take all the outdoor exercise you can. Keep your bowels in good condition. There is nothing more nourishing than milk, and if from one cow all the better, provided it agrees with the stomach. Some persons are unable to drink milk—the stomach rejecting it—but happily they are comparatively few. We would advise you, however, to avoid that new abomination "milk shake," now a fashionable drug store beverage. Iced milk should be no more poured into an overheated stomach than iced water.

YOUR STOMACH NEEDS REST.—*F. G. L.*—We should recommend you to live for a time on milk, soups, and other nourishing fluids, so as to give your stomach complete rest.

SQUINTING.—*Anxious Mother, Mobile, Ala.*—Simply see that your child's health is attended to. Divert her from squinting by seeing that her hair in front does not get into her eyes, and by attention to the eyes

generally. Later on, even if she does squint, a simple operation will remedy that. She is too young for any interference yet.

SIMPLY MORBID FANCIES.—*Inquirer, Jersey City.*—By all means take the sea voyage. It will give you something to think about, brace you up, and cure your morbid fancies. There is nothing the matter with you. Use cold sponging, sleep on a hard mattress, and avoid fluids late at night. Take plenty of open-air exercise.

TREATMENT OF WARTS.—*Henry Remsen, Indianapolis.*—Here are two new ways of treating warts. A plaster of black soap, applied each night for a fortnight, according to M. Vidal, of Paris, will soften a wart so that it may be scraped off. The treatment by M. Cellier is to transfix the principal wart with the point of a pin, the head of which is then to be held in the flame of a candle until the wart is destroyed; it will drop off in a few days. The remaining warts will then usually disappear.

CORN, WART AND BUNNION CURE.—*Sufferer.*—The following has been recommended. We have never tried it, but you might experiment and advise us of the result. It is the recipe of a London physician: Mix 16 fluid ounces of collodion with 2 oz. (avoir.) of salicylic acid, and, when this is dissolved, add 1 oz. (avoir.) of chloride of zinc. Keep it tightly stoppered and away from lights or fire.

HOT WATER FOR INDIGESTION.—*Mrs. G. W. R., New Orleans.*—There seems to be little doubt that hot water, judiciously used, unquestionably forms a valuable means of treating many common intractable diseases. In cases of obstinate indigestion, it is undoubtedly well worth a trial. The secretions of the digestive system which become disordered in this painful malady, are diluted by the water, washed from the surfaces they irritate, and excreted rapidly from the body. Indeed, the process of eliminating or getting rid not merely of the ordinary waste of the frame, but likewise of disordered secretions, is remarkably accelerated by this form of treatment. The quantity of hot water to be taken at a draught, according to Dr. Salisbury, varies from half a pint to one pint or more at one drinking. The test of benefit being derived from the use of hot water is said to be that derived from the kidney-secretion, which should be pure, free from odor and deposit. Regarding the times at which the hot water should be taken, one to two hours before each meal, and half an hour before retiring to rest, are stated as the periods most suitable for its administration; while the water must be sipped, and not taken so fast as to cause distension of the stomach.

FECAL ACCUMULATIONS IN THE COLON.—*H. W. Z., St. Louis.*—Dr. J. S. Jewell made extensive observations upon the relation of an accumulation of fecal matter in the colon, to various forms of disease, particularly nervous disorders. Dr. Jewell claimed that he found in a very large proportion of persons suffering from frequent attacks of headache, bilious attacks, etc., very considerable accumulations in the colon. The absorption of poisonous matters thus obtained is undoubtedly capable of producing various forms of grave diseases. The use of purgatives of various sorts is not a good remedy for this condition. "A proper remedy is found in diet and regimen. The use of fruits, coarse grains and vegetables, and avoidance of meats, fats, and concentrated foods, together with abundant out-of-door exercise, constitute the best means of combating this condition."

PUBLISHERS' DEPARTMENT.

WRITE PLAINLY AND ENCLOSE STAMPS.—All letters should be directed plainly HERALD OF HEALTH Co., P. O. Box 2141, New York City, and all names carefully spelled. Otherwise writer and publisher are often put to great inconvenience. Mistakes are constantly occurring through illegible names of post-office addresses. Persons desirous of replies to their letters MUST enclose postage stamps. Two cents is but a small amount for one to pay, but when you pay that sum, small as it is, upon hundreds of letters, it foots up many dollars.

SEND US NAMES ON A POSTAL CARD.—Let us have the names of all your friends and acquaintances, and we will send a sample copy of the HERALD OF HEALTH to each. Take a pencil and postal card and write a half dozen or more good people's names on it and mail it to us. This will require only a very few minutes of your valuable time and will cost you one cent, and there is no telling the amount of good it may do in the world. Every copy of the HERALD OF HEALTH that goes out does some good somewhere.

THE STERILIZED MILK PROCESS, noticed in the last issue of the HERALD OF HEALTH, is described at much greater length, with accompanying illustrations, in "Notes on New Remedies," a most interesting publication issued by the well known firm of Lehn & Fink, No. 128 William Street, New York.

ANOTHER INTERESTING CHAPTER on "Quacks and Quackery" in October issue of the HERALD OF HEALTH.

FIFTEEN MONTHS FOR ONE DOLLAR.—To all new subscribers sending us one dollar each we will send the HERALD OF HEALTH from October, 1888, to January, 1889. Cheap enough surely for the best Health magazine in America.

ST. LOUIS HYGIENIC COLLEGE.—Our readers who are interested in the success of the St. Louis Hygienic College of Physicians and Surgeons, will be pleased to know that there is every prospect of a good attendance this year. The term begins the 9th of October, as stated in our advertising columns.

THE HERALD OF HEALTH.

SUBSCRIPTION :

UNITED STATES AND CANADA, - - - ONE DOLLAR.
 GREAT BRITAIN AND IRELAND, AUSTRALIA AND NEW
 ZEALAND, - - - - SIX SHILLINGS A COPY.
 SINGLE COPIES, - - - - - TEN CENTS EACH.

CONTENTS FOR SEPTEMBER, 1888.

GENERAL ARTICLES.

Various Matters Concerning Health.—M. L. HOLBROOK, M. D.	219
The Food of the German Farmer, - - - - -	223
How Infection may be Carried, - - - - -	225
Eating from Necessity - - - - -	228
Prof. CHANDLER on Nostrums, - - - - -	229
EDITOR'S STUDY, - - - - -	230
WOMEN AND THE HOUSEHOLD. MRS. R. J. McMILLAN, - - -	236
MOTHERS AND THE NURSERY. MRS. F. C. PRESSLER, - - -	239
QUESTIONS AND ANSWERS, - - - - -	243
PUBLISHERS' DEPARTMENT, - - - - -	245

FREE FOR THREE MONTHS.

The HERALD OF HEALTH to New Subscribers.

THE HERALD OF HEALTH is not only the best magazine of its class published, but is by all odds the cheapest. Of its merits there is no occasion here to speak. It is known all over the civilized world, and has friends and readers in every land. To add to our constantly increasing list of subscribers we offer THE ISSUES OF OCTOBER, NOVEMBER AND DECEMBER of the current volume FREE. To secure this liberal offer, names should be sent in at once. We urge old subscribers to bring this notice to the attention of their friends, so that they may reap the advantage without delay. Every reader of the HERALD OF HEALTH commends it, and no better way of extending its influence for good can be devised. The offer holds good UNTIL JANUARY 1, 1889. FOR ONE SUBSCRIPTION OF ONE DOLLAR the Magazine will be sent for FIFTEEN MONTHS. Now is the time to subscribe.

FREE FOR THREE MONTHS.

The HERALD OF HEALTH to New Subscribers.

THE HERALD OF HEALTH is not only the best magazine of its class published, but is by all odds the cheapest. Of its merits there is no occasion here to speak. It is known all over the civilized world, and has friends and readers in every land. To add to our constantly increasing list of subscribers WE OFFER THE ISSUES OF OCTOBER, NOVEMBER AND DECEMBER of the current volume FREE. To secure this liberal offer, names should be sent in at once. We urge old subscribers to bring this notice to the attention of their friends so that they may reap the advantage without delay. Every reader of the HERALD OF HEALTH commends it, and no better way of extending its influence for good can be devised. The offer holds good UNTIL JANUARY 1, 1889. FOR ONE SUBSCRIPTION OF ONE DOLLAR the Magazine will be sent for FIFTEEN MONTHS. Now is the time to subscribe.

THE

HERALD OF HEALTH.

Vol. XXXVIII.

OCTOBER, 1888.

No. 10.

NOTES CONCERNING HEALTH.

(Special for the HERALD OF HEALTH.)

By M. L. HOLLBROOK, M. D.

PREACHING TO CHILDREN.

I would not advise parents to be constantly preaching to their children on any subject whatever. I know a mother so anxious that her daughter Rose shall always be a model after her own kind, that she never loses an opportunity to give her a little lecture to impress her with the ideas uppermost in her own mind.

The effect was exactly the opposite from that intended and Rose became so sick of these talks, that she hated even the good that was in them. She went to the other extreme, because of this. A silent, but beautiful example is worth more than words without end.

MENTAL DISORDERS.

Mental disorders are almost infinite in variety. Dr. Wm. H. Carpenter, the distinguished physiologist, gives in his work on Mental Physiology a curious case. A nun in a French convent, affected by hysteria, took to mewing like a cat. Influenced by her example, several of her companions, more or less hysterical, as is often the case with nuns, began to imitate the one who mewed. The epidemic spread rapidly, until the whole convent was given up to cat-like squalling. The nuns chorused in

cat-fashion every day at a certain hour, and continued mewng till tired out. Day by day this concert proceeded, until some wise person in authority announced that a company of soldiers had been placed at the convent door, and that in the event of the "cat concert" being continued they had instructions to whip the nuns with whips. This threat had the desired effect. The feline imitations ceased. A stronger idea, that of flagellation, having supplanted the imitative idea which had possessed these women. There was an allied case reported in the 15th century from a German nunnery. Here a nun fell to biting her neighbors. Then the infection spread, and the whole convent took to this unusual form of exercise or amusement. From one convent to another the imitative delusion passed, and throughout Germany the biting epidemic spread. Then it attacked Holland, and ultimately made its way to Rome.

Dr. Richardson mentions a case of a young woman attending a consumptive patient and was so impressed with the paroxysms of coughing that she began to imitate them. The imitation was perfect, and continued two years, her friends believing she had consumption, though not a sign of it existed in her lungs. At last she suddenly recovered. It was only hysteria of a peculiar form. Now many similar cases are cured, and from this the Doctor thinks he has found the secret of arresting this malady.

PREVENTATIVE MEDICINES.

The Register-General of diseases in England gives us some food for thought as to the value of preventative medicine. He points out that, according to the newest English life-table, the children born in England in any one year have now divided amongst them "nearly two million years of life," more than would have been the case thirty-five years ago. In England and Wales the annual mortality per million of population per annum has been as follows :

1861-65	1866-70	1871-75	1876-80	1881-85
22,595	22,436	21,975	20,817	19,310

Comparing the first period and the last, the difference is 3,285 per million, and, taking the population at thirty millions, the total annual saving is about 100,000 lives. And if for every death there are twenty cases of sickness, then we have two million less cases of sickness than in the first period.

Dr. Chadwick, the father of English Sanitary Science, says on this same subject : "You can count the cost of each case of sickness, of lost work, of doctor' bills, and so on, and also the monetary value of each of the 100,000 lives saved. And you can put all this as an income against

the interest on the money spent in sanitary improvements, in water-works, sewage-works, officials' salaries, &c., and even on this lowest ground—on this merely commercial basis—we find that cleanliness, which is next to godliness, resembles godliness itself in being “great gain.”

THE EAST WIND.

With few exceptions the east or northeast winds act unfavorably upon human beings. Dr. Richardson says: “That all nervous conditions in which, for want of a more correct term, we say the nervous tone is lowered, are much intensified by the east wind, and, indeed, the special action of this particular wind is to produce want of tone or debility. Under its influence almost all sick persons say they are depressed; they do not complain of reduced appetite, nor of pain intensified, nor of derangement of the secretions, but they declare that they are rendered prostrate both in mind and body. They are also more irritable in mind, which perhaps leads them to feel acutely the sense of prostration. In brief, if a single word were wanted to express the morbid effect of an east wind on the sick man, and on all the members of the sick community, that word would be *prostration*.”

The same authority continues: “The presence of the east wind increases the mortality of those who are suffering from diseases of debility of every kind is a fact that seems undoubted. The physician, through the whole of the spell of an east wind, will find his patients complaining of not making satisfactory progress, and will see extreme cases rendered more speedily hopeless—facts indicating the existence of a general and all pervading influence in the atmospheric sea itself as the cause of the whole of the evil. What that influence is, how the air is modified, whether it is modified by some change in the constitution of the oxygen, or whether it carries with it some foreign deleterious product, it is impossible to say, for up to this time no special chemical examination of the east wind has been made with the object of determining its special physical properties. We know the effects of it, and we know no more.”

THE MICROBE IN DYSENTERY.

It seems that the microbe, or germ causing dysentery, has been found at last by investigators in Germany.

The bacteria were found in colonies in and between the tubular glands of the intestine, in the lymph-glands, and spleen. The organisms develop rapidly at the ordinary temperature, thriving on all the usual foods. They have rounded ends, are somewhat thicker in the middle than toward the

extremities. They grow luxuriantly in sterilized water from the Seine. Fed to guinea-pigs, pure cultures produce intestinal inflammation and necrosis, the stomach itself being affected. The lesions are more marked when the gastric contents are rendered alkaline. Intraperitoneal injections cause death in two or three days with peritonitis, pleuritis, and pericarditis. The liver is affected in these animals, necroses with colonies of bacilli being found in the portal areas.

We all know that impure water may cause dysentery, and it may be because it contains this germ. The necessary prevention would seem, simply purify the water, and as they do not thrive well in acid it suggests fruit juices as a remedy, at least as a preventative.

CURE OF THE NOSE AND THROAT.

I want, now that the winter is approaching, to say a word about the nose and throat. These organs are so much exposed to the air and dust and other irritating things that they suffer and give quacks an opportunity to make fortunes curing them.

The ablution of the face and hands is performed daily with care. The cleansing of the teeth is no neglected or trivial matter. Yet the results of negligence in these particulars can hardly compare with the consequences to the consumptively inclined from inattention to the hygiene of the nose and throat. To those living in the country all this does not so fully apply as it does to the dwellers in towns, breathing a dust-laden, vitiated air.

We would, then, recommend as an addition to the toilet of those prone to catarrhal troubles, and with consumptive tendencies, the scrupulous daily cleansing of the nasal passages and throat.

Perhaps as good a means as any is to wash out, morning and night, the nasal passages with tepid water and to gargle and wash the mouth and throat with salt and water, or even cold water. The comfort it will bring is very great. Some would use a two per cent. solution of carbolic acid and a hand spray, and in case of exposure to diphtheria this may be desirable, but otherwise the salt is cheaper and quite as good.

While one considers and adopts measures to prevent poisons entering one's dwelling, certainly he should not be less mindful of adopting all precautions possible against their entering the body.

It will be obvious that by the salutary measures above advocated, the breath will be sweetened and pure, and disagreeable and mortifying expectoration avoided.

HOW QUACKS AND QUACKERY FLOURISH.

(Special for the HERALD OF HEALTH.)

A CORRESPONDENT in Iowa writes us: I am pleased to see the articles in the July and August numbers of the HERALD OF HEALTH concerning quacks, and that you are taking steps to put an end to these "swindles." We have scores of letters to the same effect, detailing at length the unhappy experiences of the writers, who, under the impression that they are victims to certain peculiar diseases, have spent hundreds of dollars in trying the so-called treatment and remedies of unprincipled quacks. And in not one single instance has a correspondent admitted that he was benefited by swallowing the nauseous preparations, for the payment of which he has been skinned so liberally. A lady correspondent encloses us a circular, in which is contained a "tea" prepared by a firm in this city, the virtues of which are recommended to cure almost every disease that mortals are subject to. She remarks "that she knows of instances where the remedy has been of much benefit." The preparation is a common herb that grows in every part of the country. Made into a tea it induces profuse perspiration, and in this way in certain complaints may do some good, but upon its sale there is a profit of at least seven hundred per cent. while if used in other cases it may be productive of much harm for the unsuspecting patient. And yet this same herb is recommended by the proprietor as good alike for consumption, dropsy and brain fever! It is a wonder he does not guarantee it to cure toothache and in-growing nails also. He might just as well.

Now comes another correspondent who furnishes a card received from an eminent quack firm in Massachusetts, agreeing to give "advice gratis" to all sufferers from "secret diseases," and asking us what can be the inducement for so doing. The quack pretends to be actuated solely by a "desire to benefit suffering humanity," and claims that he has "no idea of making money." Of course not; but let us just look into his little scheme, and with this intention we can give our readers no better idea of its workings than a report made upon the subject by Dr. Andrew Wilson in a contribution towards a London publication:

"THE UNSUSPICIOUS SUFFERER,

full of a belief in the goodness of human nature, and praising the charity of those noble souls who would thus appear to live only 'to benefit suffering humanity,' at once writes for the valuable advice and directions. By return of post comes a printed circular, containing 'directions' and

'advice,' no doubt, but of a kind practically useless, and designed with foxy craftiness to throw the reader on the tender mercies of the quack. Before us lies a circular, which, with a beautiful rhetorical flourish, gives a series of Latin names and abbreviations by way of a prescription, and informs the reader how the ingredients of this valuable medicine are to be prepared. So far all seems clear, plain, and philanthropic. But when the reader begins to inquire where the plants and herbs of the prescription may be obtained, he finds himself nonplussed. They are not to be had in the drug stores. Quack-philanthropy solves the difficulty in its own and characteristic fashion. Taking courage, the reader continues his perusal of the circular. 'I am requested by so many,' says the author of the print, '(who have not the time and facilities for having this carefully made up) to get the prescription made up for them. I have, therefore, had a considerable quantity prepared, and put into boxes ready for use.' Then follows what one expects, namely, the nice little price for the nice little vegetables, which the ingenious fabricator will send 'privately,' and 'without any glaring advertisement or name on the box,' on receipt of cheque or post-office order for the amount required.

“THIS VALUABLE REMEDY

will be sent to any address. And the price? Well, rather high, we should say, for the simple 'herbs of the field.' The prices of the inestimable herbs (in boxes) are \$3, \$5 and \$7, whilst 'for severe cases,' or when a number of friends desire a conjoint treat in the way of a decoction of herbs, the modest sum of \$20 is charged. 'The figures may seem high,' apologizes the vendor of herbs, 'but the boxes,' he adds, '*contain a large quantity*' (*sic*). The ingenious nature, as well as the grammar, of this latter excuse, will doubtless be fully appreciated by our readers.

“THE 'CLOVEN HOOF'

of quackery crops out elsewhere than in this practice of obtaining exorbitant prices for a few herbs. There are to be no dealings with apothecaries, for the chemists 'send direct to me,' says the herb vendor, 'and then charge their customer some commission or percentage.' We should like to hear of any case in which a respectable, educated druggist has paid money to the author of the circular before us for herbs, which, if in existence at all and if used in medicine, he could much more readily have obtained from his wholesale house, and have compounded himself. Druggists are not quite so silly or stupid as quackery would have us believe. Again: our herb vendor has no 'agents'—for reasons sufficiently obvious, of course; but he will feel obliged if his patients

"WILL RECOMMEND HIS WARES

to their friends. Advertising in newspapers, and the credulity of the public, will together save the expense of 'agents,' for a time at least, and until the herb-decoction business gets played out. We often hear herbalists, pure and simple, condemned; but a man who understands something of the properties of herbs, and who sells for a few pence a decoction of dandelions or some similar simple preparation, knowing the effects of the beverage and making no pretense of secrecy, is not to be mentioned in the same breath with the quackery that flourishes in more pretentious places, and fleeces its victims of dollars for herbal trash."

WITHIN THE PAST FEW MONTHS

the newspapers have teemed with advertisements of "Health Invigorators," "Nerve Restorers," "Dutch Cabbage Essence," and other preparations warranted to "renew the sluggish currents of life" and "to allay nervousness," and to "produce natural and refreshing sleep." It appears that one concern, by its profuse use of advertising space in the newspapers, sold thousands of bottles of its stuff, and encouraged by its success, dozens of similar nostrums were worked upon a long suffering public. But one day an honest chemist discovered that a main ingredient in the preparation of this stuff was morphine (and plenty of it) and his official report gave it a blow from which it has never recovered. The sales fell off at an alarming rate, and to-day the compound has passed almost out of public recollection. And yet who can compute the amount of mischief worked by this fearful drug upon the health and lives of those who swallowed it. Many similar "remedies" have had their day, and are likewise forgotten, but still the advertising columns of the press teem with large "displayed" advertisements of stuff equally vile and death-dealing! And this brings us to

ANOTHER CRYING EVIL

in the spread of quackery. Without publicity quacks could not flourish, and therefore their capacity for mischief would be comparatively limited. The secular press is greatly to blame for publishing the notices of these blood suckers and leeches. Editors and publishers claim, however, that their advertising columns are open to all who will pay for space (within certain bounds), and that they are not judges of the merits or demerits of wares advertised. This is a poor excuse, and let it pass. But what shall be said of the publishers of the so-called "religious press" who fill their columns with announcements of which their own sense of morality teaches them are calculated to inflict irreparable injury upon

those misled by them? One of the good workers with the *HERALD OF HEALTH* against quackery is the *Medical and Surgical Reporter*. Read what it says on this subject:

“We took the trouble to send our editorial of December 31, 1887—which we intended to be temperate though plain-spoken—to the editor of almost every religious paper in the United States, and that by personal correspondence we have endeavored to enlist the self-respecting religious papers on the side of right in this matter. Some good has been accomplished. A few of the religious papers have expressed themselves as we hoped they would. More than this, a number of our medical contemporaries have added their efforts to ours, while the Medical Society of the State of Arkansas has issued a series of resolutions against the evil of false and misleading advertisements in religious newspapers, and these resolutions have been approved and endorsed by the American Medical Association.

We are glad to note, also, in the *Reporter*, June 9, 1888, that a representative religious body—the General Assembly of the Presbyterian Church—at its last meeting in Philadelphia, received and, we believe, endorsed,

AN OVERTURE OF A LIKE CHARACTER.

This much is cause for thankfulness. But much more remains to be done. How much may be judged from the fact that, in spite of all we have said, one of the most influential Presbyterian papers in the land persistently continues to publish advertisements which any man of common sense would know to be absolutely and unblushingly false. In a recent issue of this paper, there were no less than seven advertisements which deserve to be characterized in this way, including sure cures for deafness, cancer, fits, and consumption! And the difficulty of dealing with cases of this kind may be estimated when we state that the editor of the *Reporter* has made a special attempt, by writing personally to the editor, who is also the owner of the paper referred to, to induce him to correct the wrong he was committing.

