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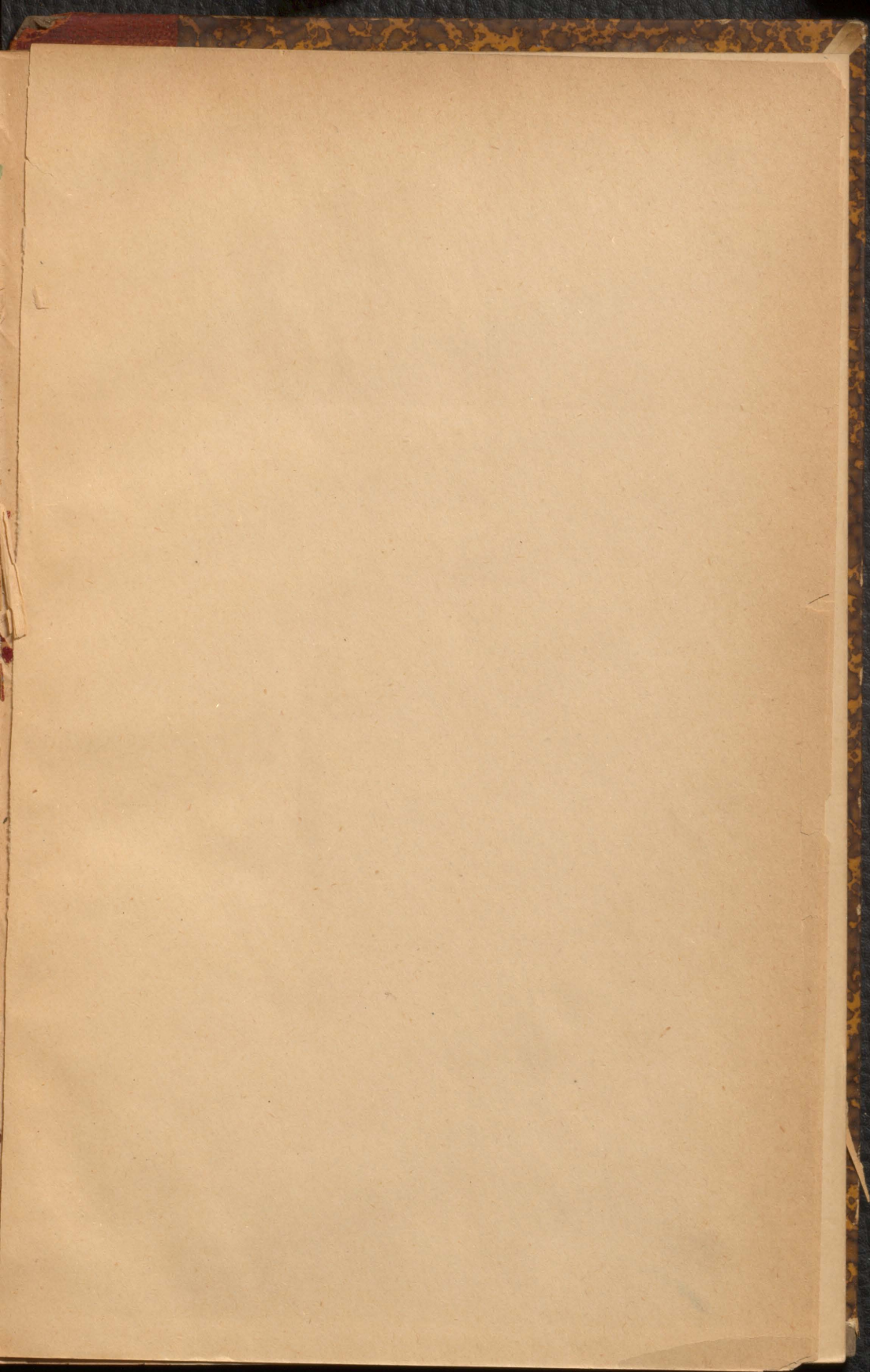