ANOTHER ILLUSTRATION

is furnished by one of the representative papers of the Methodist Church. The *St. Joseph Medical Herald*, in May, 1888, speaking on this subject says, that this paper “sells the columns which should be filled with religious matter to the vilest impostors and most indecent advertisements of which the country can boast.” This is strong language; but it is fully warranted by the circumstances.

WE BEG OUR MEDICAL CONTEMPORARIES

to join their efforts to ours to cure this evil as gently as may be possible, but with all the firmness that may be necessary; and we beg our religious contemporaries to make our cause their own, so that we may seem rather to offer counsel to those who wish to know what is right, than to formulate censure against those who choose to do what is wrong. Physicians and the clergy are usually sympathetic with and helpful to each other; and it would be a pity if the religious papers were to maintain an attitude which invites the distrust and—it must be said—the contempt of those who should be their best friends.”

TO THIS APPEAL

The *HERALD OF HEALTH* earnestly and sincerely responds—but will the appeal be heeded? We fear not. But we shall continue the crusade and with the assistance of our brethren of the medical and professional press we are confident that we shall yet do much to eradicate one of the most flagrant evils of our day and generation.

EDGAR VANDERBILT, M. D.

PEOPLE WHO ENJOY A VIGOROUS OLD AGE.

THE celebration of the one hundredth birthday of Col. Perkins, of Norwich, Connecticut, has attracted attention throughout the civilized world. A similar instance of active mental and physical life is that of Chevreul, the French chemist, whose one hundredth birthday was celebrated in Paris at the end of August, 1886. The ceremonies were extended during two days, and the fatigue and excitement were enough to severely tax the endurance of a much younger man, but M. Chevreul went through the whole, suffering no harm. After receiving and replying to addresses of congratulation from scientific bodies, he attended the opera in the evening. On the next day he was present at the unveiling of his statue in the hall of the new museum at the *Jarden des Plantes*, entering the room in company with M. Bourlois, an old soldier of the empire, and who himself was 94. He also took part in a banquet to his honor in the evening.

Like Col. Perkins, M. Chevreul enjoyed life with great zest even after more than a century of it. A correspondent who visited him two years ago reported the venerable chemist as reading a play of Molière's, and “as cheery and hearty as a young man of twenty.” Of course, he had a venerable look, and his hand was shaky, but his mental strength seemed

to be unabated. His 102d birthday occurred recently, and, though feeble, he is yet able to drive out daily. But he could not stand the excitement of receiving a deputation of Paris students who came to congratulate him, intrusting that duty to his son, a sprightly young fellow of 79.

Mr. Charles A. Dana, of the New York *Sun*, a hale and healthy veteran of the press, in writing of these two centenarians, says: "It is often asserted that modern conditions of living impose a strain on the faculties that does not conduce to long life; but these two instances of centenarians, with vigor little abated, go far to disprove the current talk, which is effectually disposed of by the fact that never before in the history of civilization was the average age of the most active workers of the world so great as it is now. The chief names in contemporary art, science, statesmanship, and practical affairs are in great part the names of men who have reached or passed the Psalmist's limit of life, and who are still vigorous in mind and body. They are remarkable, also, as compared with the old men of past periods, for the satisfaction they find in life, because of physical soundness and sustained intellectual power. Let us give a list of some of these men, with their ages and employments, excluding all who are not well over 70. Long as it is and distinguished as are the names, it is only a small part of the whole number:

	<i>Occupation.</i>	<i>Age.</i>
Airy, Sir G. B.	Astronomer	87
Bancroft, George	Historian	88
Barnard, F. A. P.	Collegé President	79
Barnum, P. T.	Philosopher	78
Bartlett, Sidney	Lawyer	89
Bismarck, Prince	Statesman	73
Blackie, J. S.	Scholar	79
Bright John	Statesman	77
Browning, Robert	Poet	76
Bunsen, Robert Eberhard	Chemist	77
Cameron, Simon	Statesman	89
Chevreul, M. E.	Chemist	102
Conant, T. J.	Scholar	86
Curtis, George Ticknor	Lawyer	76
Dana, J. D.	Geologist	75
Davis, Jefferson	Statesman	80
Döllinger, Ignatius	Theologian	89
Dow, Neal	Reformer	84
Ericsson, John	Engineer	85
Feuillet, Octave	Author	76
Field, David D.	Lawyer	83

	<i>Occupation.</i>	<i>Age.</i>
Gilbert, John.....	Actor.....	78
Gladstone, Wm. E.....	Statesman.....	79
Granville, Earl.....	Statesman.....	73
Grevy, Jules.....	Statesman.....	81
Grove, Sir William R.....	Physicist.....	77
Hamlin, Hannibal.....	Statesman.....	79
Holmes, O. W.....	Poet.....	79
Hübner, Baron.....	Diplomatist.....	77
Kenrick, Peter R.....	Archbishop.....	82
Kinglake, Alex. W.....	Historian.....	77
Lagonvè, Ernest Wilfred.....	Dramatist.....	81
Leo XIII.....	The Pope.....	78
Lesseps, Ferdinand de.....	Engineer.....	83
Manning, H. E.....	Cardinal.....	80
Meissonier, Jean Louis.....	Painter.....	76
McCosh, James.....	Metaphysician.....	77
Musurus, Pacha.....	Diplomatist.....	81
Newman, J II.....	Cardinal.....	87
Owen, Sir Richard.....	Anatomist.....	84
Peabody, Andrew P.....	Clergyman.....	77
Pole, William.....	Whist authority.....	74
Quatrefages, J. L. A.....	Naturalist.....	78
Tennyson, Alfred.....	Poet.....	79
Thomas, Ambroise.....	Composer.....	77
Thurman, A. G.....	Statesman.....	75
Verdi, Giuseppe.....	Composer.....	74
Vermilye, Thomas E.....	Clergyman.....	85
Von Moltke.....	Soldier.....	88
Weir, R. W.....	Painter.....	85
Whittier, J. G.....	Poet.....	81
Woolsey, T. D.....	Publicist.....	87

“All of these men preserve the vigor of their faculties, and nearly all of them are still engaged in the work of life. These men, too, are enjoying life with all the zest of youth. They are pursuing their tasks and their pleasures with almost unabated energy and delight, for they are now reaping the fruits of earlier labors, have the satisfaction of assured and deserved distinction, and long experience has taught them the true philosophy of life.”

ANOTHER REMARKABLE CASE OF LONGEVITY.

A great many people in Flushing, Long Island, went to the home of Mr. George A. Stillwaggon, in Monroe street in that village, recently, to present their compliments to Mr. Stillwaggon's mother, Mrs. Rachel Stillwaggon, for it was her 103d birthday. For one who has lived so

long, Mrs. Stillwaggon is in remarkably good health. Not in the past year has a physician been called to see her, nor has she been ailing in any way beyond a slight cold on one or two occasions. In fact, during the three years that have passed since she was 100 years old the family physician has called but once, and then on a slight indisposition. In addition to good general health, the old lady has the use of her faculties to a degree that is as remarkable as her age. She hears readily; better, indeed, than her gray-haired son George, with whom she lives, and who is now 64 years old. She is no longer able to see to read, but she can recognize acquaintances when they are several feet away from her. She walks everywhere she pleases about the house, using a cane to steady herself with. She has a great liking for flowers, and is as well able to distinguish the odors as she ever was.

Mrs. Stillwaggon at 103 has a much better appetite than many people of half her years, but during the past year her sense of taste has been failing. While she is still hungry when meal time comes and is able to eat the ordinary food served to other members of the family, she does not so readily distinguish the different flavors of the different articles of food, nor does she relish the good things on the table as she formerly did, and probably in consequence of this she has been losing flesh during the past year. She was always of good form until she was 102 years old, and at 100 years she looked like a hearty, well-kept matron of perhaps 65. Another evidence of age is the loss of her hair. For some time she has been obliged to wear a wig. Her mental faculties have been rather better preserved, if possible, than her health. Not only does she remember events that happened before the beginning of the Nineteenth century; but what is still more remarkable in an elderly person, she remembers the names of all the people who called to congratulate her on the day she was 100 years old, people, too, of whom she had never heard before. She recalls other recent events that were of importance to her with equal ease.

Mrs. Stillwaggon was the daughter of Stephen and Hannah Acker, who lived on a farm at Tarrytown, Westchester county, when she was born. The family remained there until 1796, and then moved down to New York to a house in Stone street, near Broad. She was married on February 14, 1811. Her husband was a carpenter. They lived together in Stone street until 1826, when he died, leaving her with a family of children to care for, the youngest, George, with whom she now lives, being a little over a year old. She had vigorous health and a cheerful disposition to help her, however, and kept the children together, and, with some

property that her husband left her, got on comfortably in New York until 1838, when she removed to Flushing, where she has since lived. She had three children, who are still living. The oldest, Catharine, is the wife of Mr. David Henry Willetts of Flushing. She is 75 years old. The next is Cornelia, who also lives in Flushing. George A., with whom she lives, is the youngest.

Mrs. Stillwaggon was always accustomed to doing her own housework. She made her own dresses until she was 96 years old, and the work was always well done. She goes to bed at 10 or 11 o'clock at night, and is always up before 6 the next morning. She never lies down during the day, and is, in fact, a model of smartness for younger generations.

THE TEMPERATURE OF OUR FOOD AND DRINKS.

THE temperature of our food and drinks was treated of by Von Spath and Kostjurin a year ago (*Munchener Medic. Wochenschr.*, 1886, p. 533), and more recently by Uffelmann, of Rostock (*Ibid.*, 1887, p. 999). Professor Uffelmann reviews the work of his predecessors, and draws his conclusions partly from this and partly from his own experiments. They bear first upon the temperature of ingesta in health, and the rules laid down are:

1. That, in general, a temperature of food and drink which approaches that of the blood is most healthful. For nurslings such temperature is essential.

2. For quenching the thirst, the best temperature is from 50 degrees Fahrenheit to 68 degrees Fahrenheit. The favorite American temperature is, as is well known, 32 degrees Fahrenheit, and an issue is raised at once between Professor Uffelmann and the American nation.

3. The ingestion of very hot or very cold food or drink in health has a damaging effect, which is increased just in proportion to the rapidity with which the hot or cold substance is taken. Hence the gulping down of ice water or hot coffee, etc., means eventually, according to the light we are quoting, a mere ventral damnation. If a person takes a drink for the purpose of warming himself, as in cold weather, he can accomplish this by having the drink at a temperature of 116 degrees to 120 degrees Fahrenheit.

4. The use of very hot and cold substances, following or alternating, is injurious to the teeth. But the taking of cold water lessens the injurious action of extremely hot substances upon the stomach.

5. Ingestion of cold food and drinks lessens the bodily temperature, whether it be normal or febrile.

6. Cold fluids lessen the hyperirritability of the stomach.

Cold ingesta raise the tone of the stomach, increase peristalsis, and promote movement of the bowels. Cold food and drinks increase the tendency to cough, according to Uffelmann, by causing reflexly a congestion of the bronchial vessels. Hence, persons with bronchial disease ought not to indulge in cold drinks. It is, however, a common custom to give persons who suffer from pulmonary hemorrhage ice to swallow; and, according to the view stated, this would be an injurious practice.

Hot food and drinks, says the *Medical Record*, stimulate the stomach more than cold. But after repeated use they lessen the tonus of the digestive tract, and cause congestion and dyspepsia. This condition has been observed after the so-called hot water cure. Hot drinks tend to lessen bronchial irritation, and this is one cause, possibly, of the success in some cases of the hot water treatment of consumption.

SIMPLE METHOD FOR RE-ANIMATION.—At a meeting of the last congress of German scientists this subject was discussed, and Dr. H. Frank mentioned that there are but two ways to stimulate the heart—electricity and mechanical concussion of the heart. The first is considered dangerous by him, as it may easily destroy the last power of contraction remaining in the organ. But what is termed “pectoral concussion” is decidedly preferable. Dr. Frank’s method is as follows: He flexes the hands on the wrist to an obtuse angle, places them both near each other in the ileo-cæcal region, and makes vigorous strokes in the direction of the heart and of the diaphragm. These strokes are repeated from fifteen to twenty times, and are succeeded by a pause, during which he strikes the chest over the heart repeatedly with the palm of his hand. In favorable cases this method is early successful, and sometimes a twitching of the lids or the angles of the mouth appears with surprising rapidity as the first sign of returning life. As soon as these symptoms are noted, the simple manipulations above described must be earnestly continued and persevered in from a half to one hour, for, with their cessation, the phenomena indicating beginning of return of life also cease. Generally, the face assumes a slight reddish tint, and at the same time a faint pulsation may be felt in the carotids. By this method Dr. Frank has seen life return in fourteen cases, among whom were such as had hung themselves, drowned, and asphyxiated by carbonic oxide, and in one case by croup.

EDITOR'S STUDY.

OUR RULES FOR GOOD HEALTH.

1. Be regular in your habits.
 2. If possible go to bed at the same hour every night.
 3. Rise in the morning soon after you are awake.
 4. A sponge bath of cold or tepid water should be followed by friction with towel or hand.
 5. Eat plain food.
 6. Begin your morning meal with fruit.
 7. Don't go to work immediately after eating.
 8. Be moderate in the use of liquids at all seasons.
 9. It is safer to filter and boil drinking water.
 10. Exercise in the open air whenever the weather permits.
 11. In malarious districts do your walking in the middle of the day.
 12. Keep the feet comfortable and well protected.
 13. Wear woolen clothing the year round.
 14. See that your sleeping rooms and living rooms are well ventilated, and that sewer gas does not enter them.
 15. Brush your teeth at least twice a day, night and morning.
 16. Don't worry, it interferes with the healthful action of the stomach.
 17. You must have interesting occupation in vigorous old age. Continue to keep the brain active. Rest means rust.
-

HOW THE WORLD IS FED.—“Even the oldest and best informed man in the trade,” said an experienced New York salesman in the grocery business, “cannot begin to tell you anything about the wonderful extent of the traffic in food. Figures don't seem to express the thing so that anybody can realize how enormous the business is. Now everybody knows that corn makes only a small part of what anybody eats. I mean by that, nobody eats corn enough to make it a principle article of diet. Yet, there is one establishment in Maryland—a corn factory, they call it—where there are 100,400,000 cans of corn a week put up and sold. Now consider that this is only one establishment out of hundreds in this country, and thousands in the world, where food is put up in cans. Then, think that corn is only one small item of food even among the canned goods. And then remember that canned goods are merely a fraction of the food supply, and you will be ready to acknowledge that the food industries are too great to be readily grasped by the imagination. More than three-fifths of all the workers of the world are engaged wholly in raising or handling food.”

ONE WAY OF OBTAINING REST.—“In the progressive tendencies of the American people,” says a New York physician, “the subject of proper rest plays a very small part. The idea seems to prevail among them that this matter is subservient to all else—that it may be taken at any time and in almost any manner, provided there is nothing more important to do. Only this morning a lady consulted me in regard to her health, complaining of a tired feeling, being scarcely able to attend to her duties, and all that. I diagnosed the case, but could discover no symptom of disease. She was simply suffering from want of proper rest. I told her what troubled her, and no doubt she went away convinced that I did not understand her case. A man or woman, particularly the latter, will become tired, and being firmly convinced that everything will go wrong if she stops work, busies herself with some other occupation, or if exhausted will throw herself in a chair or upon a lounge with a book or paper and try to restore strength in that way. This is not rest. It only creates a longing for it. The true way is to lie at full length upon a mattress, or any equally hard surface, using no pillow, with arms extended and eyes closed. Dismiss for the time all care and seek only rest. This will bring to an exhausted body the refreshment and contentment which no amount of medical advice or skill can produce.”

THE FINE ARTS OF FASTING.—The Russian peasant is said to be improvident, and it must be confessed that he is sometimes tempted to prefer a glass of vodka to the welfare of his grandchildren, or even to his own. But, however oblivious he may be to the weal of future generations, he never forgets the coming Lent. One is scarcely passed before he begins to make preparations for the next, and throughout the year his forethought never wearies. From spring to autumn his children range the wood in search of fungi, which are carefully dried and stored away for the great fasts, when by no means unpalatable soups are made of them instead of meat. He knows that many of these free gifts of nature which the proud Briton kicks aside as nasty toadstools are not only nutritious and wholesome, but toothsome food, and acts accordingly. When his fruit is gathered in, a part of such as can be preserved in any way with which he is acquainted is set apart for the purpose. Large jars of honey are stored away. Such apples as can be kept are selected, but their number is small, as the room at his disposal, which is absolutely protected from frost, is limited; others are cut into slices and dried, either in the sun or by artificial heat; the rest are treated in a manner peculiarly his own. They are packed in casks and a mixture of hot water and rye meal is made and allowed to ferment, after which it is poured over them.

When kept in this way for months the fruit loses all its sweetness and becomes semi-transparent. In this state it is considered a welcome addition to a frugal meal; and when it is not Lent, Russians of other classes frequently eat "wet apples" with roast meat, though they are rarely placed before foreigners.—*Saturday Review*.

IN ALL FORMS OF HEART DISEASE death is liable to take place suddenly and in a large proportion of cases the evil comes after violent over-exertion. "Heart trouble" may exist in a person for a long time—even years—without its presence being suspected. Such a one enjoying comparatively good health, and not being conscious of the need of unusual care, is quite sure, sooner or later, to make some violent effort—"run to catch the train or the like"—and "life's thread is snapped." Rupture of the heart sometimes takes place when that organ has suffered from what is known as fatty degeneration, and its walls have been weakened thereby. Such an accident rarely occurs in persons under the age of 40. "Is it a quick death, a painless death?" is a question which is frequently asked physicians. We believe that in the majority of cases where death comes on the instant—as by a stroke of lightning—it is painless. As has been said, pain is the product of time. To experience pain the impression producing it must be transmitted from the injured part of the living body to the conscious centre, must be received at the conscious centre, and be recognized by the mind as a reception; the last act being in truth the conscious act. In the majority of deaths from natural accidents there is not sufficient time for the accomplishment of these progressive steps by which the consciousness of existence is the first and last fact inflicted upon the stricken organism, the destruction is so mighty, the sense of it is not revealed.

HOW TO GO TO SLEEP.—It is now, I believe, writes a correspondent of the London *Spectator*, generally accepted that our conscious, daylight thinking processes are carried on in the sinister half of our brain—i. e., in the lobe which controls the action of the right arm and leg. Pondering on the use of the dexter half of the brain—possibly in all unconscious cerebration, and whatsoever may be genuine of the mysteries of planchette and spirit rapping, I came to the conclusion (shared, no doubt, by many other better-qualified inquirers) that we dream with this lobe, and that the fantastic, unmoral, sprite-like character of dreams is, in some way, traceable to that fact. The practical inference then struck me: To bring back sleep when lost we must quiet the conscious, thinking, sinister side of our brains, and bring into activity only the dream side, the dexter lobe. To

do this the only plan I could devise was to compel myself to put aside every waking thought, even soothing and pleasant ones, and every effort of daylight memory, such as counting numbers or the repetition of easy-flowing verses, the latter having been my not wholly unsuccessful practice for many years. Instead of all this I saw I must think of a dream, the more recent the better, and go over and over the scene it presented. Armed with this idea, the next time I found myself awakening at two or three o'clock in the morning, instead of merely trying to banish painful thoughts and repeating, as was my habit, that recommendable soporific "Paradise and the Peri," I reverted at once to the dream from which I had awakened, and tried to go on with it. In a moment I was asleep! And from that time the experiment, often repeated, has scarcely ever failed. Not seldom the result is as sudden as the fall of a curtain, and seems like a charm. A friend to whom I have confided my little discovery tells me that, without any preliminary theorizing about the lobes of the brain, she had hit upon the same plan to produce sleep, and had found it wonderfully efficacious.

ANOTHER NEW SYSTEM FOR REDUCING FLESH.—It is claimed by a German physician, Dr. Oertel, that it is possible to reduce corpulency to a minimum, and that his system is much surer than that of Banting to be effective. Dr. Burney Yeo, who has some fame as an English doctor, has undertaken to present the essential features of Dr. Oertel's system; and it is believed that there is something in it. The new cure is based on the observation of the habits of obese persons. The young and active consume all their food in building up nerve tissue, and in the development of muscular and nervous energy. When the age of growth has come to an end, the food once taken for growth is no longer needed, there is occasion for the supply of muscular and nervous energy, but that is all. Persons who begin to grow fat in middle life do so from excess of food. If a person should make only the gain of a quarter of an ounce of fat a day, the accumulation in ten years would amount to an increase of fifty-seven pounds. The fat comes from the albuminous and nitrogenous food, as well as from starchy and saccharine foods. The principal causes of obesity are bodily inactivity, excess of food, and the too free use of certain beverages. After stating this much, it is plain that the way is prepared for the successful use of a system for the reduction of pure fat. There are four objects aimed at in the cure: To improve the muscular tone of the heart; to maintain the normal composition of the blood; to regulate the quantity of fluid in the body, and to prevent the deposit of fat. The muscle of the heart is strengthened by enforced and regular

exercise and especially by climbing heights. This must be proceeded with slowly, waiting without sitting, if palpitation comes on, till one can begin walking again, and the patient must walk several hours a day and climb as much as possible. To keep the normal composition of the blood, the food should be chiefly albuminous, consisting of the lean of roast or boiled beef, veal, mutton, game and eggs, with green vegetables, from four to six ounces of bread a day, and fats in very limited quantities. The quantity of fluid drunk daily must also be limited. Beer is entirely forbidden, and baths in courses of several weeks at a time and twice a week should be taken to assist the discharges of the fluid from the body. All the fluid taken in twenty-four hours should not exceed from forty to forty-eight ounces, though the quantity in summer should be slightly increased. To prevent the deposit of fat the principles of diet already indicated should be rigidly adhered to. This would be milk, tea and bread for breakfast; soup, beef or veal, a little fish cooked without fat, with vegetables, farinaceous pudding and fruit in light quantities for dinner; and soft boiled eggs, an ounce of bread, a cup of tea and a small slice of cheese for supper. Small quantities of light wine may be used at intervals during the day. These are the principles of the Oertel cure as they are laid down by its author. It is of German origin, but it bears a close resemblance to the Banting cure in many respects. The strict limitation in the use of fluids is one of its distinctive features, and the use of mountain climbing under wise regulation is another. Dr. Yeo thinks that it has many advantages for correcting circulatory disturbances dependent on a faulty and indolent mode of life and errors of diet and regimen, but he naturally fears the devotion to system which is one of the characteristics of the German physician. The most that an American can say of the system is that it is harmless, if it does no good.

PROPAGATION OF DISEASE BY BOOKS.—When preventive medicine is searching out and checking all possible means by which infectious and contagious maladies are spread, the part which books may play in the propagation of disease should not be overlooked. There can be no doubt that the specific contagia of many zymotic disorders, and especially of scarlatina, small-pox, and typhoid fever, in the form of particles of material emanations from the bodies of patients, may attach themselves to the covers and pages of books, and so be carried from the sick to the healthy. In private families all books and periodicals used by a patient during his illness from a zymotic disease had best be burnt upon his convalescence. In general hospitals in which zymotic diseases are treated scrupulous care should be taken that all literature used by patients suffer-

ing from contagious and infectious maladies shall be reserved exclusively for use in the special wards devoted to such disorders. We are afraid zymotic diseases are sometimes spread by books through the agency of lending-libraries and second-hand book-shops; and it would be well if the literature of such establishments were occasionally subjected to efficient disinfection. Persons recovering from zymotic disease should remember that it is one of their duties to take all care to avoid their infection of the healthy; and they should be taught to refrain from handing to others the books they have used during their illness.—*British Medical Journal*.

WOMEN AND THE HOUSEHOLD.

[CONDUCTED BY MRS. R. J. MCMILLAN.]

JUDGING A MAN'S DRINKING HABITS.—What mother for her daughter's sake, or what maiden for her own sake, would not be glad to know how to judge of a young man's drinking habits at a glance? A barber at the Astor House, New York, has developed a skill in phrenology. But this is not all. He has a plan for telling just what sort of liquid refreshment a man is partial to by the fashion in which he wears his hair and whiskers. If a man is clean shaven and his hair rather short in the back, this tonsorial expert declares he is either a very light whisky drinker or does not take any alcoholic stimulant. Those with side whiskers and mustache invariably prefer mixed drinks containing either brandy or whisky. A mustache alone is indicative of a whisky consumer, who takes absinthe in the morning. A man with a full beard, he says, is likely to drink beer, as a rule, and he with chin whiskers generally calls for ale and pepper in the cold weather. Bald headed men are apt to be more temperate than those with a heavy head of hair. He adds, also, that among the professions doctors are more temperate than lawyers, but he declined to venture an opinion as to clergymen or editors. One point, however, he was willing to stake his reputation upon—that the young men of to-day consume quite as much "hard liquor" as their elders. Mothers and wives should stick a pin in all this wisdom.

THE DELIGHTS OF LISTENING.—A listener and observer! How the import of this attitude comes out in the biographies of the literary men who have been most skillful in making their characters talk naturally, and who were themselves, on fit occasions, fine talkers! What prodigious powers of sitting silent, and simply absorbing, had such delineators of

human life as Addison and Moliere. Their own personality was sunk out of sight, as they sat watching, and contemplatively taking in the ideas, humors, follies, virtues of those about them. The whole scene was a school of instruction. They did not want to air themselves, did not want to drive every other man's ideas out of his head and substitute their own. No wonder, then, that so often, at the end of an evening during which they had scarcely opened their mouths, they were pronounced the most agreeable and delightful of men. They were such. The man or woman is always delightful who is a sympathetic listener. Exchange between mind and mind is not by word of mouth only. A nod, a smile, a spontaneous interjection goes farther than many a set speech. In fact, how can the man who is ever on the stretch to thrust in his own oar fail to destroy all capacity of passive reception in his nature. He inevitably ceases to feel others, ceases—to use an old word—to “sense” others, their ideas, humors, enthusiasms, and becomes not only an egotist and a nuisance, but—what, if he only knew it, would trouble him far more—a man of too blunt perceptions of external objects and personalities ever to make an effective, discriminative, sympathetic talker.—*Boston Herald*.

A SENSIBLE SERMONETTE.—A sermonizer in the Chicago *Herald* preaches thus: Many women never rest. They seem not to understand what rest—real rest—means. To throw one's self down with a newspaper or a book is not rest; it is only a change of occupation. To sit down and keep the fingers flying over some sort of fancy work, as if pursued by a demon of unrest, is certainly not rest. But to lie at full length on a hard surface, arms extended at the sides, head back, with no pillow, eyes closed all cares and worries dismissed—this is rest; this will smooth away wrinkles in face as well as temper; this will give an air of repose to the tired, anxious, nervous woman; this will take away many an ache and straight-out rounded shoulders and craned-out necks. English girls who are famous walkers are taught to lie down for a few seconds whenever they come in from their tramps. If Americans would learn the value of lying down frequently, say two or three times a day, they would have twice as much go-ahead and power to go ahead as they are now famous for.

WEIGHT OF WOMEN'S DRESSES.—A London paper recently made some extravagant statements as to the weight of women's dresses. The fact is that the ordinary costume worn by a woman of medium stature is remarkably light. Very few weigh over nine pounds, dresses of silk and jet being the heaviest. A dress of cloth and jet averages about six pounds, a long velvet dress for evening wear about five, a cloth winter dress five, a

tailor-made dress about six pounds, and a wrap of solid jet three pounds, while a dress of surah silk weighs somewhere in the neighborhood of three and one-half pounds only. Summer dresses weigh from half a pound to two pounds.

GROWING UP IN CORSETS.—The assertion has an odd sound, but it is probably true, that not ten women out of a hundred have the faintest conception of what it would feel like to have a natural, unfettered body. Within a few weeks the writer has asked twenty-eight women at what age they first put on corsets. Thirteen of them said they could not remember a time when they had not worn them. Their earliest recollections of themselves and their dress included corset waists and corset lacings. One New York physician estimates that city girls are corseted on an average when seven years old. Another said that her inquiries would lead her to put it at nine years. Women grow up in corsets and harmonize with their environments. They put on corsets in the morning before they do their shoes, and would not think they could comb their hair without stays. They live in corsets, and would be thoroughly uncomfortable without them. They haven't developed muscles to get along without support. And yet the corset might be made, at least, less obtrusive. It used to be the proper thing to wear an under bodice of shape and thickness to hide or disguise the outline of the contrivance of whalebones and steels. Nowadays nothing of the sort seems to be thought necessary. The corset is as prominent as if paraded outside the gown. The fashion plate marks its top and its bottom distinctly, and as for the woman herself, look at the next one you see on a horse car and you can sketch her corset very accurately on the margin of your newspaper.

SWIMMING AS A FEMININE ACCOMPLISHMENT.—An accomplishment for young girls that stands just now second only to bread-making may be found in the art of swimming. These are the years of much boating by fair ones, and these are the months when damsels find themselves, without warning, cast in the pond, the lake, or the river. The average girl, under such untoward circumstances, is not only incapable of a single stroke in her own behalf, but she is almost sure death to the man brave enough to plunge to her rescue. She, not being a swimmer, is terrified into an irresponsible condition of fear, and when reached is usually deaf to any device, and simply winds a death clasp about her rescuer's neck, shutting off his oxygen and making two coronial cases instead of one. There is too little attention given to swimming. The boys can pick up the manly art of swimming, but their sisters must take their chances, do a little

paddling in the waves, and grow up no more fitted to swim than is a flat-iron. Hence, when a boat-load of men and women are thrown into the water, masculine humanity escapes, if not dragged below by frantic femininity, while the women perish. The amount of energy and time expended by the average young woman in one season of tennis would, if put forth in the swimming-school, lessen chances of drowning by a thousand per cent.

MOTHERS AND THE NURSERY.

[CONDUCTED BY MRS F. C. PRESSLER.]

LIME WATER IN DIPHTHERIA.—Lime water is an admirable remedy in cases of diphtheria. Its local effect is most useful in cleansing and purifying the fauces, and its mode of application is the easiest imaginable. It requires no spray apparatus, no douching, and no effort at gargling. It is sufficient to have the patient slowly swallow a teaspoonful or more every hour, in order to get good results from its use. This fact is of the greatest importance in treating children, who are too often cruelly tortured in the attempt to make local applications to the throat. Lime water can be given easily, and is taken readily by children; and there are, we believe, few cases of diphtheria which require a more energetic local treatment than the one just described. In fact, we think that an early clearing out of the bowels with calomel—sometimes in massive doses—followed up after a short interval by the administration of lime water and the use of a suitable tonic and roborant regimen, constitutes a method which comes the nearest to being of universal applicability of any one with which we are familiar; and we think that the use of the lime water is of more consequence than any other part of the treatment, except it be the preliminary purgation.—*Medical and Surgical Reporter.*

GAMES HAVE A GOOD INFLUENCE on the character of boys. They cultivate good temper, self-control, endurance, quick judgment and pluck in adverse circumstances. There is sometimes an outcry against certain school games on account of accidents and "cold catching." As a fact, however, there are not more accidents from well organized games of baseball or football than occur during the by-play of an equal number of boys; and, as regards "colds," they can be often prevented by proper dressing in flannel, changing after playing, and by avoiding standing about watching the games. The spectators who stand in rain and cold winds are really the sufferers from cold. Parents should remember that

if the boy is not playing, he is probably occupied in pursuits not innocent or healthy. The idle boy, who lounges about, soon apes his elders, and becomes unhealthy, morally and physically, a nuisance and a corrupting influence to all around him. For really delicate boys useful and healthful occupations are found in gardening, carpentry, music, drawing and field excursions in natural history and geology. Amusing out-door occupation can be provided by field excursions, bicycle and boating trips, paper-chases, and camping out and rifle shooting of the school volunteer corps. On rainy days a well aired swimming bath, workshop and gymnasium should exist in every school.

HOT WATER IN THE TREATMENT OF COLDS.—Dr. George R. Sheppard, Hartford, Conn., says, in respect to the use of hot water as a remedial agent in the treatment of inflammation of the mucous membranes :—“ I have used hot water as a gargle for the past six or eight years. In throat and tonsil inflammation, and in coryza (or cold in the head), if properly used in the commencement of the attack, it constitutes one of our most effective remedies, being frequently promptly curative. To be of service, it should be used in considerable quantity (a half pint or a pint at a time), and just as hot as the throat will tolerate. I have seen many cases of acute disease thus aborted, and can commend the method with great confidence.”

QUESTIONS AND ANSWERS.

IMPROVING THE VOICE.—*Singer, Trenton, N. J.*—Professional singers use the following to improve the voice: Beeswax, ten drachms; copaiba balsam, three drachms; powder of liquorice root, four drachms. Melt the copaiba balsam with the wax in a new earthen pipkin. When melted, remove them from the fire, and, while in a melted state, mix in the powder. Make pills of three grains each. Two of these pills to be taken occasionally, three or four times a day.

THE CARE OF FINGER NAILS.—*Inquirer, St. Louis.*—Finger nails are likely to be dry and to break easily. Vaseline rubbed on the nails after washing the hands will do good to dry nails. Manicures first bathe the hand a long time in hot water, then with scissors and knives clean and cut the nails, remove the superfluous skin about the onyx, then polish the nails with buckskin and fine powder, washing the hand again in hot water with soap. After drying, the nails are polished with a fine brush and are finally rubbed with a rosy unguent to give them a shell pink.

ARE WATER FILTERS SAFE?—In reply to this question from a New Orleans subscriber we give the views of the Rhode Island Medical Society, through Dr. Swarts. He shows that some filters when first used do remove a proportion of disease germs. But after being in use only a few days there is a marked increase in the number of colonies of germs in the filtered, as compared with the unfiltered, water. In one instance the unfiltered water showed the presence of thirt-six colonies, while the filtered contained the enormous number of 2,000, 3,000, 9,000, and even more. That is, the poison caught up by the filter the first few days becomes the source of a vast multiplication of the dangerous element. So look to your precautions, and then be on your guard. If you can not constantly cleanse your filters you had better destroy them.

A BOOK THAT WILL SUIT HIM.—We would advise our Iowa correspondent to procure a copy of the book, listed in the catalogue elsewhere in this number, entitled “A Physician’s Sermon to Young Men.” The late Professor Proctor said of this work: “Through false delicacy lads and youths are left to fall into trouble, and not a few have their prospects of a healthy happy life absolutely ruined. The little book before us is intended to be put into the hands of young men by fathers who are unwilling or incapable of discharging a father’s duty in this respect; and as not one father in ten is, we believe, ready to do what is right by his boys himself it is well that such a book as this should be available. If it is read by all who should read it, its sale would be counted by hundreds of thousands.”

SO-CALLED ELECTRIC BELTS.—*Sufferer, Charleston, S. C.*—We have no faith in most of the so-called “electric” belts. There are belts that actually produce an electrical current, but most of the apparatus so liberally advertised are the most glaring kind of humbugs and catch pennies. If you need electrical treatment consult a physician.

THE USE OF THE TRICYCLE.—*Enthusiast, Worcester, Mass.*—This correspondent, a lady, requests advice upon the use of the tricycle. Never use the machine if aware of the existence of any displacement or if ailing; if the exercise is attended afterwards by back pains and fatigue; if any functional irregularity becomes frequent; and never just before (or after) such functional events. Above all, be moderate in the exercise.

NEED HAVE NO APPREHENSION.—*H. G. R., Portland, Me.*—Yours is a case in which nervousness alone is making you ill. You have nothing whatever to fear. Cases like yours are perfectly common, and you will

get well by simply attending to your general health by taking a cold sponge-bath, if it can be borne, every night and morning, and by getting rid of all your morbid fears. The medical opinion you had was perfectly sound.

PLACE HER UNDER RESTRAINT.—*An Anxious Husband*.—Your wife should be placed under proper treatment and restraint. Insane persons should never be treated in their own houses. It is dangerous to permit them to be at large, and they can be far better attended to in a hospital or asylum.

FOR TENDER FEET.—*R. F. C., Chicago*.—A remedy for tender feet is cold water (about two quarts), two tablespoonfuls of ammonia and one tablespoonful of bay rum. Sit with the feet immersed for ten minutes, gently throwing the water over the limbs upward to the knee. Then rub dry with a crash towel, and all the tired feeling is gone. This recipe is good for a sponge-bath also.

HEALTH INVENTIONS AND APPLIANCES.

A WALL HEATING SYSTEM has been patented by Mr. John D. Parker, of Fort Riley, Kansas. A series of flues is formed in the walls, communicating with a furnace in the lower part of the building, so that the heat of the furnace may be communicated to the walls and thence through the building, there being grates in the apartments to regulate the temperature by supplying the remainder of the heat necessary.

A DETACHABLE FIRE PAN FOR STOVES has been patented by Gertrude N. Howe, of New York City. It is adapted to be set in the top openings of stoves, ranges, etc., for building a fire only beneath the vessel to be heated, and thus avoiding the necessity of heating the whole stove, being of very simple and economical construction, and designed to be very convenient in use.

A FOOT REST FOR STOOLS has been patented by Mr. Gustave La Barbe, of Roseland, Ill. It consists of a pair of clamps, an adjustable ear for varying the inclination of the foot rest support, and an arm hinged to the adjustable ear adapted to receive the board forming the support for the feet, which may be attached in any desired position, let down when not in use, or folded up out of the way.

A LIFE BUOY HAS BEEN PATENTED by Mr. Philip Hichborn, of the U. S. Navy, Washington, D. C. It is a float with torch attached, having a chamber for combustibles, and a breakable or detachable seal which

normally closes the mouth of the chamber water tight, being held suspended at the side or stern of a vessel, to be instantly released and allowed to fall into the water when required for use.

PUBLISHER'S DEPARTMENT.

FIFTEEN MONTHS FOR ONE DOLLAR.—To all new subscribers sending us one dollar each we will send the *HERALD OF HEALTH* from October, 1888, to January, 1889. Cheap enough surely for the best Health magazine in America.

IMPORTANT TO CORRESPONDENTS.—Direct no letters intended for the *HERALD OF HEALTH* to No. 13 Leight street. This office was removed from that location months ago, and notice, without effect, has been repeatedly published. Please direct all correspondence to Post Office, Box 2141, and it will reach us without delay.

WRITE PLAINLY AND ENCLOSE STAMPS.—All letters should be directed plainly *HERALD OF HEALTH* Co., P. O. Box 2141, New York City, and all names carefully spelled. Otherwise writer and publisher are often put to great inconvenience. Mistakes are constantly occurring through illegible names of post-office addresses. Persons desirous of replies to their letters **MUST** enclose postage stamps. Two cents is but a small amount for one to pay, but when you pay that sum, small as it is, upon hundreds of letters, it foots up many dollars.

OUR POSTAL CARD SYSTEM.—We tender thanks to our numerous subscribers who have sent us names and addresses of friends on postal cards. In every case copies of the *HERALD* have been mailed as directed, and we have obtained many new subscribers in this way. We repeat our request of last month. Take a pencil and postal card and write a half dozen or more good people's names on it and mail it to us. This will require only a very few minutes time and will cost one cent, and there is no telling the amount of good it may do in the world. Every copy of the *HERALD OF HEALTH* that goes out does some good somewhere.

NEW PUBLICATIONS.

"TWENTY-EIGHT YEARS IN WALL STREET."—Henry Clews is a veteran financier, and his revelations of the inside history of Wall street, just published under the above title, have all the charm and attractiveness of an exciting romance, while bearing in every line the impress of naked truth. The author possesses a rare style of enlisting the attention of the

reader at the outset, and throughout the eight hundred pages of the volume his pen never for an instant flags. Mr. Clews boldly defends the honor and integrity of Wall street men, and relates scores of incidents that place noted operators of the past and present in a light far more favorable than the outside public are accustomed to regard them. His personal description of the leaders of finance is intensely interesting. The career of Mr. Clews embraces the most exciting period in the history of "the street," and his revelations are often startling in their character. The volume is handsomely printed, and abounds with illustrations of noted men and events.

THE HERALD OF HEALTH.

—♦♦—

SUBSCRIPTION :

UNITED STATES AND CANADA, - - - ONE DOLLAR.
 GREAT BRITAIN AND IRELAND, AUSTRALIA AND NEW
 ZEALAND, - - - - SIX SHILLINGS A COPY.
 SINGLE COPIES, - - - - TEN CENTS EACH.

—♦♦—

CONTENTS FOR OCTOBER, 1888.

GENERAL ARTICLES.

Notes Concerning Health.—M. L. HOLBROOK, M. D. - - - - 247
 How Quacks and Quackery Flourish —EDGAR VANDERBILT, M. D. 251
 People who Enjoy a Vigorous Old Age, - - - - 255
 The Temperature of our Food and Drinks, - - - - 259

EDITOR'S STUDY, - - - - 261
 WOMEN AND THE HOUSEHOLD. MRS. R. J. McMILLAN, - - - 266
 MOTHERS AND THE NURSERY. MRS. F. C. PRESSLER, - - - 269
 QUESTIONS AND ANSWERS, - - - - 270
 HEALTH INVENTIONS AND APPLIANCES, - - - - 272
 PUBLISHERS' DEPARTMENT, - - - - 273
 NEW PUBLICATIONS, - - - - 273

IMPORTANT NOTICE.

All letters and other communications for the editor, and all subscriptions and business correspondence for the publisher, should be addressed to HERALD OF HEALTH, P. O. Box 2141, New York City. Checks, Post Office Orders and Registered Letters should be made payable to HERALD OF HEALTH CO.

FREE FOR THREE MONTHS.
The HERALD OF HEALTH to New Subscribers.

THE HERALD OF HEALTH is not only the best magazine of its class published, but is by all odds the cheapest. Of its merits there is no occasion here to speak. It is known all over the civilized world, and has friends and readers in every land. To add to our constantly increasing list of subscribers we offer THE ISSUES OF OCTOBER, NOVEMBER AND DECEMBER of the current volume FREE. To secure this liberal offer, names should be sent in at once. We urge old subscribers to bring this notice to the attention of their friends, so that they may reap the advantage without delay. Every reader of the HERALD OF HEALTH commends it, and no better way of extending its influence for good can be devised. The offer holds good UNTIL JANUARY 1, 1889. FOR ONE SUBSCRIPTION OF ONE DOLLAR the Magazine will be sent for FIFTEEN MONTHS. Now is the time to subscribe.

THE
HERALD OF HEALTH.

Vol. XXXVIII.

NOVEMBER, 1888.

No. 11.

NOTES CONCERNING HEALTH.

BY M. L. HOLBROOK, M. D.

(Special for HERALD OF HEALTH.)

CAUSES OF CANCER.

DR. MACKENZIE in his little book about the Crown Prince and his treatment has a few pertinent words about the causes of cancer. He says :

“There can be no question that the determining cause of its appearance is in many cases an injury, such as a blow, or a condition resulting from an injury, such as a scar, or the persistent application to a particular spot of something that keeps the tissue inflamed and angry, such as a jagged tooth which chafes the tongue.

“Workers in paraffine and petroleum are peculiarly liable to cancer of the parts which are habitually exposed to the action of these substances. It is well known that a particular form of cancer which formerly was common enough in England is now almost extinct, simply owing to the fact that the cause which produced it has ceased to exist. When soot commanded a good price it had to be sifted. This operation naturally involved much of friction against the skin, whereby irritating particles were rubbed into it, and ‘chimney sweep’s cancer’ was a frequent result.

Nowadays it does not pay to sift the soot, and the disease to which it gave rise has disappeared.

COMMON FACTS.

“Among the causes of local irritation heat is certainly one of the most active. By far the most common seat of the malignant disease in men is the mouth, which is more exposed than any other part of the body to irritation by hot substances.

“Every surgeon is familiar with this fact. Whether it be a lower lip, on which the hot stem of a clay pipe or the smouldering paper of a cigarette has rested day after day, or a tongue exasperated by the frequent contact of acrid tobacco smoke, or the mouthpiece of a foul pipe, or made raw by ardent liquors, or stung and blistered by fiery condiments, the cause is essentially the same—viz., the searing of the superficial covering by prolonged heat.

“In some places, where hot brasiers are often applied to the abdomen and thigh, cancer of these parts is not uncommon, though all but unknown in either of these situations elsewhere.”

WHAT WE ARE MADE OF.

Mr. Mechi has told us that “We are all gas and water, except a very small percentage of earthy matter. If desiccated, 76 per cent. of our weight goes off as steam, and, if we are burned, 20 per cent. more would go to the air as gas, leaving only the small percentage of incombustible ash which we had consumed in our food, and which was indispensably necessary for our formation. Without plenty of water the elements of our bodies, like the sap in plants, would not circulate. Economical housewives would feel uncomfortable if aware that in every pound of lean meat they had three-quarters of a pound of water. Meat is much dearer food than bread and cheese, or than oatmeal and milk.”

INFECTION FROM BOOKS.