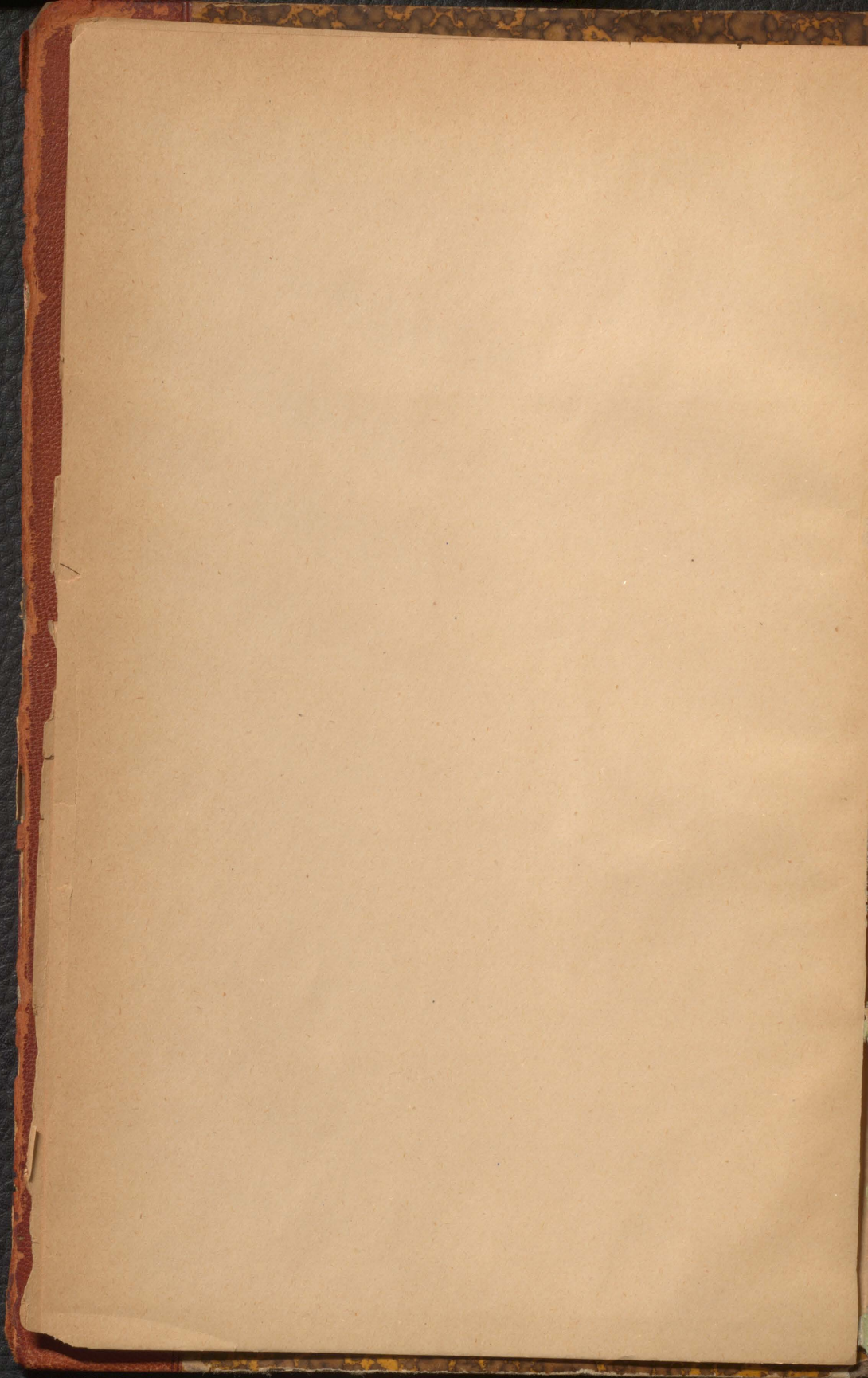
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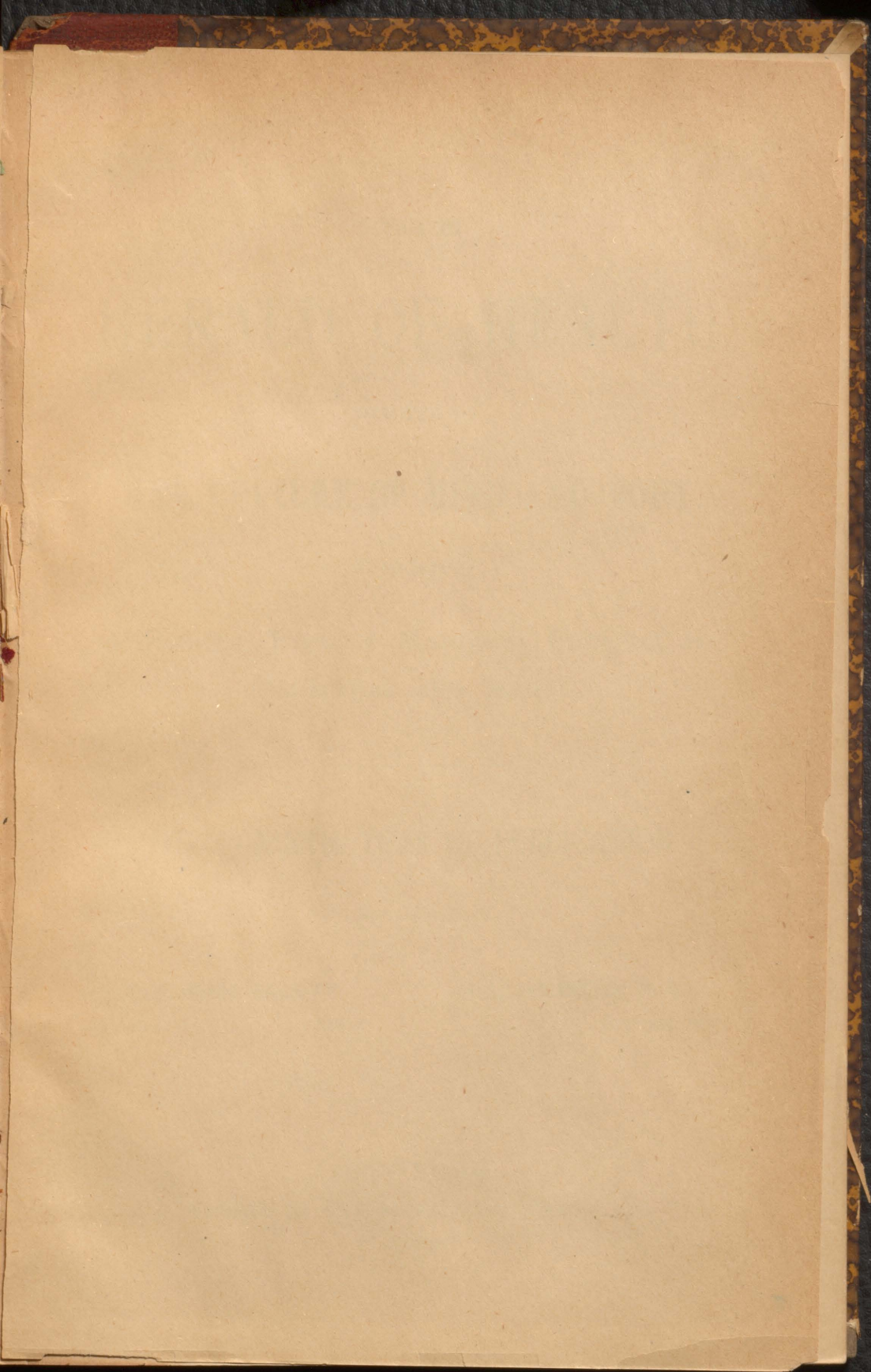