It is a mooted question whether contagious diseases can be conveyed from library books passed from one friend to another. In Dresden the municipal authorities have made a test of this question without positive results. A number of old books were taken from the library, and the dust from their leaves were cultivated in the proper fluids and a crop of micro-organisms raised, but none were found of any contagious disease. Then the dirtiest leaves of the books were rubbed with the dry finger and again with the wet finger, and the organisms sticking to the wet finger were found to be harmless. The conclusion was that there is little danger from

books of conveying contagious disease. Still this might sometimes cause harm if the book had been lying in a room where scarlet fever patients were ill.

GROWING YOUNG.

If I could announce truthfully that I had discovered a method of making old people young I do not doubt but I should have applications from all parts of the globe and make a big fortune. But if I were to announce that the only secret of youth was strict obedience to nature's laws of health, to simple living, plenty of sleep, exercise and sunshine, wholesome food and drink and proper bathing, I suppose now and then a patient would care for the advice. It is this feeling of belief that makes it so easy for quacks, and quacks are much more common than most of us believe, to do an enormous business. They make the most positive promises that their remedy will do the work. The quacks only thrive where people are credulous and misinformed.

SCARLET FEVER INFECTION.

The scarlet fever infection in the mildest cases lasts about six weeks, or from the first appearance of the eruptions until the cessation of desquamation. In very severe cases it lasts a week longer. So it is best to isolate the patient from those who may take this disease at least seven weeks. A knowledge of this fact may often save a life which otherwise would be lost.

HIGH PRICE OF FLESH.

The *Hartford Courant* says that "There is a belief, founded on good reasons, that the increase in the price of beef is the pre-arranged plot of the big provision houses of Chicago, to force greater profits out of the public into their already overflowing coffers. In other words it is a 'corner,' organized by millionaires to increase their wealth by bleeding the poor who have to buy meat by the pound. Whether this be so or not, it makes a good opportunity to try the experiment whether we cannot get along just as well with less meat. It is a well-known fact that many of the hardiest races in the world, the toughest of workers and the longest lived, use little if any meat. In this country we have formed the habit of giving meats of various kinds, chiefly beef and pork, the preference over vegetables. It is astonishing what little use is made of rice, for instance, which, when properly prepared, is very nourishing, and which is almost always cheap, and yet is seldom seen on the table. There is no doubt that if the people who must pay the advance in beef were

willing to learn how to live on cheap healthful food they would be the better for it, and there would be less desire for stimulants. Even if they were willing to make the experiment for a few weeks, in anything like a general manner, they would put a sudden stop to the advance in the price of beef. It would be easy enough to do this if American housekeepers, as a rule, were instructed in anything except frying beef-steak, pork and potatoes. It is fortunate that fruit is so plentiful. There is no danger of its becoming too common. With abundance of fruit and vegetables, cheap fish, good chickens and eggs, and occasionally a bit of mutton or pork, we can survive very well even if the Chicago autocrats decide not to let us have any beef at all."

To this I may perhaps without impropriety add that in the new edition of my work on eating for strength, now ready, I have given some very valuable tables prepared expressly for the book on the cost of the proteids, fats, and carbohydrates in our principal articles of diet. These tables will surprise some people, and furnish all knowledge by which—without injury to their health, but of real advantage to it—they may reduce the cost of their food from one-fourth to one-half, or, in some cases, make a saving which for the rich would have no significance, but for others would be of great value.

THE HEALTH HABITS OF SIXTY-SIX CENTENARIANS.

PROF. HUMPHRY has reported to the British Medical Association the results of a careful investigation he had made into the cases of sixty-six centenarians. Summarized his conclusions are thus:

"About one-half were of small or medium stature and a spare habit of body, and only nine were fat, of whom eight were women. In about half the figure was erect, and in the other half it was bent. Thirty were moderate, eleven small, and twelve large eaters. More than four-fifths had retained one or more of the qualities of voice indicative of vigor and soundness of the chest organs, viz.: strength, clearness, and loudness, only seven having the voice feeble.

"About one-half retained good hearing and the great majority good sight; about one-half were without teeth, and many others had only two or three left, though there are several instances of the retention of a full set of teeth beyond 100. Nearly all had a good appetite and a good digestion, some of them declaring that they had 'never known what it

was to have a stomach.' The majority had had no disease or illness in their lives, and those so afflicted had a striking power of recovery and repair from disease or accident.

"There was in the majority a 'total absence of any evidence of rheumatic or gouty affection, past or present, in the joints or fingers, a condition which is often prophylactic against other more serious maladies. It seems that the frame which is destined to great age needs no such prophylactic, and engenders none of the peccant humors for which the finger joints may afford a vent.' All of them, with five exceptions only, were either total abstainers or moderate consumers of alcoholic drinks. The exceptions were men from 100 to 105 years, and they included, besides, three 'free' beer drinkers, one Irish farmer who 'often drank to excess,' and another who 'drank like a fish during his whole lifetime.' Nearly all of them had been good sleepers, none bad, though a few described themselves as moderate or average. It was early to bed and early to rise with them, their average time in bed being a little over eight hours. Physical activity and an out-of-door life were the characteristics of the great majority. Four were in 'affluent' circumstances, 34 comfortable, and 20 poor. The memory was good in the great majority of them, and their disposition placid, though 8 were 'irritable,' 11 'energetic,' 9 'placid and energetic,' and 5 'irritable and energetic.' Out of 23 men there was only 1 bachelor, but of 43 women 12 were spinsters." It appears, then, that of those centenarians examined by Prof. Humphry there were 43 women to 23 men. We find also that all of the three annuitants of the Scottish Widows' Fund who died during the last ten years at over 90 were women, and the greatest age recorded in the Life Association of Scotland during the same period was a woman of nearly 94. Of course this preponderance of longevity among women is partly explained by their greater exemption from accident and exposure, and their more frequent moderation and sobriety in eating and drinking; but, as Prof. Humphry explains, they possess "a stronger and more enduring inherent vitality" than men have, it being a well-established fact that "even in the first year of life, when the conditions of exposure of male and female infants are the same, the mortality of girls is less than that of boys. A somewhat larger number of boys are born, but they are more difficult to rear, so that the females soon gain the numerical lead, and maintain it with almost steadily increasing ratio to the end."

HOW TO LIVE LONG.—A NEW PRESCRIPTION FOR ATTAINING THIS DESIRABLE END.

THE true secret of good health and immunity from disease, says an English correspondent, lies in finding out and practicing the golden mean of every creed. The writer then gives his views as follows: The vegetarian, for instance, goes too far; but he is perfectly correct in his assumption that most men eat too frequently and too plentifully of meat, and not nearly enough of vegetables and fruit. The average Englishman believes in good slices from the joint, usually underdone, and often eaten in haste, with the day's work but half done. Vegetables are with him a very secondary consideration, partly because they are often badly cooked and not temptingly served. Were he to eat less meat and more vegetables and fruit he would be less of a martyr to rheumatism in his old age than he is at present. Nor is he sufficiently appreciative of

FISH AS AN ARTICLE OF DIET.

Here, again, unsatisfactory cooking comes in as a factor in deterring the general public from what is good for them. The ordinary English cook is as wasteful in her methods of cooking it as she is careless in her manner of serving it. The man who does the most justice to his own constitution is he who compasses an attractive variety in his diet, ranging through all the flavors of fish, flesh, fowl and the wares of the greengrocer in a way that not only satisfies appetite, but stimulates it. The teetotaler's theory of life is good for those who cannot restrain themselves so as to leave off drinking when they have had enough. Water is not what it was when the world was younger, or as it is even now in places where human life is not thickly congregated about it.

VARIOUS FORMS OF POLLUTION

destroy the purity of our rivers, and the student of sanitary science sees a thousand horrors in a glass of cold water. But the golden grain of truth in the teetotaler's theory is not far to seek. It lies in the use of wines, spirits and beer without abusing them. Till now man has invented no better, no more absolutely suitable accompaniment to a good dinner than well-brewed ale or sound claret. These aid the system to assimilate the food it absorbs. Lemonade is lowering, and its sweetness spoils the savor of most dishes. Milk is not always admirable as a dinner drink, especially when fish plays any part of the menu. Tea or coffee taken

with meat is simply suicidal. These hot beverages turn the meat into something resembling leather, and the result interferes sadly with digestion.

THE MAN WHO DESIRES LONG LIFE

must not give a place to "high tea" in his daily program. Of tea itself it can only be said that it is harmless if not taken too often or made too strong. The lady who, after several calls and a cup of tea at each, remarked that she could "always worry down another cup," was probably unaware of the mischief she was doing herself. No one need totally abstain from tea if they will only take the precaution to buy it good, not to make it strong, not to let it infuse long, never to take it more than twice a day, and to abjure it after five o'clock in the afternoon.

AS TO THE MAN FOR WHOSE BATH

the ice has to be broken on winter mornings, who can deny that he is intemperate in the matter of cold water? And yet the morning tub is indispensable to all who wish to live a long and healthy life. It is true that there have been centenarians who have known nothing of this luxury, but their longevity has been in spite of that fact, not because of it. The bath is good, but not too much bath. Walking is good, but it must not be overdone. *Dickens overdid it.* Most of us, however, underdo it, and scarcely walk enough.

FLESH ACCUMULATES UPON US IN MIDDLE AGE

because we do not take sufficient exercise, and then we give up long walks because we are stout and consequently lazy, thus reversing the process of cause and effect. The health suffers seriously, and a way is opened to many maladies. People who assert that they have not time to take long walks should remember that they are probably cutting short their own time by refraining from the needful exercise. Many people

TAKE TOO MUCH MEDICINE.

Morbid persons with hypochondriacal tendencies are always dosing themselves. They apparently regard their own interior arrangements as a sort of puzzle that has been badly put together, and their efforts to sort things out with the aid of pills and powders are but a series of experiments, highly destructive to cheerfulness is this frame of mind, and cheerfulness is one of the best ends to length of days. It is possible to cultivate this quality, and to the interests of those about us, no less than in our own, it ought to be cultivated. It is

A SIGN OF A HEALTHY MIND,

and enables its possessor in a certain degree to shake off worry, which is a terrible shortener of human life. No one ever died of work, but worry has killed its thousands. There are many ways of avoiding it. The chief is to live within one's income and thus escape the wearing cares that come of debt and improvidence, avoiding anxiety for the future of those dependent on us. A little voluntary self-denial saves a mountain of it, enforced and inevitable, just as the proverbial stitch in time saves nine.

VENTILATION IN SLEEPING ROOMS AND EFFECTS OF COLD.

THE indispensable necessity for fresh air during our sleeping hours may be verified by the following facts: If two persons are to occupy the same bed-room during a night, let them step upon weighing scales as they are about to retire to bed, and then again do the same thing in the morning. They will find their actual weight to be for each at least a pound less at the latter period. Frequently there will be a loss of two or more pounds, and the average loss throughout the year will be more than one pound per night—that is, during the night there is a loss of one pound of matter, which has gone off from their bodies, partly from their lungs, and partly through the pores of the skin. The escaped article is carbonic acid and decayed animal matter, or poisonous exhalation. This is suffused through the air in parts, and in parts absorbed by the bed-clothes. Now, if a single ounce of cotton be burned in a room, it will so completely saturate the chamber with smoke that one can hardly breathe, although there is but a single ounce of foreign matter in the air.

SHOULD AN OUNCE OF COTTON

be burned every half hour during the night, the air would be kept continually saturated with smoke, unless there could be an open door or window for it to escape. But the sixteen ounces of smoke thus formed by the cotton burning are far less poisonous than the sixteen ounces of exhalations from the lungs and bodies of two persons who have each lost a pound in weight during the eight hours of sleeping. For while the dry smoke is mainly taken into the lungs, the damp odors from the body are again absorbed into the lungs as well as into the pores of the skin. A little more thoughtfulness would impress upon every one the importance and necessity of having sleeping rooms well ventilated. Air should be

admitted in not only during the day, but whilst we are asleep. Another very important item of the health of our beds is that every morning, after getting up, the sheets, blankets, and other coverings should not be rearranged without being left about for a few hours. It would be a great advantage if they could be aired for that space of time. This may seem a trifle, but trifles make up the sum of our health, comfort and existence.

THERE IS NO GREATER FALLACY

than the opinion held by many—particularly the young, and strong, and vigorous—that winter, especially a sharp, frosty one, with plenty of ice and snow, is the most healthy season of the year. Very few persons seem to realize the facts, that cold is the condition of death, whilst heat is that of life. In warm as well as cold climates, it is our unconscious effort to maintain our bodily heat at a temperature of 98 degrees that wears us out. To this temperature, called “blood heat,” every cubic inch of oxygen that serves to vitalize our blood must be raised by our own bodily heat, or life ceases. Since in cold weather the maintenance of a sufficiently elevated bodily temperature becomes very often a difficulty too great for our strength, the advent of a severe winter is quite as much to be dreaded as the visitation of a pestilence. Besides this, children should not be sent out to walk of a morning before breakfast in a cold wind, especially with an empty stomach, as they get chilled, and it does the system a great deal of harm. A like rule should be observed in malarious countries, that on no urgency should children or grown-up people go out in the early morning without a cup of tea, coffee, or chocolate taken beforehand.

A HINT TO THOUGHTFUL PARENTS.—An essential inequality of the sexes is based on the tendency to lengthen girlhood and shorten boyhood. The boy is pressed forward into business five years earlier than he used to be fifty years ago, while the girl of twenty does not know as much of housekeeping as the girl of fifteen of as long ago. In other words, girls are petted and babied, while boys are set to work. The effect is not at all favorable to the desirable end of producing happy homes. There is a good deal involved in the equalization of the sexes that is not taken into account in the oratorical discussions of the question. It is argued by Fiske that a lengthened infancy is the basis of finer character and home instincts. However, even infancy may be overdone, as precociousness certainly may be.

EDITOR'S STUDY.

OUR RULES FOR GOOD HEALTH.

1. Be regular in your habits.
 2. If possible go to bed at the same hour every night.
 3. Rise in the morning soon after you are awake.
 4. A sponge bath of cold or tepid water should be followed by friction with towel or hand.
 5. Eat plain food.
 6. Begin your morning meal with fruit.
 7. Don't go to work immediately after eating.
 8. Be moderate in the use of liquids at all seasons.
 9. It is safer to filter and boil drinking water.
 10. Exercise in the open air whenever the weather permits.
 11. In malarious districts do your walking in the middle of the day.
 12. Keep the feet comfortable and well protected.
 13. Wear woolen clothing the year round.
 14. See that your sleeping rooms and living rooms are well ventilated, and that sewer gas does not enter them.
 15. Brush your teeth at least twice a day, night and morning.
 16. Don't worry, it interferes with the healthful action of the stomach.
 17. You must have interesting occupation in vigorous old age. Continue to keep the brain active. Rest means rust.
-

IMPORTANT FACTS ON THE DIURETIC ACTION OF BEER.—It is a current opinion that the use of beer increases the secretion of urine in a perceptible degree. Until now it was the habit of simply attributing this diuretic action to the quantity of water introduced. A reviewed examination of older explanations appeared desirable. In what sense does the use of beer influence the secretion of urine? Which of the component parts of beer has the diuretic effect, and how is this effect to be explained physiologically? It was the purpose of Dr. Rintaro Morito to decide these questions, with the following result:

All experiments were undertaken early in the morning. The liquid was imbibed within 15-30 (never more than 60) minutes in draughts of rapid succession. In nearly all cases the gathering of urine took place every 30-60 minutes, volume and specific gravity were determined: in a few cases only other occupations presented the separate measurements as desired. Each experiment lasted five hours, or 300 minutes. The experiments showed in the first place that the property in beer to increase

the quantity of urine cannot be doubted. An equal quantity of water produced one-third only of the quantity of urine produced by beer. Which of the component parts of beer can possibly cause this diuretic effect? Which one among them has a so decided action that the increase of urine might be attributed to it? Two substances are contained in beer, the diuretic action of which has long been noticed: carbonic acid and alcohol. The experiments on this subject led to the following results:

1. Carbonic acid and diluted alcohol (4 %) have the palpable effect of increasing the quantity of urine for the next few hours.

2. The increase of urine takes place in a much higher degree after the alcoholic solution than after the carbonic acid water.

The above observations induce Dr. Mori to express as his opinion that the urine-increasing action of beer and other alcoholic beverages is due principally to the alcohol itself. Besides the above-mentioned results there are some other facts in favor of this view: 1. The urine-increasing action of beer cannot be attributed to carbonic acid in its principal part, because beer, which had been left standing over night and was poor in carbonic acid, showed the same or even a greater action than fresh beer. 2. Wine being richer in alcohol (11 %) than beer, causes the quantity of urine to increase in a far more considerable proportion than beer. 3. The other component parts of beer (malt extract, the products of hop, etc.,) failed to cause any pronounced effect on the quantity of urine as shown in subsequent experiments.

Previous experiments by Falk and Rabuteau had established already the diuretic action of alcohol, and especially of wine.

NO NEED OF GROWING BALD.—A New York physician, speaking of the proper treatment of the hair and scalp, says: "If you duck your head in cold water every morning you will duck the life out of your hair before you are 30. Soap and water do not clean the scalp, but rot the hair. This is especially true with women's hair, on account of its being long and thick. A better way is to thoroughly brush and comb the hair every day without wetting it. In the first place, invest in a long black comb with two grades of teeth. Rubber combs are the best. They are easier for the scalp on account of being more elastic than metal and horn combs. A palmwood brush with wild boar bristles is inexpensive, and for real service equals any brush that is made. Black bristles conceal the dirt, and white ones are apt to bleach the hair; but the natural colored bristles, containing a mixture of gray, brown and black, are the best. At least fifteen minutes twice a day should be devoted to the hair. The

toilet should be a dry wash, entirely performed with the comb and brush. First, use the comb thoroughly, racking the scalp gently but steadily, until the comb passes through the hair without showing dirt or dandruff. Wipe the comb on a towel frequently, and clean it thoroughly after using. After the combing, brush the hair vigorously, and finally use the comb to dress it. You cannot be too particular in keeping the brush and comb clean. Do not soak the brush, but wash out the bristles occasionally, and when the brush gets so that it will not reach through to the scalp it is not fit for further use and should be thrown away. A person whose hair is growing thin, and who adopts this treatment, will not notice the benefit for some time. The change will be gradual and the full benefit will not be obtained in less than three years. If the treatment is persevered in, however, the result will be remarkable in every case."

THE BENEFICIAL EFFECTS OF COUNTRY LIFE.—The Rev. J. S. Patten-gill, Presbyterian clergyman at Cannonsville, New York, who has served in the ministry for nearly fifty years, furnishes some interesting statistics and observations relating to the increasing longevity in the rural districts of Central New York. He has attended 573 funerals altogether since 1840. The average length of life of the first hundred dead whose funerals were attended was $26\frac{1}{2}$ years, seven of these having lived over 70 years; of the second 100 the average was 36 years and thirteen were over 70 years; of the third 100 the average was 37, and twenty were over 70 years old; of the fourth 100 the average was 37, and twenty-eight were over 70; of fifth 100 the average was $37\frac{1}{2}$, and thirty-two were over 70; and of the remaining seventy-three the average was 58, and thirty-two were over 70, the oldest of the seventy-three being the late Levi Hanford, of Walton, who died at 96. These remarkable figures, it should be noted, apply to an interior farming population, from which large numbers of the young folks "go West" or to the big towns, where the quiet and wholesome environment of rural existence promotes longevity to an unusual degree. The venerable clergyman's records also show that of infants now born fewer die in childhood in proportion to births than died in years gone by. Not as many children are now born in proportion to population as were born twenty-five to fifty years ago. There are more deaths proportionately caused by drunkenness and by lung complaints in these days than in former years, and these fatalities serve to keep down the comparative scale of longevity below what it would otherwise reach. The increasing length of years attained by the rural population is attributed to the exemption of the present generation from the severe toils and hardships encountered by

their progenitors in clearing up the wilderness, and to the better understanding and observance of the laws of health.

IN GERMANY AND PRUSSIA A NEW LAW has been promulgated to protect the people from their own ignorance. The public official analyst takes the matter of quack medicines in hand, and allows no advertisement of a remedy to be advertised without the statement of his analysis, with the *actual cost* of the ingredients. Thus we learn that a "cancer cure," price four marks (one dollar), consists of an infusion of sorrel leaves (actual cost 1 pfenige, 2 cents). How would such a law work in our country? One of our most salable kidney cures consists of the infusion of liverwort and a few grains of acetate of potash (price about five cents), and yet to read the "testimonials" one would think it to be the true elixir of life. It readily brings \$1.50 per bottle!

INJURIOUS PAPER FOR CIGARETTES.—"There are three kinds of paper used in making cigarettes," explains a manufacturer of these articles. They are made from cotton and linen rags and from rice straw. Cotton paper is made chiefly in Trieste, Austria, and the linen and rice paper in Paris. The first, manufactured from the filthy scrapings of ragpickers, is bought in large quantities by the manufacturers, who turn it into pulp and subject it to a bleaching process to make it presentable. The lime and other substances used in bleaching have a very harmful influence upon the membrane of the throat and nose. Cotton paper is so cheap that 10,000 cigarettes can be wrapt at a cost of only two cents. Rice paper is rather expensive. Tobacconized paper is also manufactured. It is a common paper saturated with tobacco in such a way as to imitate the veins of a tobacco leaf very neatly. Arsenical preparations are also used in bleaching cigarette papers, and oil of creosote is produced naturally as a consequence of combustion. This is very injurious to the throat and lungs, and is said to accelerate the development of consumption in any one predisposed to the disease.

PNEUMONIA, ITS SYMPTOMS AND TREATMENT.—This is the season of the year when pneumonia is to be dreaded and guarded against. This treacherous and dangerous disease may occur in connection with bronchial and other affections of the air passages induced by "taking cold." But if a person has first been attacked with symptoms of a cold, and they have existed for a day or more, he need have little fear that pneumonia will set in as a consequence. People who have caught cold, and are suffering from acute bronchitis—have a painful, "tearing"

cough, are "sore across the chest," etc.—are very often apprehensive of the more serious disease under consideration. There is scarcely greater danger of its appearing than there is while they are in their usual good state of health. We emphasize this fact, for we know that unscrupulous practitioners steal no little capital by pretending, as they often do, to "break up pneumonia," prevent patients from having it, etc. No immediate treatment can be applied by them or other physicians which will prevent pneumonia in any condition of the system. If the disease is coming, it will come, in spite of medical interference. What symptoms should lead a person to suspect that he has pneumonia? An attack is usually sudden, and generally commences with a chill, frequently accompanied by what are called rigors—shivering, chattering of the teeth, etc. In the majority of cases this occurs during the night, and after exposure. The chill is severe and prolonged, lasting from half an hour to several hours. About the same time, or soon afterward, a pain is felt underneath the nipple on one—the affected—side. This pain is sharp, and is described as "stabbing." It is aggravated by coughing, sneezing, and when the patient takes a "long breath." Fever sets in early, and is one of the first symptoms. It usually runs very high, as is indicated by the great heat of the skin. One peculiarity, seldom noticed in other affections where there is high fever, is often observed in this disease, the skin is moist from the outset.

ELECTRIC ACUPUNCTURE.—The Chinese, we are told, employed acupuncture at least 4,000 years since, and the Japanese adopted it long ago. Their practitioners employed puncturing needles of gold and silver, and their manufacture was an art of great importance. They were of different shapes, some bladed like swords, and others of the ordinary needle form. At the end of the eighteenth century acupuncture was introduced into Europe, and was developed in the present century. M. Gaiffe, a French electrician, has recently constructed a variety of needles for electric acupuncture, specially applicable to the perforation of painful tumors, so as to avoid unnecessary pain. By the electric acupuncture the current is conveyed into the tumor and applied at the point where it is most required to effect the dissolution of the morbid liquid contained in it. For this purpose the blade is varnished, except at the point, and thus insulated, so that the current only escapes at the point. Glass or india rubber has been used to coat the needle, but insulating varnish is preferred, since it does not thicken the probe so much. The upper end of the needle is connected to one pole of the voltaic battery used, and there is a

conducting plate applied to the skin, and connected to the other pole. When, therefore, the needle is forced into the tumor the current flows from its point to the conducting plate through the flesh, and decomposes any unhealthy fluids there may be in its passage. This process aids the absorption of these secretions and the destruction of the tumor.

IN THE MATTER OF DEODORIZING.—Attention is being called by Dr. Roose, of London, an eminent authority on the subject, to some mistakes concerning deodorizers and disinfectants. It is simply useless, he says, to place saucers containing chloride of lime, carbolic acid, etc., in a contaminated atmosphere, with the expectation that the germs floating about will be caught and killed. The chlorine doubtless will remove some offensive odors and rapidly diffuse itself through the room, but to act as a true disinfectant it must be so much concentrated that the air in the space containing it would be quite irrespirable by human beings, though it is, when used scientifically, the best of all disinfectants for purifying the walls of an empty room. For deodorizing in sick rooms and passages Dr. Roose thinks euchlorine gas very efficient—produced when a few crystals of chlorite of potassium are dropped into a little hydrochloric acid. Bromine is even more powerful as a disinfectant than chlorine, and both are far superior to sulphurous acid. As to carbolic acid, it is stated that the spores of the micro-organisms discovered in cases of splenic fever have been found to be absolutely unaffected after lying for upward of three months in a five per cent. solution of carbolic acid in oil.

WOMEN AND THE HOUSEHOLD.

[CONDUCTED BY MRS. R. J. MCMILLAN.]

“It is true that husbands require advice perhaps even more than wives, and that it requires two to make a happy home, but it would be absurd to address husbands.” Such is the remark of the author of “How to be Happy Though Married.” “To you, then, Mrs. Wife,” he goes on, “I direct these remarks : And first be as kind and courteous to your husband as you were when he was your lover. Then you used to look up to him ; do not now look down upon him. Remember that you are married to a man, not to a god ; be prepared for imperfections. Once in a while let your husband have the last word ; it will gratify him and be no particular loss to you. Let him know more than you do once in a

while ; it keeps up his self-respect, and you are none the worse for admitting that you are not actually infallible. Read something in the papers besides fashion notes and society columns ; have some knowledge of what is going on in foreign countries. Be a companion to your husband, if he be a wise man ; and if he is not, try to make him become your companion. Raise his standard ; do not let him lower yours. Even if your husband should have no heart, he is sure to have a stomach, so be careful to lubricate the marriage yoke with well-cooked dinners. Don't be always teasing him for money, and keep the household expenses well within your allowance. Respect your husband's relations, especially his mother—she is none the less his mother because she is your mother-in-law ; she loved him before you did.

“ Beauty of expression is, more than any other form of loveliness, capable of cultivation. A woman may not have perfectly regular features, but her face will be so lit up with the beauty of goodness that she cannot fail to please, if she strive to obey the spirit of some such rules as the following, which may be multiplied or diminished according to particular cases :

“ 1. Learn to govern yourselves and to be gentle and patient.

“ 2. Guard your tempers, especially in seasons of ill health, irritation and trouble, and soften them by prayers and a sense of your own shortcomings and errors.

“ 3. Never speak or act in anger until you have prayed over your words or acts.

“ 4. Remember that, valuable as is the gift of speech, silence is often more valuable.

“ 5. Do not expect too much from others, but forbear and forgive, as you desire forbearance and forgiveness yourself.

“ 6. Never retort a sharp or angry word. It is the second word that makes the quarrel.

“ 7. Beware of the first disagreement.

“ 8. Learn to speak in a gentle tone of voice.

“ 9. Learn to say kind and pleasant things whenever opportunity offers.

“ 10. Study the character of each and sympathize with all their troubles, however small.

“ 11. Do not neglect little things, if they can affect the comfort of others in the smallest degree.

“ 12. Avoid moods and fits and fits of sulkiness.

“ 13. Learn to deny yourself and prefer others.

“ 14. Beware of meddlers and tale-bearers.

“ 15. Never charge a bad motive, if a good one is conceivable.

“ 16. Be gentle and firm with children.

“ The last rule refers to children, but often a husband is far more difficult to manage. If, however, a wife can keep her temper, and persevere in her efforts to please, she will in the end conquer by kindness.”

THE NUISANCE OF CURL PAPERS.—In four houses out of five a young woman will be found at the breakfast-table with her front hair up in crimps, and will appear before the family in unfinished toilet, when the entrance of a stranger will send her in a rush to take them down, if she should wish to appear again, or finally from the scene, and if there are guests in the house she will generally take the trouble to take down her hair and properly arrange it. The fault which the wife of a year found with her husband for smoking in her presence, on the ground that he did not do it before they were married, was happily replied to when he said: “Nor did you ever appear before me in curl papers before we were married.” A woman who does not have regard enough for her home and family pride enough in herself to appear neatly clothed and with hair in order will bear watching in other directions.

HOME CONVENIENCES.—Of course all good husbandmen have provided suitable conveniences to save their wives extra labor and “vexation of spirit,” but perhaps this little item, from an Eastern paper, ought to be read as a sort of riot act to some of their neighbors: “See that skeleton of a woman tugging two pails of water up that hill to the house, while at a cost of \$50 an aqueduct would bring water into every building. That man (her husband) has \$5,000 at interest, and three wives of blessed memory in yonder yard. The fourth will soon be beside them, after which there will be an eager contest for the dead woman’s harness.”

A PERFECT HOME.—The most perfect home I ever saw was a little house into the sweet incense of whose fires went no costly things. A thousand dollars served as a year’s living for father, mother and three children. But the mother was the creator of a home; her relations with the children were the most beautiful I have ever seen. Every inmate of the house involuntarily looked into her face for the keynote of the day, and it always rang clear. From the rosebud or clover-leaf, which, in spite of her hard housework, she always found time to put beside our plates at breakfast, down to the story she had on hand to read in the

evening, there was no intermission of her influence. She has always been, and always will be, my ideal of a mother, wife and homemaker. If to her quick brain, loving heart and exquisite face had been added the appliances of wealth and enlargements of wide culture, hers would have been absolutely the ideal home. As it was, it was the best I have ever seen.—*Helen Hunt.*

A SIMPLE REPAST.—A young housewife on the West side set out the other night to prepare a simple evening repast for her beloved husband when he should return from his labors of the day. She had arranged for an unpretentious spread of cold corned beef, potato salad and tea, but the fates appeared to decree a more elaborate feast. The tired husband came home with his arms full. He had a gift basket of fresh mushrooms, which he said must be cooked at once to be relished, and another friend had donated the first can of oysters of the season. Of course these had to be eaten on the spur of the moment, as it were, as oysters are bound to grow irresolute and tired if kept long in warm weather. Well, these two extra dishes were prepared, and then the lady next door sent in a large freezer full of ice cream. This, too, was perishable, and had to be disposed of in short order. There was a combination—raw oysters, stewed mushrooms, ice cream, cold corned beef and catsup, potato salad and hot tea. After this meal the husband read the last four chapters of "The Quick or the Dead," and then retired to dream of a pink conductor with green whiskers refusing to give him a brown transfer ticket on a red-letter car. In the morning his mouth tasted like Tilden avenue, and he declared that it was quite as bad for a man to mix dishes as to mix drinks.—*Chicago Herald.*

WASHING WINDOWS.—There is a right and a wrong way to wash windows, and as this operation is usually dreaded, the following method will doubtless be appreciated, as it saves both time and labor. Choose a dull day, or at least a time when the sun is not shining on the window, for when the sun shines on the window it causes it to be dry streaked, no matter how much it is rubbed. Take a painter's brush and dust them inside and out, washing all the woodwork inside before touching the glass. The latter must be washed simply in warm water, diluted with ammonia; do not use soap. Use a small cloth with a pointed stick to get the dust out of the corners; wipe dry with a soft piece of cotton cloth; do not use linen, as it makes the glass linty when dry. Polish with tissue paper or old newspaper. You will find this can be done in half the time taken where soap is used, and the result will be brighter windows.

VIRTUE IN A HEAD OF LETTUCE.—Women ought to be lettuce lovers, for this salad not only purifies the blood and cools the color, but steadies the nerves, and ought to be taken at night to insure sound sleep. It is a better, safer nervine than opium or chloral, taking for this purpose the older, darker leaves. One notable cosmetic and regulating dose which dates as far back as the good Queen Mary of Orange is the juice of sugar beets, boiled, peeled, sliced and set before the fire to draw the rich syrupy juice out. This in tablespoon doses, once an hour, with as much acid wine, lemon juice or port wine as agreeable, is said to be the material for making pure blood, next to fresh grape juice. Of course anything that makes new, rich blood is a fine tonic also, and plenty of fresh beets in salad will add plumpness to the scrawniest form, provided the beets are boiled tender, and slowly eaten. Thick beet juice with a few drops of lemon juice is a nice application for the cheeks to soften them and preserve their color. This and the vegetable lotions generally are allowed to dry on the face as long as may be before washing off. Sallow complexions often need only the sun to bleach them and brighten their roses. The sallowness of women past youth usually calls for this prescription more than anything. The sallowness of young, unmarried women comes of torpid liver, and is treated by outdoor work and a free use of lemons, acid fruit and dandelion extract. The ashen-sallow face, with glossy eyes and blue shades under them is nature's admission of excess, and demands immediate changes, a simple, unexciting life, with the mind drawn off to new interests, or the woman will become a sacrifice, a broken down toy speedily.

CANKER SORE MOUTH often gives delicate persons serious trouble during the fresh fruit season. Alum will sometimes cure mild cases; but blue stone (sulphate of copper) touched to the sores just before going to bed, will generally result in a perfect cure within twenty-four hours. Be careful not to swallow any of the moist blue-stone; spit it out. In obstinate cases, dissolve a little nitrate of silver, say one grain to a teaspoonful of water, and touch the sores with it on a camel-hair pencil.

THE EVIL EFFECTS OF CORSETS.—Conclusions with respect to a few of the most palpable changes brought about by corset pressure have been tabulated by the *American Analyst* as follows:

1. The maximum pressure at any one point was 1.625 pounds to the square inch. This was during inspiration. The maximum in quiet breathing was over the sixth and seventh cartilages, and was 0.625 pound.

2. The estimated total pressure of the corset varies between thirty and eighty pounds—in a loose corset about thirty-five pounds, and in a tight corset sixty-five pounds.

3. Within half a minute after hooking the corset such an adjustment occurs that a distinct fall in pressure results.

4. The circumference of the waist is no criterion of tightness. The difference between the waist measure, with and without corsets, gives no direct clew either to the number of pounds pressure or to the diminution in vital capacity. Relaxation and habit seem to affect these factors largely.

5. The capacity for expansion of the chest was found to be restricted one-fifth when the corset was on.

6. The thoracic character of the breathing in women is largely due to corset-wearing.

7. The thoracic cavity is less affected by the corset than the abdominal.

8. The abdominal wall is thinned and weakened by the pressure of stays.

9. The liver suffers more direct pressure and is more frequently displaced than any other organ.

10. The pelvic floor is bulged downward by tight lacing one-third of an inch.

OLD MAIDS.—A lovely woman, a faithful daughter and kind sister, respected and beloved, committed suicide one day last week because her sister, aged twenty, was about to be married, while she, at the age of thirty, had not the courage to face the world as an "old maid." Every day, with a man's courage and a woman's patience, she had taken up the petty burdens and cares of life that it might be easier to those she loved. And yet, in return, she was lightly, thoughtlessly spoken of as an old maid. Yet the old maids of the world are like the salt which giveth savor. Women of honorable independence, winning their way in life where many "lords of creation" miserably fail, the grand dependence of parents and brothers and sisters, they lighten for others the burdens of a married life which they do choose to carry for themselves. The title of "old maid" ought to be considered a badge of nobility, instead of a title to failure in life.

MOTHERS AND THE NURSERY.

[CONDUCTED BY MRS. F. C. PRESSLER.]

THE PROPER FEEDING OF INFANTS.—A physician in the Boston *Herald* gives some practical views upon the proper feeding of infants: “Mother’s milk—the ideal food—contains all the elements necessary to the growth of a child—the starchy or saccharine, as well as the nitrogeous. In making an artificial mixture on which to nourish an infant, we must approximate as closely as possible to human milk. Since the sugar converting glands are not present in the first months after birth, nature has provided for the deficiency by having the starchy material of human milk present in the soluble state—in the form of milk sugar; we must follow her guidance if we wish to produce the same results. It is necessary in preparing cow’s milk for the youngest infants to dilute it. By so doing, however, we reduce the sugar which it contains below the amount to be found in human milk, and we must add to it, in order to make up the deficiency, the material necessary to keep up the bodily heat. In many cases ordinary cane sugar will do, but it is better always to add milk sugar, as that is the particular kind present in human milk. If the nurse uses, instead of sugar, arrowroot or other starch, it is easy to see, from what has been said, that it cannot supply the deficiency, on account of its being undigested, and, hence, the infant truly starves, even while taking apparently a large quantity of food which, in older children, is really nourishing. This caution cannot be too often repeated: Never give any starchy food to a child under four months old. When, for any reason, it appears that the infant is not growing properly, or that it seems continually hungry, a physician should be at once consulted. In regard to the quantity of food suitable for an infant, there are a great many very erroneous notions which should be corrected. The stomach of a child under four months old will hold, in its natural condition, only about a small wine-glassful. Of course by stretching—for it is very elastic—it can be made to hold several times that quantity, but, when so distended, it presses upon the other organs, pushes them out of place and causes pain. When this fact is known, the folly of allowing the child to feed from a bottle containing half a pint or more of food will at once appear evident. When the stomach is distended, vomiting is often the measure of relief. In distention, when the superfluous food is not thrown off, the baby is fretful and cries with pain. It is overloading the stomach, which frequently

excites colic. Mothers seldom recognize the fact, however, and, as a rule, interpreting the little one's cries as an evidence of hunger, go on giving it more food and making matters worse. Permanent distension of the stomach is not infrequently the consequence of overfeeding, the organ, which is elastic, losing its power of contracting to its original size. When such a condition exists, the sufferer wastes away even when the proper food is given in correct quantity. Many mothers who have believed that it is well only to feed a small quantity at a time, find that the children cry soon after feeding, and imagining that they have not given enough, immediately jump to the conclusion that this method is faulty, and fall back into the old way of feeding described. The trouble here is, doubtless, that the child craves water—not food. Often when that is given, it at once becomes quiet, and is satisfied until the time for feeding has arrived.

STOP KISSING THE CHILDREN.—Let it be thoroughly understood by relatives and friends that young children are not to be kissed by them without special invitation by their parents. This will doubtless give offence. A mother who exacts right conditions of living for her child is bound to give offence, especially here in America, where the science of childhood is only just beginning to be understood. It requires great force of character to bring up a family in the ways of health and beauty. As Mr. Lincoln said about being President: "If any one thinks it is easy, just let him try it."

IN THE MATERNITY DEPARTMENT of the Women's Hospital in Philadelphia the eyes of new-born babes are washed with an antiseptic solution at the earliest opportunity. Warmly covered, the baby is laid in a little bed by itself, and neither washed nor dressed until twenty-four hours have elapsed, when it is carried to the babies' bath-room (which is properly heated), and there its toilet is performed for the first time. The physician in charge states that since this plan has been adopted the babies thrive to a far greater degree and cry less.

PROUD MOTHERS WITH LARGE FAMILIES.—In a snug little cottage half buried by growing vines and flowers, in South Media, Pa., lives William Wright, the proud father of fifteen children, who rejoices at the recent arrival of bouncing boy triplets. Mr. Wright has raised his numerous brood within the bounds of Delaware county, in sight of Senator Cooper's homestead, and his wife, though but thirty-eight years old, is already a grandmother. The triplets are not the only multiplied blessings showered

upon Mr. Wright and his fortunate wife. Ten years ago two little daughters, Annie and Ida, visited his humble home in company, and enjoyed a distinction until Robert, Sammy and Isaac claimed the triple prize. When the writer visited Mrs. Wright, she displayed her newly found treasures with all the pride of a mother conscious of having contributed her full share of young Americans toward the native population. While softly rocking little Isaac to sleep she pointed out her numerous offspring from among the crowd of lively children, and with a mother's pride found a special blessing bestowed upon each. Mrs. Wright is a devout church member, and has named two of her triplets after leading lights in the Media Methodist church, who are well pleased with the compliment. South Media is somewhat renowned for the large number of children it contains, and on every hand proud mothers point with satisfaction to their big families. Mrs. Samuel Field, now a venerable matron of sixty, who has survived two husbands, is the mother of twenty-eight children ranging in age from five to forty years, and their robust health testifies to the benefits of Delaware county's pure air. Another couple amply blessed by many children are Mr. and Mrs. Joseph Chandler, who live on the West Chester road just outside Media. Mr. Chandler is the village blacksmith, and courted his wife when they went to the country school together. She is forty-three years old, still possesses many womanly charms, and proudly points to her record of twenty-five fine, healthy children, including two sets of twins. A near-by neighbor of Mrs. Wright, who lives in Newtown borough, is Mrs. Barrett, and she has during the twenty years of her married life presented her husband with sixteen children. All these matrons are well preserved, and are justly proud of their generous contributions to the population of Southern Pennsylvania. Twins are not unusual arrivals among the residents of Media, and although the advent of triplets is somewhat unusual, their coming does not attract the notice that would be the case in other towns.

DEVELOPING THE FATHERLY INSTINCT. — Miss Willard thinks that the boys should be encouraged to play with dolls as well as the girls. And I agree with her. The fatherly instinct needs more developing in the men than the maternal instinct in the women. Perhaps if little boys played with dolls and nursed them through lurid complications of fell disease as girls do, labored over their support and bent their backs and pricked their fingers fashioning their wardrobes and darning their rent garments, we would hear of fewer cases of desertion of flesh and blood families by good-for-nothing fathers. Do not be afraid of making your

boy effeminate and a "Miss Nancy" by encouraging him in gentle ways and plays. Would you not in the end prefer a development that should stand high among good men and angels to a development of the John L. Sullivan type or the modern baseball player? The boy that is taught to play with dolls will seldom, if ever, become a bruiser or a bully.—*Amber.*

QUESTIONS AND ANSWERS.

HIP DISEASE AND BED SORES.—M. C. asks what we think of a physician ordering a delicate three-year-old child to be put into irons for "suspected" hip disease; the patient had "been treated for worms, and is undoubtedly of a scrofulous constitution." There is but one answer to this question, and that is that the doctor in question either did not know his business, or else is a believer in that kind of "heroic" treatment that takes little account of needless suffering. Our correspondent does not state, however, whether his diagnosis was a true one or not. No physician should resort to such treatment unless he was positive his diagnosis was correct, and even then only as a last resort. In spite of every precaution bed-ridden invalids are often afflicted with the sores you write of. Keeping the blood pure is of the utmost importance in such cases.

M. M. K., DENVER.—We cannot tell as to the standing of the practitioner you inquire about. Electricity in the cuticle alluded to is employed solely in cases where, after delivery, the mammæ do not secrete milk. There is no practical means that we know of whereby the effect of enlargement or development can be produced by electricity. The various developers so extensively advertised are humbugs. The means you suggest are sometimes effective, but the effect is only temporary. The best means of accomplishing the purpose you may have in view is plenty of exercise, healthy diet, and careful manipulation—say a few minutes daily. Still the best plan after all is to leave nature alone. She always works well and right.

THE GERMAN REMEDY FOR BURNS.—Mrs. Axtell, New Haven, Conn.—The celebrated German remedy for burns is made as follows: Take of the best white glue fifteen ounces, break into small pieces, add to it two pints of water, and allow it to become soft, then dissolve it by means of a water bath and add two ounces of glycerine and six drachms of carbolic acid; continue the heat until thoroughly dissolved. On cooling, this mixture hardens to an elastic mass covered with a shining parchment like skin, and may be kept for any length of time. When required for use it

is placed for a few minutes in a water bath until sufficiently liquid, and applied by means of a broad brush; it forms in about two minutes a shining, smooth, flexible and nearly transparent skin.

WOMEN'S COLD FEET AND THEIR CONSEQUENCES.—A correspondent, residing in this city, furnishes a lengthy reply to a query concerning the causes of cold feet in women. "Out of ten women," she says, "nine have cold feet." No woman—only an exception here and there—can have warm feet in our trying and changeable winters unless she wears "flannels." Even if she choose to be indifferent to the ill-health and discomfort arising from the eschewing of "those horrid things!" it may begin to dawn upon her that rapid and perfect circulation of the blood is the simple fundamental basis of all good looks; and that, in our climate, only the "horrid things" will secure such circulation. But too heavy and clumsy underclothing saps the nervous strength, and permits no more ease nor grace of motion than that displayed by an elephant. Actresses understand this, so should women in private life. The more closely, the more tautly the nether limbs are clad, the more easy, light and sinuous are gait and movement. Nothing should wrinkle; nothing should "bag." There should not be too many petticoats or too many wristbands.