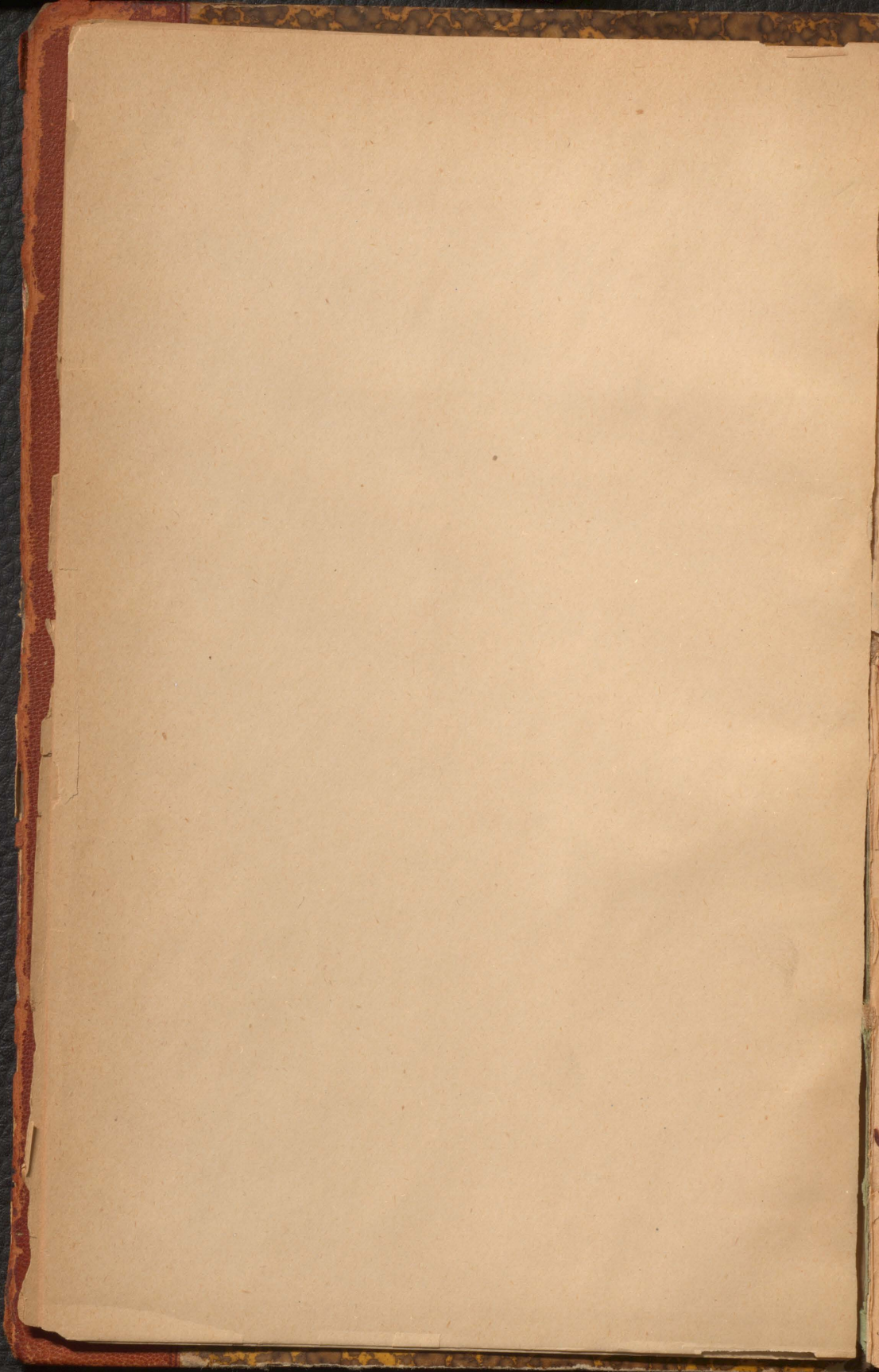














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THE  
HERALD OF HEALTH,

DEVOTED TO

THE CULTURE OF MIND AND BODY.

ADVOCATING

A HIGHER TYPE OF MANHOOD, PHYSICAL IN-  
TELLECTUAL AND MORAL.

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THIRTY-NINTH YEAR OF PUBLICATION.

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GEORGE HENRY BASSETT,

*Editor.*

M. L. HOLBROOK M., D.,

*Consulting Editor.*

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NEW YORK.

PUBLISHED BY THE HERALD OF HEALTH CO.

1889.

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## 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.

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Vol. XXXIX.

JANUARY, 1889.

No. 1.

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### NOTES ON HEALTH.

By M. L. HOLBROOK, M. D.

A CABINET MINISTER OF HEALTH.

PROF. C. H. YOUNG, of Hartford, writes us that he believes a Cabinet Minister of Health, having an equal standing with the Secretary of State, would be of great service during epidemics of yellow fever, and indeed during all epidemics.

Chadwick, of England, the father of sanitary science, there first broached the subject years ago. Lord Beaconsfield said: "The first duty of a statesman is the health of the people. Half the mortality in the United States can be prevented by having a Cabinet Officer of Health, with efficient State Boards."

SLOYD.

I venture to predict that few of our readers know what Sloyd means. It is Scandinavian Gymnastics. It exercises every muscle of the body moderately and each side equally, so that the left hand is as easily used for sewing, plaining, chopping, filing, &c., as the right. The Scandinavian emigrants are among the best we have, being physically robust and good workers. The Sloyd system is to be introduced into England and Ireland by an association of educators, and perhaps the United States. The great progress made in physical culture since Dr. Dio Lewis gave it the impetus of his great energy has been constant and steady, but there is much to be done yet. One great drawback is the fact that parents do not insist that their children shall have physical as well as intellectual training.

## THE KINDLY CLUB.

One of our friends sends us a circular of a new club, the object of which is to cultivate kindness everywhere. The name of this club is the Kindly Club. It meets monthly and has papers and lectures suitable to the object in view. The pledge is as follows :

“In becoming a member of the Kindly Club I desire to signify my intention of striving to obey the law of Kindness in thought, word and deed, of suppressing evil speaking, lying and slandering, and of living in the spirit of Brotherly Love.”

Branches may be formed everywhere. As much ill health is caused by unkind words, acts and deeds, such a club would directly aid in promoting health, as well as happiness.

## THE STORAGE OF LIFE.

Dr. R. B. Richardson recently read a paper on the Storage of Life before the Sanitary Institutes of Great Britain in which he comes to some startling conclusions. For instance, he sees no reason why, under certain conditions, men need ever die. Take children whose parents have lived to eighty years and whose grand parents have had a like long life and bring them up temperately, chastely, industriously and hygienically, in a broad sense, and they ought to live longer than their ancestors. Their children, properly brought up, live longer than they, and at last we should have a race of people with power to store life enough to live indefinitely long, and he sees no reason why, accidents excepted, die at all.

## THE COMING WINTER.

Now that winter is upon us in name at least and will be in fact very soon, permit me to remind some of my readers, and especially housewives, that the question of food is an important one. A friend has sent me a note asking me to print it. It reads as follows :

“I hope you will permit me to remind your readers of that useful article of food for winter—the bean. I, in common with many friends, was induced to give this article a trial, with so much satisfaction that I would not discontinue its use if the cost were three times as much. A more nutritious and appetising soup is not to be found than that made of prepared beans, while the cost is most trifling, and the nutritive value exceeds that of fresh meat. A capital dish of porridge is made with a teaspoonful of bean flour mixed with an equal quantity of corn flour, and boiled with milk for a few minutes. The substitution of this dish for that of the costly cutlet or steak at breakfast means a considerable saving,

not only without detriment to health, but to the positive improvement of it. My husband, who suffered for years from indigestion, declares himself cured by this simple morning dish. I feel sure that the attention drawn last winter to this subject did a great deal of good."

DECLINES TO SUBSCRIBE AGAIN.

An Arizona man, when invited to renew his subscription to a religious paper sometime ago, declined in the following indignant terms:—"We find the *Gila Howler*, our local paper, much livelier than your old milk-and-water affair. Besides you haven't played a square game in your 'ads.' My wife bought a pair of the corsets you advertised, and blamed if they didn't burst in three weeks, and we use them now to mend the chicken coop. I took half a dozen of the Dead Shot Pills you puffed up in reading notice week before last, and the next day I was so sick that all the doctors in the town published bulletins about my approaching death, and the boys said I had the jim-jams. For these reasons I have determined to quit your paper and read the *Howler* only. As I know it always lies unless paid to tell the truth it can't lead me into temptation."

If this Arizona man subscribes for the *HERALD OF HEALTH* he will never have any such excuse for not continuing his subscription.

YELLOW FEVER TAKEN ONLY AT NIGHT.

Gen. F. E. Spinner has written us that those of persons living at Pablo Beach who went to Jacksonville every day and came home at night to sleep during the visitation of the yellow fever, not one has taken the disease. These facts, with many others, he says, tend to confirm the theory that yellow fever is not only non-contagious, but that the infection can only be taken in the night time. I hope facts enough may be collected to prove the truth or falsity of this and other theories in regard to this detestable disease.