The following arrangement seems the best evolved for the fulfilment of these three requirements—warmth, lightness, sinuosity—knit underwaist of silk or softest wool (may be low necked and short sleeved except where lungs are delicate; the danger in the complete changes made when low-necked evening dresses are worn is thus done away with); drawers of the same snugly and perfectly incasing the leg to the ankle; very long hose drawn high above the knee by suspender garters attached to the corset, if they will wear corsets; (circular garments impede the full play and "swing" of the leg;) corset-waist of very fine, thin, elastic stockinet—which may be low for the house and high-necked, with half sleeves, for out doors. These elastic corset waists are an English invention, fitting in glove fashion as they do, without "bunching," as the very finest of starched cambric will. The little colored flannel skirt should be made on a deep silk yoke, and that and the longer skirt of shot silk pinked and flounced, and also yoked, which has taken the place of the white petticoat, may be "divided." This "division" consists in sewing up the skirt in the middle of the knee, and secures the freedom of motion aimed at in the actual "divided skirt" of the dress reformer, while the hideous and unfeminine exhibition of the same is avoided. For going out in the coldest weather a quilted silk petticoat is substituted for the usual thin

silk one. The weight of all this underclothing put together will be found very small, and there is nothing cumbersome about any of its details. This snugness and warmth secured interiorly, the exterior garments need be neither so tight nor so heavy as their wont. Freedom across the chest is essential to the full play of the respiratory organs; and long, deep breaths, fully inflating the lungs, make and keep the blood pure, give lustre to the glance, buoyancy to the step. Tightening the girth immediately about the waist is even less injurious than strapping the chest across with a harsh, unyielding bodice which creaks with every attempt to lift the arms, and would give way outright should the wearer be seized with any sudden spasm of laughing or sobbing. To resume: Keep the feet warm and the chest free. Have everything that covers the body yield with its motion.

REMEDY FOR MOSQUITOES.—C. W. F., Newark, N. J.—Take a small quantity of a 2 per cent. carbolic acid solution, and sprinkle sheets, coverlet, pillow, and bolster, on both sides, the edges of bed curtains and the wall next the bed. The face and neck may also be slightly wetted.

A COUGH CURE.—Mrs. F. P., Portland, Me.—What is claimed to be an excellent cough mixture is made as follows. We give it for what it is worth: One ounce pressed mullein, half ounce hoarhound, one quart soft water; boil until thin molasses; strain thin, add one pint New Orleans molasses; boil a few moments. Dose: one tablespoonful four times a day or after every coughing spell.

HOW TO CURE A COLD.—Fred. Laber, Minneapolis, Minn.—An authority gives the following "fine way of curing a cold:" Bathe the feet in hot water and drink a pint of hot lemonade. Then sponge with salt water, and remain in a warm room. Bathe the face in very hot water every five minutes for an hour. Snuff up the nostrils hot salt water every three hours. Inhale ammonia or menthol. Take four hours of active exercise in the open air.

PUBLISHER'S DEPARTMENT.

TO SUBSCRIBERS IN ARREARS FOR 1888.—Many of our subscribers are in arrears for the year 1888, their subscriptions being due in advance. We have sent the magazines in all cases where no notice to discontinue has been given. It costs money to publish the *HERALD OF HEALTH*, and the magazine is furnished at such a low figure that there is but little margin for profit. We do not like to drop subscribers from the books, for we

feel a mutual reciprocity of interests. Now, we make the following offer to our friends who have forgotten to send in their subscriptions for 1888 :

Send us one dollar and fifty cents, which will pay arrearages up to December, 1888, and we will retain your name upon our lists until December, 1890. In other words, we let you have the magazine for TWO YEARS for ONE DOLLAR AND A HALF instead of TWO DOLLARS, the regular price for that period. We make this liberal offer for the benefit of the old subscribers, many of whom have taken the magazine for years. It applies solely to those who are in arrears for 1888, and will be good only until the first of January, 1889.

FIFTEEN MONTHS FOR ONE DOLLAR.—To all new subscribers sending us one dollar each we will send the HERALD OF HEALTH from October, 1888, to January, 1890. Cheap enough surely for the best Health magazine in America.

IMPORTANT TO CORRESPONDENTS.—Direct no letters intended for the HERALD OF HEALTH to No. 13 Laight street. This office was removed from that location months ago, and notice to that effect has been repeatedly published.

WRITE PLAINLY AND ENCLOSE STAMPS.—All letters should be directed plainly HERALD OF HEALTH Co., P. O. Box 2141, New York City, and all names carefully spelled. Otherwise writer and publisher are often put to great inconvenience. Mistakes are constantly occurring through illegible names of post-office addresses. Persons desirous of replies to their letters MUST enclose postage stamps. Two cents is but a small amount for one to pay, but when you pay that sum, small as it is, upon hundreds of letters, it foots up many dollars.

NEW PUBLICATIONS.

“REMINISCENCES OF REV. CALEB BRADLEY,” by Dr. E. P. Thwing, with portraits of both, can be had of the author, Brooklyn, for a dime. This pamphlet gives a picture of the Arcadian simplicity of early days. Mr. B. was born 1771, being a great grandson of Hannah Dustan who killed her Indian captors, 1697, and died 1862. The extracts from his diary are racy reading.

IN PARISIAN HIGH-LIFE.—The great question of the day is the interesting discovery emanating from the celebrated Oriza Perfumery ; we mean

the "Solid Perfumes" varying in twelve delightful odors, in form of pencils and pastils, and enclosed in coquette envelopes, a charming "bibelot" of portable size, and an invention as agreeable as useful, surrounding the wearer with fragrant scent. To perfume any article agreeably and instantaneously, simply rub upon them lightly. The "Ess Oriza Solid Perfumes" are sold by all good druggists and chemists in the United States, in Paris by the inventor, Mr. L. Legrand, Oriza-Perfumery, 207 Rue St. Honore, Paris. (General agent for the United States, Park & Tilford, 917-19 Broadway, New York.

THE HERALD OF HEALTH.

↔↔↔

SUBSCRIPTION :

UNITED STATES AND CANADA, - - -	ONE DOLLAR.
GREAT BRITAIN AND IRELAND, AUSTRALIA AND NEW ZEALAND, - - - - -	SIX SHILLINGS A COPY.
SINGLE COPIES, - - - - -	TEN CENTS EACH.

↔↔↔

CONTENTS FOR NOVEMBER, 1888.

GENERAL ARTICLES.

Notes Concerning Health.—M. L. HOLBROOK, M. D. - - - - -	275
The Health Habits of Sixty-Two Centenarians, - - - - -	278
How to Live Long.—A New Prescription for Attaining this Desirable End, - - - - -	280
Ventilation in Sleeping Rooms and Effects of Cold, - - - - -	282
EDITOR'S STUDY, - - - - -	284
WOMEN AND THE HOUSEHOLD. MRS. R. J. McMILLAN, - - - - -	289
MOTHERS AND THE NURSERY. MRS. F. C. PRESSLER, - - - - -	295
QUESTIONS AND ANSWERS, - - - - -	298
PUBLISHERS' DEPARTMENT, - - - - -	300
NEW PUBLICATIONS, - - - - -	301

IMPORTANT NOTICE.

All letters and other communications for the editor, and all subscriptions and business correspondence for the publisher, should be addressed to HERALD OF HEALTH, P. O. Box 2141, New York City. Checks, Post Office Orders and Registered Letters should be made payable to HERALD OF HEALTH CO.

IMPORTANT NOTICE.

All letters and other communications for the editor, and all subscriptions and business correspondence for the publisher, should be addressed to HERALD OF HEALTH, P. O. Box 2141, New York City. Checks, Post Office Orders and Registered Letters should be made payable to HERALD OF HEALTH CO.

THE

HERALD OF HEALTH.

Vol. XXXVIII.

DECEMBER, 1888.

No. 12.

IMPORTANT FACTS CONCERNING CONSUMPTION AND KINDRED COMPLAINTS.

(Special for HERALD OF HEALTH.)

The recent Congress in Paris illustrates the wide-spread interest that is now manifested in tuberculosis by medical profession and the public.

The object of the Paris Congress, as set forth by the President, M. Chauveau, was to awaken the profession out of the false security of believing in the innocuity of tubercle, and to recognize the grave possibilities of its transmission from animals to man. The unanimous voice of the Congress was in support of the contagiousness of tuberculosis, and the belief in the dangers to the human race arising from the consumption of the milk and flesh of tuberculous animals was affirmed by every speaker who took part in the discussion.

RESOLUTIONS WERE ADOPTED

by the Congress urging the importance of hygienic precautions with the view of preventing tubercular contagion from the use of the milk and meat of tuberculous animals, and urging that measures be taken for the disinfection of materials derived from phthisical patients. The Congress went so far as to affirm that the chief means of prevalence in mankind of tuberculosis is by communication from animals of the bovine species. The clinical evidence in support of the dissemination of phthisis by means of the meat and milk of diseased animals is constantly increasing. It is therefore a timely warning from the Congress when it recommends the inclusion of tuberculosis in the list of contagious diseases in animals,

and urges the seizure and destruction of the flesh of every tubercular beast, no matter what may be its appearance.

The difficulties in the way of checking the sale and consequent use of articles of food derived from tuberculous animals are quite apparent. The suggestion that the State should indemnify the owners for the losses they sustained by the adoption of the stamping-out method is equitable, yet the difficulties are more real than at first sight might be supposed.

THE PRACTICAL VALUE OF THE WORK

of the Congress is not only found in the claim which it raises in regard to the use of food from tuberculous animals, but in the strong support it gives to the theory of the contagiousness of phthisis, and the important practical results which may follow from a belief in this doctrine. If consumption is communicable to the extent now held by the leading authorities upon this subject, the practice of to-day is faulty in many respects, and there is vast room for improvement in the methods of dealing with such patients. Not only is it important that we should be careful in the use of food which may contain the germs of tuberculosis, but it is equally important that safeguards should be thrown around tubercular cases so that they may not become the propagators of their own malady. Their clothing, food, secretions and surroundings play a role in the communication of tuberculosis to others, and their avenues should be guarded with care and circumspection.

ONE OF THE MOST VALUABLE CONTRIBUTIONS

to the etiology of tubercular disease took the form of a lecture delivered a few years since, before the Physiological Society of Berlin, by Dr. Koch, the Government Adviser in the Imperial Health Department of the German capital. Prior to Koch, it had been placed beyond doubt that the disease was communicable, and the aim of the Berlin physician was to determine the precise character of the contagion, which previous experiments on inoculation and inhalation had proved to be capable of indefinite transfer and reproduction. He subjected the diseased organs of a great number of men and animals to microscopic examination, and found, in all cases, the tubercles infested with "a minute, rod-shaped parasite," which, by means of a special dye, he differentiated from the surrounding tissue. "It was," he said, "in the highest degree impressive to observe in the center of the tubercle cell the minute organism which had created it." Transferring directly, by inoculation, the tuberculous matter from diseased animals to healthy ones, he, in every instance, reproduced the disease. To meet the objection that it was not

the parasite itself, but some virus in which it was imbedded in the diseased organ that was the real contagium, he cultivated his bacilli artificially for long periods of time, and through many successive generations. With a speck of matter, for example, from a tuberculous human lung, he infected a substance prepared after much trial by himself, with the view of affording nutriment to the parasite. Here he permitted it to grow and multiply. From this new generation he took a minute sample and infected therewith fresh nutritive matter, thus producing another brood.

GENERATION AFTER GENERATION OF BACILLI

were developed in this way without the intervention of disease. At the end of the process, which sometimes embraced successive cultivations extending over six months, the purified bacilli were introduced into the circulation of healthy animals of various kinds. In every case inoculation was followed by the reproduction and spread of the parasite, and the generation of the original disease.

IN A VAST NUMBER OF CASES

Dr. Koch has examined the matter expectorated from the lungs of persons affected with phthisis and found in it swarms of bacilli, while in the matter expectorated from the lungs of persons not thus afflicted he has never found the organism. The expectorated matter in the former cases was highly infective, nor did drying destroy its virulence. Guinea pigs infected with expectorated matter which had been kept dry for two, four and eight weeks respectively were smitten with tubercular disease quite as virulent as that produced by fresh expectoration. Hence Koch points out the grave danger of inhaling air in which particles of the dried sputa of consumptive patients mingles with dust of other kinds.

A MEDICAL GENTLEMAN,

who has many years' experience in examining candidates for life insurance, says: "In a person in the slightest degree predisposed, any debilitating influence, especially if it interferes with the due oxygenation of the blood and induces pulmonary congestion, is likely to give rise to phthisis. Scrofula in early life, protracted dyspepsia, repeated catarrhs, indoor occupation of all kinds, especially if carried on in a cramped posture and in a close heated atmosphere, an occupation entailing the inhalation of dust, or metallic particles are among the numerous causes that lead up to confirmed consumption in one or other of its varieties. Anxiety, supervening upon any of these influences, imperfect food, intemperance, though not in themselves adequate to give rise to the deposit of tubercle, add much to the power of the *incitamenta mali*.

“The evidences we look for in the individual, as suggesting a suspicion of a phthisical tendency are, slight morning cough, often disregarded by himself; frequent hoarseness, general want of vigor without apparent reason, loss of flesh, an habitually quick pulse, breathlessness on slight exertion. The more of these symptoms that are associated in the same person, the greater is the danger. The frequent recurrence of sore throats is a point deserving of attention. If dependent upon chronic enlargement of the tonsils, it is a sign of scrofulous taint. If more associated with irritation and inflammation of the larynx and trachea, it shows a delicacy and susceptibility of the mucous membrane of the part, which commonly depends upon the same constitutional influences that may lead to phthisis.”

SEASONABLE HINTS UPON COLDS.

A “Family Physician” contributes to a New York journal some seasonable hints upon colds—how to avoid and cure them. He says “The many causes to which colds are attributed do little mischief, except when brought to bear upon a system already prepared for them, by inattention to the laws of health regarding diet, bathing, exercise, and other conditions requisite to secure the proper elimination of waste matters from the body. Too much ‘coddling’ is unquestionably one of the most common causes of catarrh. One who is inured to hardships is able to endure exposure without injury, while one unaccustomed to like experience quickly succumbs. Air-tight houses, close and unventilated, overheated rooms, even the quantity of clothing required are active causes, preventing development of hardihood. As a result, colds and catarrh are

“UNIVERSAL MALADIES AMONG CIVILIZED PEOPLE.

“Nearly every one knows how humiliating a thing cold in the head is; never quite so dangerous as ‘lung trouble,’ the misery is almost as great. There are many varieties of colds, for instance, the orthodox cold, which begins after sitting in a draught, with chilly, creeping feelings up the back, culminating in a sneeze. Dr. Clarke calls it ‘a contest between the eyes and the nose to find which can run the fastest’—the running slackens, and the nose becomes stopped by the swelling of the mucous membrane, every little air is felt and sets the person sneezing.

“ANOTHER KIND WILL ANNOUNCE ITSELF

without a feeling, simply sneezing; and, again, some take cold first in the throat, and afterwards in the head. Then there is the catching cold,

or 'influenza,' the cause of which is assigned to 'ozone clouds.' The commonest way of catching cold is through draughts, especially if one is exhausted or overheated, getting the feet wet; and here let me recommend rubbing the feet with alcohol.

“SOME PERSONS ARE SENSITIVE

in the hands, and if walking or driving on a rainy day, without gloves, forthwith develop a cold; sitting near a closed window on a cold day, the glass forming insufficient protection against the cold outside. There is also danger of catching cold, even on a warm day, by remaining a long time in a room where the sunlight is shut out and windows kept closed for fear of dust. Among ladies the habit of changing heavy garments on a cold day for something more fancy, just to satisfy a whim, often results in serious bronchial trouble. I have heard of young men washing their heads every morning in cold water to clear the brain, smooth the hair, then rush outdoors without waiting to thoroughly dry the hair, never stopping to think that Nature makes us pay back all we exacted of her.

“COLD BATHS RECOMMENDED.

“Dr. Brown-Sequard considers the feet and neck the very sensitive parts. His theory is to blow a stream of air upon the neck, by means of a bellows; the air at first to be slightly cold, increasing every day, until the neck can stand an arctic blizzard. The temperature of the foot bath to begin with ninety degrees Fahrenheit, gradually reducing to thirty-eight degrees Fahrenheit. For persons with vigorous health, good circulation and freely acting skins, nothing is more wholesome than the morning cold bath, and scrub down afterward with rough towels. It is strengthening to the spine and nervous system, and the best preventive against cold. Those who cannot bear the cold bath might train themselves to it by right methods; these would be to bathe only a portion of the body at a time with tepid water in a warm room, drying themselves with the 'hair glove' to toughen the skin and get up a

“GOOD CIRCULATION OF THE BLOOD.

“Persons whose skins are poor in the secretions of the sebaceous glands ought not to bathe too often, as they lose more of this sebaceous material than they can spare, thus leaving the skin hard and powdery, therefore susceptible to all the changes of temperature. This can be counteracted by rubbing at night with 'salad oil.' A teaspoonful will be sufficient for the body. Then wear woollen night dresses and rub off in the morning with a dry towel. Take a hot bath once a week; this will be sufficient for cleanliness, as the skin purifies itself to a large extent.

"LET ME SUGGEST

"here lung gymnastics. They are of undeniable utility to flat-chested people, to round shoulders, and to those in the incipency of phthisis. By these exercises (which must be properly learned) full inspirations are established, and the least available parts of the lungs—the apices—receive their full complement of air, and are stimulated to throw off any existing inflated products. For children liable to colds nothing is better than a good rubbing nightly with cod liver oil, wearing woollen nightgowns. Sponge them off in the morning, and no unpleasant odor remains. The effect is so beneficial that all objection to this treatment ought to be laid aside.

"WEAR WOOLLEN OR SILK UNDERCLOTHING

(wool is decidedly the better, as it is porous), strong boots, rubbers always in wet weather. In regard to cold-curing, nearly every one has his own treatment. A few suggestions, however, may not be amiss. The 'nightcap' treatment is often successful. Another efficacious remedy is hot onion gruel, and eating a quantity of highly salted food is good. Glycerine, with cream or whisky, will relieve a paroxysm of coughing. Another excellent remedy, on the first symptoms of cold, is to take, on retiring, four grains of Dover's powder and two grains of quinine in pill form. If this is not successful, repeat the dose next night. Failing, the next best thing is to consult a good physician, remembering an 'ounce of prevention.' Children may be given a few drops of sweet spirits of nitre, bathing the feet in hot mustard water and copious drinks of warm lemonade. Those unsightly things, 'herpes,' or cold sores, should never be rubbed, as the vesicles burst and crusts form. The application of a little 'camphor ice' or fresh cold cream will be found very soothing.

"A WARM ROOM NECESSARY.

"Cold rooms, for those with a low bodily temperature, are extremely undesirable. It is just as fatuous for those with constitutional weakness to occupy cold rooms as it is to get into a cold bath. These persons, and particularly females, should never dress in a room without a fire in winter, and, while some persons with robust natures can stand one of those damp reception rooms where people keep the blinds closed for fear of spoiling the carpets, most persons will contract a severe cold during a half hour's stay in such a place. If such a place feels damp, and one feels after entering that he has a chill—and a chill is almost always, though not invariably, the first symptom of a cold—he should leave such a place, or insist

on being shown into some other apartment. This may happen in the middle of summer.

“ THERE ARE MANY PEOPLE’

who are apt to regard a cold as a mere trifle, and not worthy of any especial care; yet in the same breath, if you attempt to console them, they will assert that a cold is one of the most annoying maladies one could be subjected to. In its incipency a cold is not a very dangerous thing of itself, but if allowed to remain it may be productive of serious results. A simple cold may result in bronchial trouble and gradually continue until consumption sets in.”

ON THE PROPER NURSING OF CHILDREN.

FROM an interesting lecture upon the “Nursing of Children,” delivered by W. Hamilton S. Quin, at St. Luke’s Hospital in Utica, we take the following :

“That no mother can furnish her infant with nourishment during the first hours or few days of life is assurance enough that the offspring will do well enough if left to nature, instead of being given the nastiness insisted on by so many who pretend to care for the poor little new-borns. In the name of humanity, do not pour down these defenseless little ones melted butter, molasses, gin, whisky, any oil or anything else. The most any of these can do is to irritate the stomach and other passages of the child. In so far as nature’s laws are followed, be very careful how you interfere or allow the ignorant to. If the infant is cared for by the mother regularly at intervals of an hour by day and of an hour and a half or two by night during the first few months of life, there will be during that period very little call for the professional nurse or the physician.

IT IS INATTENTION ON THE PART OF THE MOTHER,

in this regard, which leads to so much colic, so much waste of paregoric, patience, etc., and has given origin to so many life-like and vivid pictures of pa, the baby and the midnight hour mixed up in a good deal of a row. It may be new to many of you that crying in infancy is often due to thirst for water. Should the mother be unable to or unwilling to (God punishes unnatural mothers usually in this world) nurse her child, another will have to be sought or artificial food resorted to, and in this section one seems to be as troublesome to manage as the other. ‘How

shall the nurse deal with infantile colic?' The prone (face downward) position is a remedial measure. A drop or two of brandy in warm water or a little aniseed tea may be tried, but a cloth rung out of hot water and lard over the abdomen is perhaps a more rational home treatment for this distressing condition. Here

PREVENTION IS THE GREAT FACTOR

tending towards happiness, and the competent nurse will so manage the mother and babe that colic will have no sway in the household. Colic, sore mouth, diarrhoea, convulsions and many of the other ills of babyhood are to be prevented by a proper management of both mother and child. The sore mouth of the nursing child, if simply one characterized by white spots, is best remedied by the application with a soft cloth of borax dissolved in water, and not in honey or sugar and water. Such a sore mouth is due to the growth of a fungus akin to the yeast-flesh—this fungus depends on the presence of sugars, warmth and moisture for its growth. Therefore do not have your remedy one containing both food and death; for this fungus but one action—death to the cause of trouble. Other forms of sore mouth may better be referred to the physician.

INFANTILE DIARRHŒA,

especially in summer, should demand the physician's immediate attention. Mere looseness of the bowels in infancy is to be corrected usually by attention to the mother's diet and condition of digestion, and not by dosing the poor infants. The home treatment for a child seized with convulsions is to put him into hot water (not hot enough to be painful to the hands), and you will please, in carrying out this procedure, to bear in mind that it is somewhat important that the child be put into and not under hot water. This latter I have known to have been done, for I have been called to see a child out of the tub, out of the convulsions and its danger, but more than half drowned. When baby goes into a convulsion it is quite difficult for those of us about to not follow his example—at least in so far as our mental quiet and our usefulness to the poor baby are concerned. Word must be and usually is sent at once to the physician, and he in the graver case must direct the subsequent treatment.

ALTHOUGH THE CONDITION

of convulsion or spasm is the dreadful condition of all in the nursery, still parents and all should in the time of anxiety have this fact held out to encourage, namely: A convulsion or convulsions not dependent on disease, injury or malformation are seldom fatal, and that other convul-

sions (those of every-day life) in childhood are due to indigestion, as a rule, and are quickly recovered from, once the indigestion or the cause of the latter is removed.

“ For chafings or any skin irritations do not use dry applications, but use some unctuous material containing your powder, or some better one for the graver condition—use rose ointment, fresh unsalted lard, or even vasaline as your unctuous material. By the way, vasaline is not a good substance in such cases, as vasaline applied to the skin is very quickly absorbed.

IN ALL SKIN ERUPTIONS,

such as chafing, etc., remove the cause so far as lies within your power, and when dealing with sores and spots of eruption here and there on a baby's body, be mindful that such a condition is oftentimes due or maintained by dirty or uncared for finger nails, and here the lesson is easy. The so-called ‘colds’ in early infancy may better be treated by simply rubbing the chest (front, sides and back) with camphorated oil. Never give a cough syrup to these little ones—a drop of brandy in a little water may be permissible. For the more severe ‘cold,’ slight bronchitis, etc., a thin poultice of flax seed to entire chest is the best local application. Goose oil and skunk oil derive nothing from either goose or rodent to render them any cleaner or more efficacious as a liniment or to use on a poultice.

FLAX SEED IS THE BEST MATERIAL

for a poultice, owing to its cheapness and the fact that it so well retains heat and moisture. Remember that an unmedicated poultice simply applies to the part heat and moisture, and that half poulticing is far worse than not any poultice at all. In using poultices, make two, and while one is applied keep the other in a hot oven, and change the cool one at once. Do not foolishly resort to onions or to snuff in preparing your poultice—the former do not smell over well, and the latter may kill an infant. In these ‘colds’ a little brandy may be used, but all other medication may better be under the guidance of a physician. Cough syrup, so-called, should have no place in the household, for the cause of a cough requires skillful handling, and no set cough syrup in the hands of many can fail to work as much harm as good. ‘If it don't cure, it can't hurt,’ is no reason for giving any remedy, and the medicine which does not benefit or remedy this given condition does hurt, if only by causing the patient to waste time, which may be so important in his treatment.

CROUP IS MET WITH

chiefly under these forms: Catarrhal or false membranous or true, and diphtheretic. Diphtheretic croup is seldom recovered from, membranous is very often fatal, and catarrhal is usually recovered from if the treatment be not too fierce. The child with membranous or diphtheretic croup is taken ill, and the cough symptoms, at first perhaps mild, increase in severity, and the little one, ill from the first, grows hourly more ill; whereas the child with catarrhal croup is usually taken sick suddenly, apparently very ill indeed, the croup symptoms being very intense. This occurs usually at night, and after the first sleep. With or without treatment the child usually loses the croup symptoms before morning, and he plays the next day, to grow worse the second night, to have a second day like the first and a third night like the first and second—only to be well the fourth day, save from the symptoms of a 'cold,'—a slight bronchitis of the larger tubes.

TRUE AND DIPHTHERETIC CROUP

demand the physician's every attention. False croup requires little save an equal temperature (warm), the usual treatment for a slight cold, and a half or a teaspoonful of the syrup of ipecac (or the wine), according to age, if the child's breathing becomes excessively labored—child becomes blue in the face and struggles for air. In every form of croup, to relieve the embarrassed respiration, the application of a cloth wrung out of cold water, to the back of the neck, and of a second rung out of hot water to the front of the neck, and these rapidly alternated, is a procedure I fully endorse. Once weaned, the many symptoms of digestive disturbance show themselves, which symptoms are commonly (regularly) attributed to worms, and other symptoms appear which the all-knowing ignorant know to be due to teething. Worms cause an irritation of the bowels, just as improper food may, and thus do most of the harm they are really responsible for."

TRUTHFULNESS OF CHILDREN.—It is in youth that the spirit of truthfulness may best be cultivated. Few realize how strong are the impressions made upon the heart of childhood by the examples which are given to it. Let no one imagine that to teach a child not to tell a lie is sufficient to make him really truthful. He must be imbued with the love of positive truth; and that can be infused only by those who are themselves inspired by it.—*Once a Week.*

EDITOR'S STUDY.

OUR RULES FOR GOOD HEALTH.

1. Be regular in your habits.
 2. If possible go to bed at the same hour every night.
 3. Rise in the morning soon after you are awake.
 4. A sponge bath of cold or tepid water should be followed by friction with towel or hand.
 5. Eat plain food.
 6. Begin your morning meal with fruit.
 7. Don't go to work immediately after eating.
 8. Be moderate in the use of liquids at all seasons.
 9. It is safer to filter and boil drinking water.
 10. Exercise in the open air whenever the weather permits.
 11. In malarious districts do your walking in the middle of the day.
 12. Keep the feet comfortable and well protected.
 13. Wear woolen clothing the year round.
 14. See that your sleeping rooms and living rooms are well ventilated, and that sewer gas does not enter them.
 15. Brush your teeth at least twice a day, night and morning.
 16. Don't worry, it interferes with the healthful action of the stomach.
 17. You must have interesting occupation in vigorous old age. Continue to keep the brain active. Rest means rust.
-

THE MARRIAGE OF COUSINS.—The prejudice against the marriage of cousins has existed for several centuries. The Mosaic law which forbade marriages within fifteen certain prescribed degrees, does not prohibit the marriage of first cousins. Such marriages were forbidden early by the Roman Catholic church, and Pope Gregory gave as argument against such marriages that "the offspring will not grow." Distinguished biologists who have made laborious researches and collected statistics on this point, generally incline to the belief that the danger from consanguineous marriages arises chiefly from the special tendency of the children to hereditary diseases of the family, arising from the marriage of persons with the same hereditary tendencies. There can be no doubt of the increased tendency of the child to a special disease which it inherits from both its father and mother. Aside from this, biologists find that the evils arising from the marriage of cousins have been greatly exaggerated. There are no statistics to prove the popular idea that the children of cousins inherit a weak mind. On the contrary statistics carefully taken show that there is no more tendency to diseases of the brain among the offspring of cousins than from other marriages.

THE CHAMBERMAID CURE.—The Queen of Sweden, it is said, for the sake of curing some nervous derangement, has been ordered by her physician to make her own bed, to sweep and dust her own room, besides taking other and regular exercise out of doors. This has been dubbed "the chambermaid cure," and not a bad cure for many a fashionable dame would it prove. Moreover, it has the advantage of suggesting an endless number of invaluable remedies, which have hitherto been overlooked by the medicine-loving public. There is the "office boy cure" for the dyspeptic millionaire, and the "stevedore cure" for the nervous merchant, and the "stable boy remedy" for Cæsus with the liver complaint, and the "penny postman cure" for Midas, who is suffering from the accumulation of too much adipose tissue, and the "nurse girl cure" for fashionable Mrs. Hysterics, who cannot stand the noise of a crying baby, and the "dressmaker elixir" for Miss Flora McFlimsy, who has palpitation of the heart at sight of a spider or a mouse. But really there is no end to these new and interesting additions to *materia medica*.

HOW MICROBES LOOK AND ACT.—A yellow fever microbe has the appearance of three joints of sugar cane. I got them from Washington in a glass tube that somewhat resembles a gourd, says Dr. Clifton. The tiny microbes are placed in the big end, but by looking at it you could never tell that there was anything but air in it. The small end is sealed up, and the microbes are in there, though apparently dead. Some microbes live in such places for twenty years. We will suppose now that we want to look at some of them under the microscope. Upon the little glass side we put a drop of gelatine of the consistency that will not run. We take a cambric needle, and, after heating it to destroy all microbes that may be in the air, we quickly break the seal of the glass tube and insert the needle, drawing it out quickly and resealing the neck of the tube. We insert the needle in the drop of gelatine on the slide and quickly put on the little cover to shut out such germs or microbes that may be floating about in the air. Then we place the slide under the microscope. In forty-five minutes the microbes have fully aroused from their Rip Van Winkle sleep, and now you see what curious things they are. As I said before, they resemble three joints of sugar cane, but the joints are not straight, but at opposite angles. Take this fellow, for instance, and you see a joint drops off, leaving him with two joints. Presently another joint joins on the dropped joint, and by this time a third joint appears on No. 1. Now look at No. 2 and there is a third joint. Now a joint drops from No. 1, and by the time it gains another joint No. 2 drops a joint, and this, with the joint from No. 2, join together, and there is microbe

No. 4. Another joint grows on Nos. 1 and 2, and one drops from No. 3, and these, jointing together, make microbe No. 4, and so they go on until the little drop of gelatine is a working, seething mass of microbes. Now, these microbes are in the blood of a yellow fever patient, and there is where they live. They get in a blood corpuscle and eat out all the red part, as a darkey eats out the red meat of a watermelon, and the blood is then a drop of clear fluid. To give you an idea of how many can crowd into a corpuscle of blood let me say that it takes three thousand two hundred corpuscles to make an inch. Well, you can string just one hundred and fifty thousand microbes across the diameter of one corpuscle, consequently you can guess billions after billions of microbes in a drop of blood. The theory is that these microbes eat up one's blood so fast as to take it away from him in a very short time. Some men can stand the letting of more blood than others, and consequently some men recover from yellow fever.

MUSIC FOR THE INVALID.—The annals of medical history, in fact, abound in records of cases in which music has accomplished cures when every effort of attending physicians failed to produce any satisfactory result. Our nervous organism is the seat of sensation, the mainspring of vitality, whereby our imagination is alike stimulated and controlled. The influence of the imagination on health is exemplified by those who are the victims of hypochondriasis, and even in cases of actual physical ailments the intelligent physician recognizes the importance of diverting the patient's mind from the contemplation of his condition, which invariably tends to aggravate his symptoms. Presuming, of course, that the invalid is not one of those unhappy mortals having a violent distaste for music, what can be better adapted to cheer the mind and reinvigorate the entire system than an art which appeals directly to our emotional nature? In some instances instrumental music has the most potent effect, and in others a song which recalls pleasant memories has the greater influence. Like all other medicine, in order to be efficacious it must be pure and well compounded, and of a kind adapted to individual requirements. The subject is one of considerable interest, and its careful study is likely to result in much practical good.—*Boston Musical Herald*.

WHAT GOOD TEETH MEAN.—Good teeth mean, to a certain extent, good digestion, and consequently good health, while bad teeth often mean the contrary. Too many people force the stomach to do the work that the teeth should have done, and the much abused, long suffering stomach rebels at this new function thrust upon it, and the most dangerous results follow as a natural consequence.

OCCUPATION AND FACIAL EXPRESSION.—A man's occupation or condition has a good deal to do with making his facial expression. Intellectual pursuits, like studies or the scholarly professions, when coupled with temperate and moral habits of life, brighten the face and give a person a superior look. Magnanimity of nature, or love of studies and arts will make a bright, glad face; but, contrary to this, a man may have a face that does not please anybody, because of a love of self to the exclusion of all others, notwithstanding his learning and worldly shrewdness. Soldiers get a hard, severe look, overworked laborers constantly look tired, reporters look inquisitive, mathematicians look studious, judges become grave, even when off the bench, the man who has had domestic trouble looks all broken up. An example of the ludicrous side of this subject is to see a third-class lawyer stalking around a police court looking wise as an owl. The business makes the face, I say. There's the butcher's face, the saloon keeper's face, the beggar's face, the ministerial face, the lawyer's face, the doctor's face, the hoodlum's face, all so distinct each from the other and singly, that I seldom fail to recognize those callings showing through the faces. And what city boy cannot recognize a genuine farmer on the street as a farmer the moment he sees him?

KEEPING WARM WHILE DRIVING.—A well-known physician, whose experience enables him to speak with authority on the subject, gives the following advice for protection against cold when driving: "Provide yourself with a good kerosene lantern, well filled and trimmed with sufficient oil if necessary for reflecting, and you will have the most efficacious means of enduring the cold that can be got. The lantern being lighted and kept beneath any covering that is used to protect the limbs will add materially to one's comfort who must take winter trips. I will add, in connection with the lantern, that a rubber coat, gossamer or rubber blanket is the most desirable garment for a long cold ride. If any one will try these suggestions, he or she will never start out again for a long drive without the lantern and oil; also a good strong umbrella is a good protection against a cold wind."

HOW TO PREPARE OATMEAL.—You can get all the opinion you want on both sides of a question now-a-days. Oatmeal had not long been reputed to be a healthful food when some physician arose to deny it and to assert that it produced dyspepsia. Allowance is always to be made in such a question for the variation of human stomachs and constitutions, so that what may be good for one person may not be for another. The truth about oatmeal for the generality of persons (and they are the

only persons you can speak for) is that if it is eaten in only a partially cooked condition, it is not healthful; and neither is flour, corn meal, and many other articles of food. Indigestion and acidity of stomach are caused for some people by the eating of sugar or other sweets on oatmeal, and they get the same effect if they eat these sweets on rice or bread. Cream, too, may be too much fat for a sensitive stomach, if put on oatmeal. In these cases it is not the oatmeal, but either its insufficient preparation or the addition of an improper food, that causes the stomach trouble. If a person will eat a moderate amount of oatmeal cooked and prepared as his needs may demand, there can be no question that it is healthful, digestible and highly nutritious.

THE LOWEST COST OF LIVING.—Everybody is interested to learn just what the lowest cost of living can be, and how to reach that minimum. If a man can thrive on a dime a day, how can he do it? and if a man with a family can get along on one dollar a day, says a writer in the *Boston Globe*, why not let some other people in on the secret, so that they may be able to do likewise? Some men have the ability to decide between what sort of edibles are beneficial and what are not; what will put fat upon their bones and give strength to their muscles. This, in fact, is so important that everybody, and particularly laboring men and heads of families, should know it. Listen to what one of the best authorities says on this subject: "Tell a laboring man that three-fourths of his weight is water, and that to restore the day's waste he has to take food, three-fourths of which must be water, and the remainder flesh forming, heat giving and bone making substances, he will understand the case better. Give him a table of foods, analyzed to show just how much heat giving, flesh-forming and mineral matter there is in each food, and he will soon take as deep an interest in what he eats because of its worth to him as because of its taste. When he finds out—as he can in half an hour—that only twenty-four parts in every one hundred of butcher's meat count as flesh formers, the rest being water; but that from seventy-five to ninety parts out of every one hundred in dried peas, beans, oat and wheat meals and cheese are nutritious, and only ten to twenty-five parts waste water, he from that moment begins to use his common sense in feeding as he does in earning his living. The popular rule is, never pay any heed to the feeding value of our diet; let us cultivate a glorious ignorance of the purpose of foods and go in might and main for palate ticklers. There are miners in the English coal pits, the hardest workers in the land, who have not eaten any kind of meat for years. I am not a vegetarian, because I hanker after the fleshpots, and their savory odors cast a spell over my innocent

soul, yet I experimented for one whole year without tasting flesh or gravy in any form, and all the time my health was perfect and my weight increased. The dock porters of Constantinople carry heavier burdens—two hundred and fifty pounds and upward—more easily than the laborers of England or America, yet their main diet is bread and figs, and they are teetotal and vegetarian. The laborers in Spain live chiefly on bread and onions, and are marvelously strong.”

WOMEN AND THE HOUSEHOLD.

[CONDUCTED BY MRS. R. J. McMILLAN.]

THE IDEAL WOMAN. —The ideal woman of the future must be a woman of grand and strong physique. Bulwer says “the match for beauty is a man, not a money chest.” Equally true is that the match for the ideal man, the coming Twentieth century man, is a woman, not a bundle of aches and pains. And woman will not have gone far in her search for health before she will have discovered that her dress is a fetter self-imposed, which she herself must summon strength to break. She must cast off her slavery to the fashion plate and go back to the freedom and grace of the old Greek ideals, and find in the deep bosomed Junos and the stately, well poised Venuses of antiquity, with their loose girdles and flowing lines of drapery, her models in dress. She must be strong and many sided mentally. All art, all culture, all those mighty principles of physical and psychical law —of which an ancient Greek has said that “the divinity is mighty within them and groweth not old”—must minister to her intellectual wants, for how shall she give life who knows not the principles of life? Last, and best of all, she must be grand in that freedom and purity of soul which shall make her love a royal boon, a guerdon worthy of all knightly and chivalrous homage to the man who shall call her—wife. —*Caroline F. Corbin.*

THE SLAVERY OF HOUSEWORK.—There are women who are “home makers” in the good old sense; who do their own work, and keep their parlor in good order at the same time that they do their kitchens, and go to church, and keep their children neat and well dressed, and fulfill in some degree the social requirements of the time. But such home makers are generally grave makers for themselves, and sometimes for their children. No man has a right to lay a woman under such a tyranny of toil; no woman has a right to lay herself under it. If she survives it by

her own inherent strength, and escapes paralysis, she is pretty sure to put the stamp of invalidism upon her children. And she dwarfs her own moral and mental growth at the same time she dwarfs the stature of her children. The listener doubts whether the slavery of housework has not really a more hideous record behind it than negro slavery on the Southern cotton plantations. It would be very charming, indeed, if household life could be so simplified that a housewife could do all her own work and not break down her health and have some time left to catch up with the world; if civilized people could borrow some lessons from care-free, easy-living gypsies, and could manage to get along with one-tenth of the mere friction of taking care of themselves that we now waste our energies in, and sacrifice none of our cultivation in letting go of it. But that seems to be out of the question. The life that we live we are in for now. And the genuine home maker, under such a system, must be somewhere else most of her time than in the kitchen.—*Boston Transcript*.

SUPERIORITY OF TOWN-BRED GIRLS.—Town-bred girls always have much sounder, handsomer, whiter teeth than country girls; they are straighter backed, lithier limbed, broader chested, brighter eyed, whiter, redder, clearer, wholesomer, brighter, cleaner—aye, cleaner! Point not the finger of scorn at me because I tip over, with a seemingly iconoclastic touch, the divinity of the farm house, the suburban idol of the poets' dream and the proser's poem—I speak but the truth. Cleaner: cleaner bodied, cleaner souled. The young miss whose flesh is fed on a pabulum of pies and pork, whose sleeping room is generally on a ground floor, and whose mental nutriment consists of the mental paragraphed trash of the nauseous "weekly," cannot, in the very nature of things, be expected to be an outrunner in the race of beauty, health or wholesomeness of soul and body, with the young woman who eats good, well-prepared food, sleeps twenty feet at least above ground in a well-aired room, and whose growing brain is stimulated, refreshed and strengthened by a course of good and suitable reading.—"*Miss Marigold*."

AN EVER WIDENING PARADISE.—If you wish to make angels of young people who were not born such, make your house a home where they find a rational welcome. Teach them how to build for themselves, wisely and truly. Give a part of your life, your love, your wealth, your home to making angels of the lost. I know some who thus create about themselves an ever widening paradise. If from our world dear ones are to be drafted to make populous other paradises, it is possible only as we so train them that they shall have a paradise spirit and fitness. Is there, on the whole, any study nobler or greater than home building? What

an infinite study it is. Yet it all concentrates in our own power to be ourselves what we wish our wee ones to become. What exact copies children are of the homes they live in! You may almost describe the furnishing of the house from the way the boys conduct themselves.—
Mary E. Spencer.

DON'T BANDAGE SORE EYES.—The custom, prevalent among physicians as well as the laity, of tightly bandaging or tying up the eye as soon as it becomes inflamed or sore is a bad one. The effect upon the eye is bad. It precludes the free access and beneficial effects of the cool air, and at the same time prevents or greatly retards the free egress of the hot tears and morbid secretions of the inflamed conjunctiva or cornea, or both. In those cases, too, where a foreign substance has got into the eye, the bandage (which is usually clapped on the first thing) presses the lids more closely against the ball and thus increases the pain and discomfort by augmenting the lacerations caused by the foreign body. This cannot fail to be harmful. In those cases where the light is painful adjust over the organ a neatly fitting shade, which, while it excludes the light, allows the free access of air.

MOTHERS AND THE NURSERY.

CARE OF CHILDREN'S FEET.—Wise mothers see that the children have dry feet. Shoes should be loose enough to be comfortable always—half an inch longer than the foot, but not loose enough to slip around. Never let the child wear a shoe that is run over on the side or heel, and constantly discourage the habit of standing on the outer edge of the shoe turning in the toes, or rubbing one foot over the other. Have the child taught from the earliest hours of understanding that the moment his feet are wet he must change shoes and stockings. Some children's feet perspire so that woollen stockings keep the feet damp and cold; let them wear cotton hose, and buy the elastic woollen webbing which comes by the yard, and draw it over the child's limb to the ankle; this will protect the limbs, which, in snow and slush, should be covered with leggings. If mothers will make it a rule that the child's hose must be hung up when taken off, and the feet warmed before going to bed, they will save themselves much trouble. Too many mothers tie up a child's throat, a most pernicious habit, and allow the child to wear thin shoes or sit with rubbers on for hours.

A MECHANICAL CURE FOR HICCOUGH.—Procure a glass of water and

pour a little of it down the patient's throat. Whilst he is drinking the water, he should press a finger on the orific of each ear. By this method you open the glottis, and in five seconds the thing is done. Should you by any chance meet with an obstinate case, you may rest assured that the throat and ears were not closed at one and the same time; either the water was swallowed before the ears were thoroughly stopped, or the water was not sufficient to fill the throat. Another precaution is to keep the chin well up. This cure was obtained by the writer from an old Indian medical officer, who had experimented for some years to discover a method of relieving the terrible stage of hiccoughing in yellow fever, and this cure was the outcome.—*Pharmaceutical Journal*.

IS CHLOROFORM SAFE FOR CHILDREN?—Recently, in one of the large London hospitals, says the *Lancet*, an infant, five months old, died from the effects of chloroform administered for the removal of a nævus. The operation had been completed before death occurred. The coroner's inquest elicited the fact that "children rarely die from chloroform; that they take it readily and easily recover."

QUESTIONS AND ANSWERS.

HOW TO CLEAN THE HAIR AND MAKE IT BEAUTIFUL.—*M. S. asks*:—Is a wire or a bristle brush the better for the hair? If a bristle brush is used, should it be stiff or soft?

E. B. asks:—Whether there is any remedy which will check grayness of the hair, and any means by which the hair may be thickened. Is there any electric brush which you can recommend?