PRACTICAL EFFECTS OF VEGETARIAN METHODS.

In a recent course of lectures on food, Dr. Jackson, of London, gave some chemical analysis of various common articles of diet which can hardly fail to be of interest to the hygienist. To sustain life and secure to the body tissues proper nourishment, it has been determined by physiologists that certain chemical elements must enter into the composition of food. Among these essential elements, known as alimentary principles, are nitrogen, carbon, hydrogen, oxygen, sulphur, iron, etc. Now, whether these alimentary principles are found in the animal or vegetable

kingdom, it is a scientific fact that they are identical substances—that is to say, chemistry recognizes no difference between the nitrogen, carbon, hydrogen or oxygen derived from animal products and that which is found in grain and vegetables. All that is necessary is the presence in the food of these

## ELEMENTS IN CERTAIN PROPORTIONS.

It will be readily seen that lean beef is certainly not an economical food, as it contains 72 parts out of 100 of water, and has only 19 parts of nitrogen or tissue forming material. Take peas and beans. Beans contain considerably more nitrogen than lean beef, 20 times as much carbon or power-producing material, a fair proportion of salts, and only 9 parts of water to 72 parts of the water in beef. Which does chemistry demonstrate to be the best food for the hard muscle-worker? Peas are also much richer in nitrogen than any of the flesh meats, more than 20 times richer in carbon, with only eight parts of water. Pea meal, or dried split peas made into soup, forms one of the best and most sustaining articles of diet. The same is true of beans. To make nerve, tissue and muscle eat these nutritious foods.

## RICE IS THE RICHEST

in carbon of all the grains, and it is a well known fact that races of men depend almost entirely for their subsistence upon rice, like the Japanese; and while they may not be large physically, they are strong and compact, agile and enduring. Potatoes, parsnips and turnips are mostly water. All the grains contain practically the same elements, and except in individual cases, one is as good as the other. Certainly no one who is deprived of flesh foods need fear starvation if he can have a plentiful supply of the grains. All the elements of nutrition are contained in the grains, fruits and vegetables.

## CHEMICAL ANALYSIS OF GRAIN AND VEGETABLES.

	Nitro- gen.	Fat or Carbon.	Saline Matter.	Water.
White Bread.....	14.45	69.73	1.6	14.22
Rye Meal.....	8.	75.2	1.8	15.
Corn Meal.....	11.1	73.2	1.7	14.
Buckwheat.....	13.10	71.40	2.50	13.
Rice.....	6.3	80.2	.5	13.
Oatmeal.....	12.6	69.4	3.	15.
Beans.....	25.5	61.4	3.2	9.9
Peas.....	23.8	64.3	2.1	8.3
Parsnips.....	1.	15.9	1.	82.
Turnips.....	1.2	7.2	.6	91.
Potatoes.....	2.1	22.	.7	75.

## CHEMICAL ANALYSIS OF FLESH MEATS.

	Nitro- gen.	Fat or Carbon.	Saline Matter.	Water.
Lean Beef.....	19.3	3.6	5.1	72.
Fat Beef.....	14.8	29.8	4.4	51.
Lean Mutton.....	18.3	4.9	4.8	72.
Fat Mutton.....	12.4	31.1	3.5	53.
Veal.....	16.5	15.8	4.7	63.
Fat Pork.....	9.8	38.8	2.3	39.
Dried Bacon.....	8.8	73.3	2.9	15.
Tripe.....	13.2	16.4	2.4	68.
Salmon.....	16.1	5.5	1.4	77.

## THE FOREGOING INDICATES

the nature of the propaganda in favor of Vegetarianism under way in England. The movement has eminent supporters, among them the venerable Prof. Newcome. Something like 25 years ago the great distress in England, particularly among the factory operatives, caused by the cotton famine, brought about by the American civil war, induced Prof. Newcome to look into the question and see if there was not some means of cheapening the cost of living. He concluded that the expense of food was enormously increased by the item of meat, and he entered into practical experiments to see if this might not be largely reduced. So, with his family, he set the example of adopting a vegetarian diet, and the result was so agreeable, really improving the general health, that ever since it has been strictly adhered to, and no meat is consumed in the Newcome household. A correspondent of the Boston *Herald*, who visited the beautiful home of the professor, says that nowhere has he seen a more bountifully spread or attractive table, and so deliciously prepared was the food that the absence of meat was really not felt.

## THERE ARE EXTREME VEGETARIANS,

who, like the teetotalers, formulate their dietary principles into something like a religious creed, and who will touch no form of animal food whatever, but the greater number appear to be moderate and sensible in their views, embracing in their diet eggs, milk, butter, cheese, etc., and even fish, mollusks, and the like, refraining simply from the flesh of warm blooded animals. Much of the objection to a vegetarian diet has come from the unattractive and ignorant preparation of the food, making it indigestible and distressing to sensitive stomachs. This has been largely, if not completely, overcome by the adoption of more skilled methods, and there are said to be excellent vegetarian cook books, with instructions how to make a great variety of attractive vegetarian dishes, many of them exceedingly delicate and easily assimilated.

## CHEMICAL INVESTIGATIONS SHOW

that the only real distinction between the elements of vegetable and animal food lies in the substances belonging to the latter called "extractives," having no nutritive value, but acting as stimulants, in a somewhat similar way to alcohol. Another characteristic of animal food, upon which the main stress has been laid by its advocates, is the fact that it consists of materials which, having once been assimilated by digestive processes, are in a form to be easily taken up into the human organism. This fact is undoubtedly strongly in its favor, but the advance of chemical science is rapidly applying the same process artificially to the preparation of vegetable substances into easily assimilated food, as witnessed in the various preparations of grain food for the use of invalids. Vegetable substances also lend themselves readily to the influences of manifold flavorings, giving them a wide and attractive variety to the taste, including many dishes so prepared that they cannot be

## DISTINGUISHED IN FLAVOR FROM MEAT.

"Among the patrons of the Vegetarian restaurant in London," says the same correspondent, "we met gentlemen who said that they were not habitual vegetarians, but, like ourselves, were so nauseated by the universality and monotony of meat that they came to this place as a welcome relief, either once a day or several times a week. It is the same in our American cities; in Boston, for instance, I have heard many complaints of the difficulty of obtaining a simple and attractive lunch, and a vegetarian restaurant conducted on similar principles would probably find good support, for one of its chief recommendations is the cheapness of the meals. My companion in these London vegetarian experiences was a distinguished American scientist, who says that at home he has meat on the table but once a day; more frequently it would be surfeiting."

## THE FOLLOWING COPY OF THE MENU

at an English Vegetarian restaurant, with English money rendered into American, will be found interesting :

Soups, at 6 cents—Vegetable, mock turtle, lentil.

Porridges, with sugar and syrup, at 6 cents—Oatmeal, wheaten, maize-mush, Anglo-Scotch.