In reply to these and other questions on the same subject, we give the following from the *American Analyst*:—"Brush it, and again brush it. This is the beginning and the end of the admonition. Brush it. So shall your hair be clean and silky. No amount of combing will make it either. Look well to your brush. No wire brush, no heavy silver-backed brush, but even, well-chosen bristles. Abundant hair is an ornament, but it is a responsibility. A woman's crown of glory is apt to be a very dirty diadem. There is no dust catcher equal to a great shock of hair. Every flying particle lodges in the flowing tresses that the poets rave over, and sifts down from silken thread to silken thread whether the locks be brown or gold. If your hair is dull in color, wiry in texture, and will not catch the burnished gleam of the last rhyme you read, brush it. If it is losing

the gloss it had when you were younger, if it looks old and sickly, brush it. If your hair is fretful and peevish, brush it till it smiles and behaves with docility under the comb again. Wash it first. Beat an egg into foam, rub it well into the roots, thoroughly but gently, then rinse it in lukewarm water. Keep a small brush for the purpose—a nail brush or a tooth brush will answer—and part your hair, strand by strand, until you have cleansed the scalp well over. If your hair is moist by nature, dissolve a little borax and glycerine in the rinse water; if it is harsh and dry, use glycerine only, lest the head, after so much manipulation, feels uneasy or sore. Find an airy place—in the sun, if the day is not too warm—and brush the wet hair dry. Brush it caressingly with a soft brush till the moisture is nearly expelled. Then stop petting in and brush briskly with a stiff brush till it is satiny and dry. Did it ever occur to you that the scalp wants exercise and gets very little? The hair fades, sometimes turns white, grows rough and disobedient because it is not fed. Direct a fuller flow of blood to the hair follicles and they will eat and grow young. At bed-time unfasten your hair and brush it. Brush it half an hour every evening for a month. After that brush it fifteen minutes nightly—ten minutes if you have no more time. Loosen it completely, rub it with your fingers, rubbing and brushing alternately, using, as before, first a soft, soothing brush, then a vigorous, stiff one. Brush it to the tips of the longest strands. Gather it very loosely for the night, allowing full ventilations, and in the morning brush it fifteen minutes at first, afterward ten minutes, devotedly every day. If your hair is thin and threatens to fall, or the parting is growing inconveniently wide, let it down at night and massage the scalp. Rub it, gather the loose skin between the fingers, pinch it a little, invent exercise for it with the tips of the fingers. Give it some work to do every day and brush it. Part it on the side at night and give the day's parting a rest. No treatment of this sort produces sudden or spectacular results, but if there is no disease of the hair follicles, and the general health is good, it will often work wonders in a twelve month. Once in a couple of months, more often or less as you find your need, go to a good hairdresser, who will run your locks, tress by tress, through a comb, snipping the broken or split hairs and leaving healthy growing ends. No indiscriminate chopping at the end of a braid with rash amateur scissors will produce results of much value."

To the above we will add that we have no faith whatever in so-called "Electric brushes." Never use them.

INFANTS' HEADS.—*E. E. G., Chicago.*—Washing is essential and will do good instead of harm; rub gently and steadily. You can rub a little

vaseline on the scalp at night and in the morning cleanse with water, using white Castile or Pear's soap. Do not use a comb but a soft brush. Do not worry about the head becoming hard, this varies in infants.

SORE MOUTH, ETC.—*Miss H., New York.*—Sores in the mouth may have their origin in diseases of the stomach or constitutional affections, and to effect a cure, the cause must be removed by proper treatment. Rinsing with borax and water or the use of tincture of myrrh is beneficial. As to dieting—figs, dates, oatmeal, etc., should not prove irritating, but each person must judge from experience. In regard to fruit, while many stomachs reject acid fruits (like currents, sour apples, cranberries, etc.), they readily accept other kinds, such as dates, figs, etc. Avoid hot tea and coffee at meals; a little cocoa will do no harm.

A VARIETY OF QUESTIONS.—*Mrs. S. Denver, Colorado.*—In the next issue of the *HERALD OF HEALTH* will be published an article giving rules for a flesh-forming diet. The subject is too elaborate to treat of in this department. We know nothing of the specialist you allude to, but our correspondent in Albany says he has a fair reputation there. Scars can be removed in some cases, but he claims too much. A remedy for comedones is given as follows: "The remedy is acetic acid, which is conveniently applied in the following way:—Make an ointment of kaolin (potter's clay), four parts; glycerine, three parts; acetic acid, two parts. Cover the part affected in the evening; after several days most of them come out by washing with pumice soap." An electric battery can be used safely by any person of average intelligence.

WOOL FAT.—*Subscriber.*—In the *HERALD OF HEALTH* for December, 1887, was an article quoted from a Kansas City paper which spoke of wool fat and its efficacy in removing wrinkles. Can you tell me whether it possesses such virtues, and, if so, where it may be obtained? Will you kindly answer through the *HERALD OF HEALTH*?

We know nothing of the virtues of wool fat beyond what is set forth in the article alluded to. Any first-class druggist should be able to procure you the fat.

DOG WORMS.—I have been making enquiries of physicians and I cannot find one who has had a case of tumor caused by dog-worms as narrated in October *Health Monthly*, and some noted doctors deny the possibility of it. Will some physicians who have had cases send them to *HERALD OF HEALTH* concerning them? Dogs are such universal pets, it will be well to settle the question in the interest of humanity.—*ELMINA D. SLENKER.*

PUBLISHERS' DEPARTMENT.

A WORD TO SUBSCRIBERS AND READERS.—With this issue the HERALD OF HEALTH closes its thirty-eighth year of publication. During the past twelve months we have endeavored to make the magazine as attractive and valuable as possible, and judging from the tone of many letters received from subscribers, we have been in a large measure successful. We are accustomed to regard our readers as old friends, and believe in occasionally taking them into our confidence. Many have subscribed to the HERALD for years, and we know that in its pages they have often found words of cheer and comfort. Of course we are open to criticism, and are at all times grateful for kind advice and suggestions. One or two points in connection with the conduct of the magazine we should like to call attention to right here.

The first point is that our aim is to make the HERALD OF HEALTH above all things *practical*. No school of medicine is advocated in these columns, and no theory of treatment is recommended. Common sense in the light of experience is our only guide. This is the era of scientific progress. Within a generation there have been marked improvements in hygienic and sanitary science. We have endeavored to keep abreast with the times, and on this point the magazine speaks for itself. We try to look always upon the bright side of things, and in all our teachings endeavor to make life not only endurable but enjoyable. Popular information upon all subjects connected with health and good living is always to be found in these pages.

Occasionally the publisher has been criticised for admitting in the columns of the HERALD OF HEALTH advertisements of certain "remedies." Now we never knowingly published an advertisement that is calculated to deceive. Monthly we refuse notices of this kind, and, in the course of a year, are out of pocket hundreds of dollars in consequence. But it should be distinctly understood that the magazine is at liberty to publish the announcements of any reputable firm that seeks the benefits of its extensive circulation. It is advertising that pays printer's bills and other heavy running expenses. While publishing advertisements of this nature, however, we also want our readers to positively understand that we do not endorse the statements therein made. They stand upon their own ground. Whenever a good word is spoken for an advertisement, it will be found under an appropriate heading, in the Publisher's Department, and whatever is thus printed may be regarded as thoroughly reliable and trustworthy. The HERALD OF HEALTH wages an unceasing war upon quacks and quackery in every guise, and can neither be frightened

by threats of prosecution nor bribed into praise by promises of patronage.

Our publication is a costly one, and is sold at a low price in order to bring it within the reach of all who take an interest in the subjects of which it treats. Its mission is to reach every family in the land, and there is no limit to its field of usefulness. Now our old friends can aid us in many ways. We appeal to them to extend our circulation by endeavoring to obtain new subscribers. Of the merits of the *HERALD OF HEALTH* we modestly permit them to speak. But we need not only their sympathy and support, but their kind efforts to increase our army of constituents. It is easy to obtain new subscribers, and every name counts. Only strengthen our hands, and in return we promise to make your favorite magazine better, and more instructive than ever. Sensationalism and exaggeration we leave to others. We are content to prosper in the good old way of honesty and fair dealing. All we ask is your assistance and co-operation.

We send this month renewal blanks to our subscribers. Fill them out and return, not only with your own name, but, in addition, that of your friend or acquaintance. It is a cheap way of aiding a good work.

NOT "SURE CURES" BUT HUMBUGS.—A writer in the *Weekly Medical Review* says, "I have collected every catarrh, asthma and hay-fever 'sure cure' that is in the market, numbering in all fifty-eight, and have carefully examined them. Eighteen of these 'sure cures' are bold-faced frauds. One ounce of quassia chips, a pound of table salt, forty gallons of water, will make one barrel of 'sure cure,' that sells for one dollar a bottle, holding six ounces. The same quantity of water, a pound of muriate of ammonia, a pound of ground cubebs and a little common potash will make another 'cure' that sells for fifty cents a bottle, holding four ounces. These two are the best of the eighteen frauds.

LITTELL'S LIVING AGE FOR 1889.—During the forty-five years of its existence this sterling weekly magazine has steadily maintained its high standard. It is a thoroughly satisfactory compilation of the most valuable literature of the day, and as such is unrivalled. As periodicals of all sorts continue to multiply, this magazine continues to increase in value; and it has become quite indispensable to the American reader. By its aid alone he can, with an economy of time, labor, and money otherwise impracticable, keep well abreast with the literary and scientific progress of the age and with the work of the ablest living writers. It is the most comprehensive of magazines. Reduced clubbing rates with other periodicals are given, and to new subscribers remitting now for the year 1889

the intervening numbers are sent *gratis*. Littell & Co., Boston, are the publishers.

NATIONAL TEMPERANCE ALMANAC FOR 1889.—The “National Temperance Almanac and Teetotaler’s Year-Book for 1889” has just been published by the National Temperance Society. No better pocket companion for the friends of temperance was ever issued. Price only ten cents; one dollar per dozen. Address J. N. Stearns, Publishing Agent, 58 Reade Street, New York.

NERVOUSNESS—ITS NATURE, CAUSES, SYMPTOMS, AND TREATMENT.—Illustrated. By H. S. Brayton, A. M., M. D. 74 pages; 12mo.; paper. 25 cents. Fowler & Wells Company, Publishers, 777 Broadway, New York. This fresh contribution to popular medicine applies to a growing malady in America, and is, therefore, seasonable. The statements are definite with regard to the common causes of nervousness, and no attempt is apparent to excuse or condone the ignorance or impropriety of life among intelligent people. The cases from the author’s own observations are very instructive, and have doubtless many parallels, for which the very reasonable and simple course of treatment will as well serve.

THE HERALD OF HEALTH.

—♦♦—

SUBSCRIPTION :

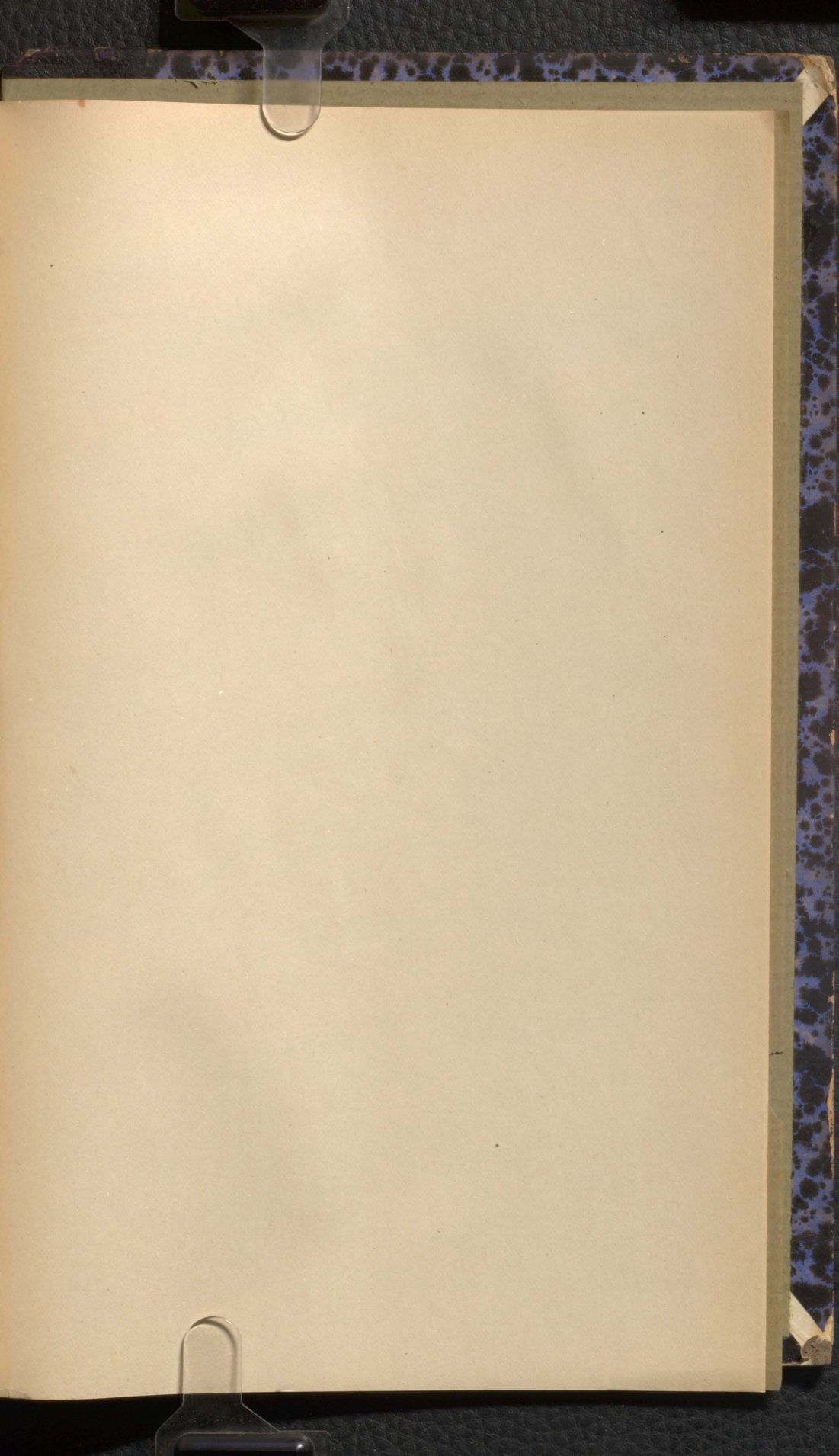
UNITED STATES AND CANADA, - - - ONE DOLLAR.
 GREAT BRITAIN AND IRELAND, AUSTRALIA AND NEW
 ZEALAND, - - - - SIX SHILLINGS A COPY.
 SINGLE COPIES, - - - - TEN CENTS EACH.

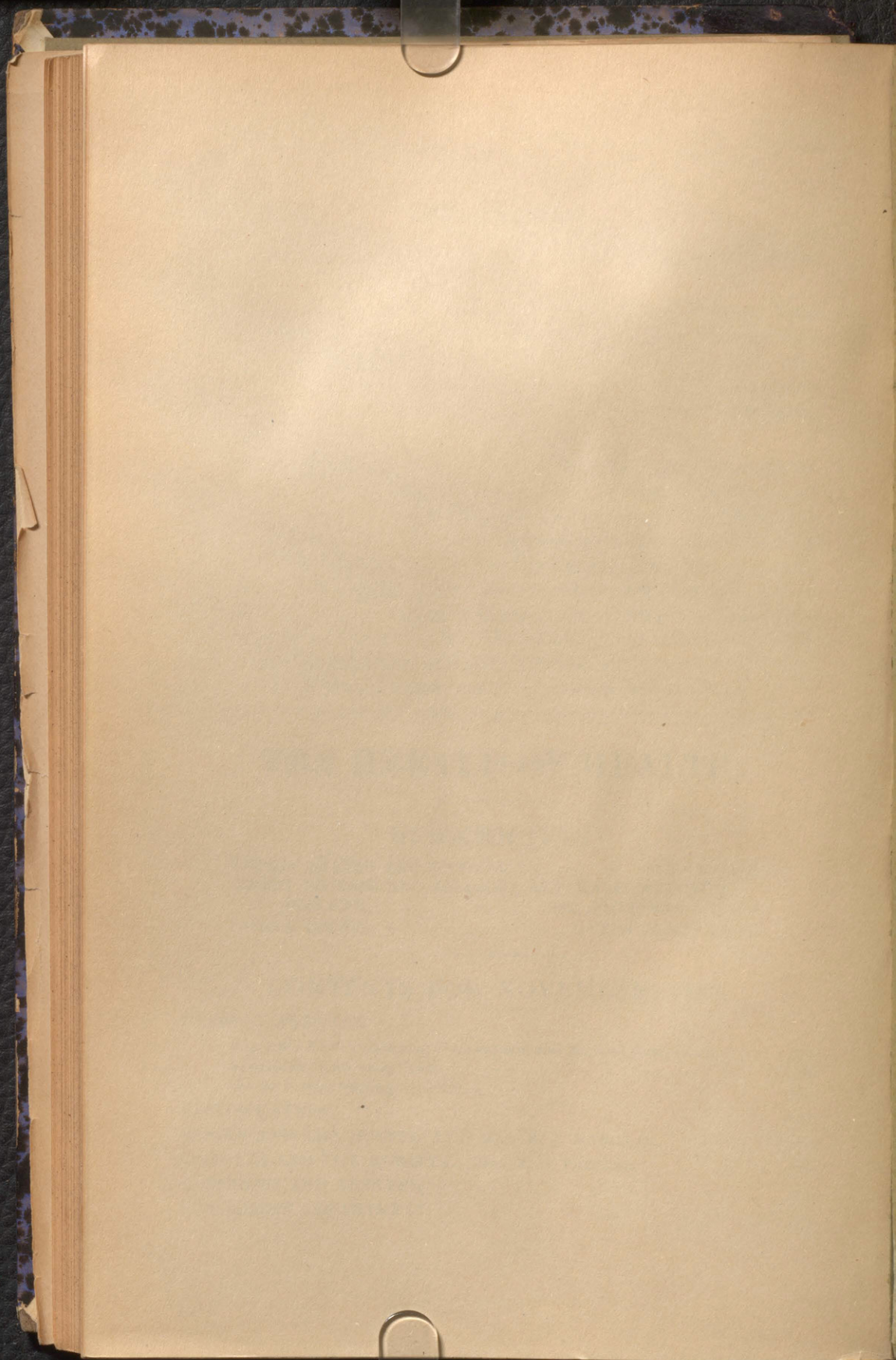
—♦♦—

CONTENTS FOR NOVEMBER, 1888.

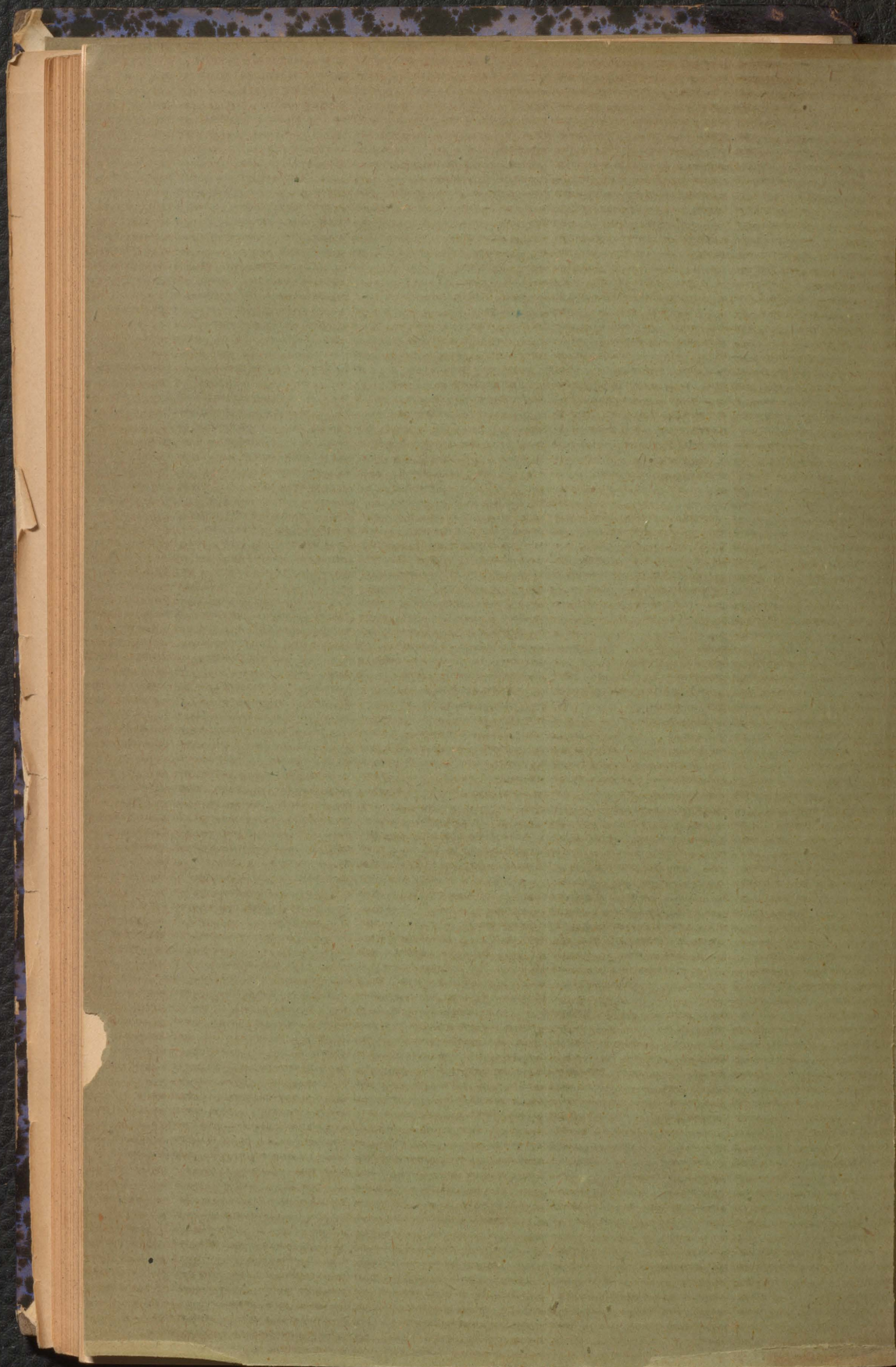
GENERAL ARTICLES.

Important Facts Concerning Consumption and Kindred Complaints, -	303
Seasonable Hints upon Colds, - - - - -	306
On the Proper Nursing of Children, - - - - -	309
EDITOR’S STUDY, - - - - -	313
WOMEN AND THE HOUSEHOLD. MRS. R. J. McMILLAN, - - -	318
MOTHERS AND THE NURSERY. MRS. F. C. PRESSLER, - - -	320
QUESTIONS AND ANSWERS, - - - - -	321
PUBLISHERS’ DEPARTMENT, - - - - -	324









j H5316
1888
V. 38