Savories, at 8 cents—Lentil cutlet and tomato sauce, haricots and tomatoes, macaroni and tomatoes, vegetable roust beef a la Francaise, haricots, potatoes and sauce, savory omelette, rice and tomatoes.

Extra vegetables, at 4 cents—Cauliflower, cabbage, brussels sprouts, parsnips, mashed potatoes, haricots, tomatoes, macaroni and rice.



Sweet puddings, at 6 cents—Tapioca custard, cabinet pudding, lemon cheesecake, bread-and-butter pudding, macaroni and fruit.

Pastry, at 6 cents—Plum, damson, apple, pear and apricot tarts.

Stewed fruit, at 6 cents—Figs, dates, plums, French plums, damsons, apricots, apples, pineapple, pears. With cream, 2 cents extra.

Sundries—Tea (fresh made for each person), chocolate, cocoa, coffee, minerals, soda and milk, 6 cents each. Milk, cheese, cake, 4 cents each.

Printed on the margins of the menu were the following remarks: "A change of diet is a great restorer of health." "Tomatoes are the most powerful anti-scorbutic of any known vegetable. Next comes celery." "Whole-meal bread is the best to eat, and is the true staff of life."

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#### PROPER CARE OF THE EAR.

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DR. S. C. MAXON lectured recently before the School for Nurses, at St. Luke's Hospital, Utica, N. Y., on "The Nursing of Patients with Affections of the Ear." He said that there is great danger in boxing children's ears, because sometimes a slight blow would rupture the drum. The foreign bodies which get into the ear are insects, larvæ and dead substances. The danger from bodies not having life is principally from the clumsy attempts to remove them. Instruments should never be used to remove a body from the ear. In case of insects, warm water or oil should be injected to kill the insect, when it could be removed by syringing. Larvæ, which are found in ears subject to chronic discharges,

##### MUST BE DESTROYED BY CHLOROFORM,

when syringing will be sufficient to remove them. Earache, which children usually suffer, is dangerous. It may come from scarlet fever, diphtheria or measles, or may result from cold in the head. This disease is extremely painful, and unless relieved immediately it will result in the rupture of the drum, and the permanent discharge of pus. A stream of warm water from a fountain syringe will give relief. In young children the disease may be known from the crying. The trouble may be discovered by pressing near the ear. If the child cries louder, the middle ear is inflamed, and unless cured the result may be dangerous.

##### THE PROPER CLEANSING OF THE EAR

is of utmost importance in cases of discharge from the middle ear. It must be done with an ear syringe and with water containing some disinfectant. The discharge is through a permanent opening in the drum of

the ear. Poultices should be used with care, and only for a short time, for they are apt to produce formations which afterwards give trouble. The disease of which Roscoe Conkling died resulted from a chronic discharge from the ear. The danger is that the mastoid bone, or that portion of the skull behind the ear, is liable to become inflamed. This disease is liable to occur in any case of chronic discharge from the ear, and is a serious disease as far as life is concerned. The symptoms are increased pain in and about the ear, accompanied by swelling immediately behind the ear, with redness and tenderness. Whenever these symptoms are found the best medical skill should be consulted.

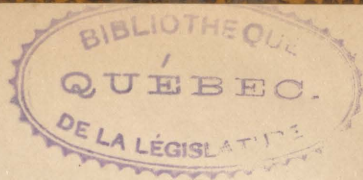
#### THE DANGERS OF DISEASE

in the mastoid region are inflammation of the membranes of the brain and blood poisoning. The disease requires operation by a skilled surgeon. The duties of the nurse after the operation are to keep the incision clean and open for a long time. It is kept open by introducing into the cut a tent or drainage tube. This should be put at the bottom of the incision and moved once or twice in 24 hours. After the tent is introduced the parts may be dressed with an ordinary poultice. The use of ear spoons is harmful and even dangerous.

#### THE TYPE-WRITER AS A REMEDY FOR WRITER'S CRAMP.

The type-writer has become a factor in the everyday life of office and household. Of the varieties in make and action of this almost indispensable machine there is apparently no end, but with these the compiler of this article has nothing to do. What follows is not intended for a "favorable notice" of any particular machine, but the facts therein stated are given to show how health and habit are affected by the constant use of the instrument that supplants the pen.

Mr. Brudenell Carter, F.R.C.S., Ophthalmic Surgeon to St. George's Hospital, London, in his treatise on "Eyesight, Good and Bad," has the following remarks on the relationship between the use of the type-writer and the preservation of the eyesight: "Even in learning the use of the instrument, when the letters have to be looked for one by one until the fingers become sufficiently familiar with their several positions to touch them instinctively, the characters are so large that there is no appreciable strain upon the vision; and, when once dexterity is attained, the eyes can scarcely be said to be used at all. My own eyes have never occasioned me any discomfort; and my own use of the type-writer rests upon quite



different grounds ; but yet my experience of it enables me to recommend it very strongly to all persons who, having to write much, are made conscious by the exercise that they have eyes. For the short sighted it is especially valuable, because there never can be any inducement to stoop over it, so that a great snare to them in writing is altogether set aside. Next only in advantage to the facilities it affords for writing are those which it

## AFFORDS FOR READING

what has been written ; for this is printed in perfectly spaced lines, at regular and, if desired, at rather wide intervals, in block capitals of perfect clearness. The author who wishes to glance back over his MS. is almost as much helped as he who only wishes to produce it ; and the labor of seeing, in every stage of the process, is either abolished or reduced to a minimum. So much is this the case that I am informed, although I cannot speak on this point from personal knowledge, that its use is readily acquired by the blind.

## ON HAND AND WRIST.

“I have worked the machine for eight consecutive hours without more than ten minutes' interruption, and at the end of that time my hands were not conscious of the least fatigue. Every writer is aware that the same thing cannot be said with regard to the pen ; for that the effort of holding it, which is performed almost exclusively by the muscles of the ball of the thumb, opposed by those of the fore and ring fingers, soon becomes very fatiguing, and, in professed copyists, not seldom produces an affliction known as ‘scrivener's cramp,’ which sometimes passes on to complete paralysis of the muscles which are concerned. Before I possessed a type-writer my own muscles were often so tired by writing that I had seriously thought of abandoning the practice

## LEST THE STRAIN THROWN UPON

them might in time impair the qualities of the hand as an instrument for surgical purposes ; but since I have had a type-writer these feelings of fatigue are unknown, not only on account of the division of labor between several fingers, but also because the work is not done by the small muscles of the fingers at all, but by the large ones of the forearm, which are capable of much greater and more sustained exertion.

“Upon all the above grounds, and after four years of daily personal use, I most strongly recommend the type-writer to all persons who write for considerable periods of time, more especially to the short-sighted, or to those who have any kind of trouble about their eyes. Even apart from

such trouble, I think no systematic writer should be without it unless he be one of those curiously constituted creatures to whom the caprice of nature has denied the gift of mechanical aptitude, even in its most rudimentary form. Those who possess two left hands, and whose fingers are all thumbs, had better, perhaps, leave the type-writer alone; but for all others

IT IS AN INEXPRESSIBLE RELIEF

either for weary hands or for weary eyes, and its prime cost will be speedily repaid by the resulting economy both of money and of time. In using the type-writer it is quite possible to keep the shoulders square and to sit erect; but nearly all persons who write with a pen at a low table or desk contract a habit of stooping, which is in many ways prejudicial to them. It not only contracts the chest so as to interfere with the freedom of respiration, and thus with the due aëration of the blood, but it also tends to produce congestion of the head generally and of the eyes in particular."

WRITER'S CRAMP.

Of this peculiar complaint, an authority in London *Health* writes: "All other muscular acts are readily performed, and it is this single action, that of writing, which appears to be affected.

"Where the patient earns his living with his pen, the results of this affection naturally become of serious kind; and as other forms of cramp affect other occupations than those of which the pen is the main instrument, it can readily be conceived that the affections in question become of extreme importance, both as regards cause and cure.

"IN 'WRITER'S CRAMP,' THE AFFECTION,

as often as not, begins with overstrain and overwork. A clerk, for example, who has been overworked in business, and who may, in addition, have been worried by home troubles, finds that his hand aches after even a short spell of writing, and that he does not write so easily as before. Later on he finds a difficulty in holding his pen, and, as a writer has well remarked, it is at this stage that his downward progress is most marked, should he persevere in his efforts to accomplish his work with his former method and punctuality. Every conceivable means is tried by way of steadying the pen; and finally, in a neglected case, the patient becomes unable to make even a mark on the paper. As Dr. Poore has put it, this loss of writing power may, curiously enough, be the only symptom noticeable.

## "THE EXACT NATURE AND CAUSE

of this curious affection are still matters of inquiry. In ordinary 'writer's cramp' there is rarely any history or symptom of grave nervous disorder, and even the pain and spasm are only observed when the attempt to write is made. The condition is thus regarded by some authorities as a *local* one, affecting the muscles used in writing and pen-holding, other than the nervous centres which govern these muscles. The muscles which hold the pen (as distinguished from those which guide it) are believed to lapse into a state of chronic and continuous fatigue.

## "CONCERNING THE TREATMENT

of writer's cramp,' all authorities agree that *rest* from all writing-movements (and, indeed, repose of body and mind at large) is the sheet-anchor of the physician. The general health must be seen to; tonics prescribed, if necessary; and the mind eased, as far as may be, of its worries. In the early stages of the disease, complete rest alone often effects a cure. Without rest no case can hope to improve. It is in the *prevention* of 'writer's cramp' that the place and power of the type-writer are clearly perceptible. It is quite evident that the manipulation of a type-writer is utterly different from the work of holding and guiding a pen. Entirely different sets of muscles are brought into play by the type-writer, and its use, alternating with that of the pen, is found to strengthen the general muscular powers, not of one hand only, but of both hands. The use of the type-writer by those who write much appears to us to be fully justified by considerations akin to those which

## MAKE ORDINARY EXERCISE

an essential part of a healthy life. Hence, when a person who writes much, even alternates the type-writer as a means of executing his work with the use of the pen, a valuable and reliable means of preventing the tendency to 'writers' cramp' is thus presented to view. There is obviated that tendency to the 'fatigue' of muscles which, if not the primary cause, is at least a paramount condition of this disorder; and we may not neglect to add that the pleasant stimulus of change, and the interesting nature of type-writing work, are together elements of no mean value in rendering a writer's occupation agreeable and diversified."

## 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.

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LOOK AFTER YOUR SHOES.—The purpose of the foot is for progression and support, says a Pittsburg physician. As we go down the scale of animal life we find that the hind feet always differ from the fore feet. So it is in man; the hand differs from the foot. The anatomical construction of the foot in many ways bears a close resemblance to that of the hand. The foot is controlled by muscles which give us the ability to walk and stand. These muscles are often attacked by a disease such as paralysis, and as a result we have the many malformations of the foot. This is especially true in childhood, and, the bones being then soft, they adapt themselves to the diseased muscles. As the child grows older the bones harden, and as a result they can never be cured. The construction of these muscles gives to us the flat foot and the arched foot, which serve to distinguish the races. The more arched the foot the higher and more beautiful the race. The flat foot and projecting heel of the colored race are both due to the action of their muscles. Small feet are now con-

sidered beautiful ; but it was not always so, as you can notice, if you will study the statues of German goddesses, which show a foot much longer than is considered desirable in this age. The great toe in your shoe should be exactly in line with the axis of the foot. This must be so in order to have a graceful walk. In walking, the heel is raised while the toes are cramped downward. When they are encased in leather and a firm sole there must be some extra room in order to give freedom of motion. When the shoe is tight in some places, it presses on muscles, and consequently they are not able to perform their proper functions. As a result, the great toe is drawn out of a line of the axis of the foot ; some of the muscles are strengthened and others are weakened. As another result, the toe will be drawn permanently out of this axis and prove to be the cause of much trouble with our feet. The inner side of the surface of the sole of a shoe should be almost a straight line and the outer side curved. The shoes now made curve almost equally on both sides, and the curvature of the toe is greatly aided by the structure of the shoe. A shoe is not necessarily advantageous because it is loose, as some portions of the foot are able to stand great pressure and thus relieve other portions which are weaker. The shoe should be loose about the ball of the foot and about the toes. Different styles of shoes may be adopted for different exercises of the foot. Shoes used for dancing may have higher heels than those used when walking. A reformation in the making of shoes will never take place until some anatomist learns the trade of shoemaking and becomes an artist in that line, so that he may have an opportunity of studying the practical as well as the theoretical side of the question.

**DRIED POTATOES AS FOOD.**—In the *Voenno-Sanitarnoie Delo* Dr. Jakob M. Shmulevitch, the editor, emphatically draws attention to dried potatoes as an important food article possessing some very valuable advantages in comparison with the vegetable in fresh state. The advantages claimed for the article are these : (1.) While fresh potatoes easily rot, blacken and sprout, dried potatoes, when kept duly protected from moisture, remain in the best condition for a very long time ; and (2), being by far lighter and less bulky than fresh potatoes, are by far more convenient for preservation and transportation, which point has a great practical importance, especially in time of war. To be fit for culinary use the article requires a preliminary maceration in water for about ten or twelve hours.

**WHEN MEN CROSS THEIR LEGS.**—Men generally cross their legs when there is least pressure on their minds. You will never find a man actually engaged in business with his legs crossed. The limbs at those

times are straighter than at any other, because the mind and body work together. A man engaged in auditing accounts will never cross his legs, neither will a man who is writing an article, or who is employed in any manner where his brain is actively engaged. When at work in a sitting posture, the limbs are naturally extended to the floor in a straight line. A man may cross his legs if he is sitting in an office chair discussing some proposition with another man, but the instant he becomes really in earnest and perceives something to be gained, his limbs uncross quick as a flash, he bends forward towards his neighbor and begins to use his hands. That is a phase that you will always observe. Men often cross their legs at public meetings, because they go there to listen, or to be entertained; they are not the factors in the performance, and they most naturally place themselves in the most comfortable position known to them, namely, leaning well back in their chairs, and crossing their legs. A man always crosses his legs when he reads a newspaper, but is more apt to lie down when he reads a book. He reads the paper, of course, to inform himself, but at the same time the perusal of its contents is recreation to him, and his body again seeks its position of relaxation. When a man is reading a newspaper and waiting for his breakfast, his legs are always crossed, but as soon as the breakfast is brought to him he puts the paper aside, straightens out his legs and goes to work, that is, begins to eat, his mind now turning on the duties of the day before him.—*Boston Budget*.

TO PREVENT FOOD ADULTERATION.—Canada sets a good example which could be followed with advantage by the United States. The Dominion Government proposes to prevent food adulteration within Canadian territory, and has instituted criminal procedure against a number of manufacturers. Of 1,000 samples of food products examined one-fourth were adulterated. It is claimed that the adulterations a year ago in these products were fully 50 per cent., showing that a determined movement in this direction has met with success. If Canada extends her laws so as to exclude American adulterations from crossing her borders, manufacturers of food products in this country will, for their own protection, improve the quality of their exports. Besides, it is more than likely that Congress, before long, will co-operate with Canada in stamping out adulterations in the necessaries of life.

FATAL SHOCKS THAT ARE PRODUCED BY FEAR OR JOY.—Investigation shows that the effects of fear are dangerous, and that there are some constitutions that cannot recover from a sudden shock. In cases where shock has been experienced it is well to know something about the nature of



the system which is influenced by the calamity. Fear paralyzes the system through the vast motor nerves which regulate the size of the smaller arteries that govern the amount of blood that is sent to each organ and tissue. The supreme centre and all the subordinate collection of nerve cells which control the circulation are affected, and the patient suffers a collapse. A learned physician says:—"The only safety when shock appears, whether caused by fright, by hemorrhage or by brain injury, is in the reclining position, the head lower than the body. The withdrawal of blood from the brain and the centres which govern breathing and the heart's action may be very serious, these vital functions may become completely arrested, causing instant death. This sudden leaving of the brain in a bloodless condition, leading to fainting, is probably the mode of death in most cases of fatal fright. But there may be another way by which life may become suddenly extinct under the influence of strong emotion. This is the rupture of the heart—an aneurism—or of an artery in the brain." Rupture of the heart, however, is one of the least likely to happen, as it very rarely occurs, and when it does it is more apt to be from sudden joy than from fear. There has long been a popular notion that people die with a broken heart, but numerous post mortems proves that this does not often occur literally. Of course physicians know better, but there are hundreds of persons who think that death is often caused by a ruptured heart brought about by fear and sorrow. There is a very recent case on hand where an old woman dropped dead from sudden joy at the sight of her boy whom she believed to be dead, and when the post mortem was made it was found that the heart had actually burst. The principal causes, however, seem to rest with the collapse of the circulation, or in the event of a shock upon the head or from the crushing of a limb in a railroad disaster, where the vaso-motor system is destroyed, allowing every blood vessel to dilate to its utmost capacity. When vaso-motor paralysis occurs, as frequently in the case of sudden fright, the patient is likely to die, "bleeding to death in his own veins," because the vessels in the abdominal cavity are capable of containing every drop of blood in the victim's body.

CONQUER THE BLUES.—Mental depression is often the result of the want of brains. A man or a woman has not intelligence enough to take a just view of the situation, and to be content with the lot assigned by circumstances. There is no reason whatever why a man should not try to improve his position and means. But let him do it calmly, patiently, hopefully, intelligently. Do not let him rush at life like a mad bull at a

closed gate, and resolve to be through or over at all risks. Any block-head can treat life that way. The man of intelligence, capacity, and conviction can wait as well as work; and if success equals his expectation he will be pleased, but not delirious with pride and joy. If, on the other hand, the "sequestered vale of life" be now and always his portion he is able to take the just measure of all worldly successes and to be satisfied and pleased with his own modest share. The temper of mind inculcated by a reasonable Christianity, and by an intelligent Judaism as well, is of great value as a medical agent.—[From the *Hospital*.]

PROCTOR'S THREE GAMES.—Professor Proctor, who was in a quiet way an expert in such matters, asserted that there were three great games. He placed chess at the head of the list as easily the first. There is no chance in it, but plenty of mental discipline and excitement. Next he reckoned whist. Brains and a good memory, with a certain amount of strategy, are the requirements which made it interesting. Last, billiards give plenty of healthy exercise. You need a quick eye, strong nerves and a steady hand. With these, says the professor, you can chalk the cue with contentment and make a carrom that would surprise Jupiter Olympus.

A BOSTON VIEW OF BOILS.—The excellent *Boston Journal of Health*, in an editorial article, speaks in a feeling manner on the subject of boils. Our luminous and usually well-informed contemporary attempts to explain their presence on the various grounds of improper food and exercise, irregularity of the functions of the body, general debility, athletic training, diabetes, etc., and comes to the conclusion that "The cause of these painful visitations are not well understood." We would respectfully suggest that the Hubite editor take his microscope and focus it on the *Staphylococcus pyogenus aureus*, a micrococcus always found in the pus of boils and carbuncles and their indisputable cause. This germ, which gains its entrance to the seat of trouble in the skin by means of the openings of hair follicles or sebaceous glands, was named by Rosenbach and first studied by Pasteur. Possibly the conservative atmosphere of Boston has somewhat obscured the presence of this interesting little organism, so that its discovery, some years since, has not as yet been noted there.—*Albany Sunday Press*.

NITRO-GLYCERINE AS MEDICINE.—"Do you know that nitro-glycerine bids fair to become an important remedy for diseases of the kidneys, and for some time past has been experimentally tried in cases of Bright's disease? According to the formula, it is prepared in alcohol in the pro-

portion of one per cent. in a tablet form, one of these containing the 100th part of a grain. The results so far are very encouraging. It is called Trinitrin, and is nitro-glycerine of a pure quality, possessing at first all the explosive powers of that article. This last is removed by its mixture with alcohol, and the tablet is formed of sugar, milk, or other inert substances. There is a patient who has Bright's disease now under treatment at the Jefferson Medical University at Philadelphia, upon whom the dose has been gradually increased, until at the present time he is taking four doses of twenty grains each per day, and so far the action upon the circulation and the kidneys gives the doctors high hopes of success."—*Oil City Derrick*.

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## WOMEN AND THE HOUSEHOLD.

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

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A WOMAN WHO DON'T BELIEVE IN KISSING OTHER WOMEN.—Just at present the prevailing "fad" seems to be reform, and it occurred to me that I might write a little letter about a matter which you would perhaps consider worth the space it would occupy in your columns. I refer to the habit of promiscuous kissing among women; kissing on meeting, at parting, on calling, and even on the street or in public gatherings. Women who are almost strangers to each other, casual acquaintances, and sometimes, yes, too often, women who are in their hearts at enmity, will use this form of salutation. Looking at it from a sentimental point of view, the kiss should be reserved for those we love; should be a symbol of affection, trust and mutual esteem. Between acquaintances and friends, one warm, vigorous clasp of the hand is much more expressive and far more decorous, to my way of thinking. Then there are other objections to so much kissing among comparative strangers. Only the other day I chanced to overhear a woman who had just been through the ordeal say to her friend, "I wish Sarah would not kiss me; her breath is terrible." Yet she had just formed one of a group of five on a principal thoroughfare who kissed effusively all around, while the busy throng jostled and dodged impatiently in its efforts to get by the sidewalk obstruction which their feast of mock affection offered. In the lobby of one of our principal theatres recently a similar scene was enacted, the osculatory exercise being interspersed with "Oh, you dear, sweet thing! How lovely

you look !” etc., to the obvious amusement and disgust of the bystanders, until one gentleman said : “ Ladies, if you will defer this feast long enough to let me pass, I will be greatly obliged.”

And parting what deceit is this  
Each wiped away the other's kiss.

It has been said that there is reason in all things. Every good rule has its exceptions, and certainly the feminine habit of kissing all women and any woman is without reason and without sense. There is also a practical side to it ; many diseases can be and are conveyed from one individual to another by a kiss. Diphtheria, some forms of fevers, and even consumption, physicians tell us, may be transmitted from one person to another by the breath ; and when there is actual contact so much the greater danger must there be. Let the kiss be reserved for those whom we love, and who will then value it the more highly ; and let us place ourselves beyond the reach of such satire as the poetically inclined scoffer wrote :

Men scorn to kiss among themselves,  
And scarce will kiss a brother ;  
Women oft want to kiss so bad  
They smack and kiss each other.

EMMA JANE.

SHE KILLS BY KINDNESS.—Nobody in this wide world is so true-hearted and admirable as the devoted woman ; yet that she makes woful mistakes is well set forth in the sermonette from the *Christian Advocate*. It is true that the young wife and mother is more often too self-sacrificing than otherwise. She sinks her own individuality altogether too much in the service of her family. It is the easiest thing to do to reserve nothing in the way of devotion, but it is not the wisest way. It develops selfishness instead of thoughtfulness in the beloved ones whom she serves, and it too often happens that the wife and mother who denies herself constantly in waiting upon others and demands no consideration for herself wakes late in life to find that she has made a mistake. Out of the fullness of her heart she has given more than she ought for the sake of the family as well as herself. The daughter whose comfort has always been consulted before that of her mother, the son whose hour of study or play must never be interrupted for his mother's sake, the husband who knows that his wife is a saint for unselfishness, imposes unconsciously upon her goodness, and they develop a dullness of sympathy, an unreadiness to think of her needs, which is as hurtful to their own moral growth as it is heart-breaking and incomprehensible to the woman who has uselessly laid down her very life for them.

WOMEN AND SMOKERS.—“Women could do a great deal to stop the habit of smoking,” said a gentleman recently. They encourage gentlemen to smoke in their houses, and declare that instead of tobacco smoke being objectionable they like the fragrance of a nice cigar. Men smoke quite enough when they are alone without being encouraged to do so when they are spending the evening in the society of any of their friends. A great many women, too, are learning to smoke cigarettes, and some men maintain that they like to see them do so. About one hundred years ago women used to smoke pipes, but they had better balanced brains than the women of to-day. They had no time for flirting or for lazy luxury, and did not fill their minds with lovesick stories.

WOMAN'S POLITENESS TO WOMAN.—Says a correspondent: “I was glad to see, the other day, a suggestion that under certain circumstances it may be the duty of a woman to yield her seat in a street car or a stage, especially to one of her own sex whose need of a seat is greater. That not more than one woman out of a hundred ever recognizes this duty is a fact too evident to need proof. But to my point, which is this. Many married women, when in a car or stage with their husbands, most strenuously object to their husbands yielding their seats to a lady who may be standing. The ostensible ground of the objection is the plea that a husband in such a case should sit by and entertain his wife. But I have generally noticed that these same women always denounce as ‘no gentleman,’ other wives’ husbands who, under similar circumstances, do not offer them a seat. It is such mysterious puzzles as this in the gentle sex that have kept me a lonely old bachelor all my life.”

LAY THE TABLE PROPERLY.—Be sure you have everything on, at the proper moment, and in the proper place—especially on Sunday, when it is often the only luxury of the week. Have the casters speckless, with all the bottles in, and every bottle filled with its appropriate condiment. Let not a needed knife or fork be astray. Don't have to jump up repeatedly after everybody is seated in order to supply some missing article. Some persons set a table thrice a day for fifty years (or nearly fifty-five thousand times), and yet generally contrive to omit the mustard, or the pepper, or the salt, or a cup and saucer, or a knife and spoon. Not only servants, but also experienced housekeepers, perpetually give annoyance to themselves and others by inadvertencies of this kind, which, one would think, ought to be impossible with work that has had so much time to become self-adjusting. When the family sit down, how comfortable to have everything on the table which ought to be on it at that moment, and how uncomfortable is the reverse.—*New York Journal*.

## MOTHERS AND THE NURSERY.

(CONDUCTED BY MRS. F. C. PRESSLER.)

"CHILDREN'S PARTIES IN WINTER."—Dr. Cullimore, of the North-West London Hospital, has written what we conceive to be a very sensible letter, pointing out the perils which beset children's parties in winter. The subject is one which may well receive the thoughtful attention of parents and all who are solicitous for the welfare of the young. Dr. Cullimore's principal objections, which are based on physical grounds chiefly, are urged for the benefit of children under seven years of age. We would extend the prohibition to twelve, or even a little later. It is impossible not to recognize that the so called "pleasure" of a children's party involves a very large measure of excitement, both before and after the event; so that, apart from the exposure to the chances of "chill" and improper food and drink on the occasion, there is an amount of wear and tear and waste attending these parties which ought to be estimated, and the estimate can scarcely be a low one. It may seem ungracious to strive to put a limit on the pleasures of the young, but it must not be forgotten that early youth is the period of growth and development, and that anything and everything that causes special waste of organized material without a compensatory stimulus to nutrition ought to be avoided. Dr. Cullimore has dealt with the general effects on health, and he has not exaggerated the evils that sometimes ensue, and are always likely to be entailed by this form of juvenile amusement. We turn from these to the mental and nerve injuries inflicted on the growing organism. They are certainly not to be disregarded. A perfect storm of excitement rages in the little brain from the moment the invitation has been received, and the affair is talked about in the nursery until after the evening. Sleep is disturbed by dreams, or, in some cases, prevented by thinking of the occasion, and afterwards the excitement does not subside until days have elapsed, perhaps not before another invitation is received. As a matter of fact, "children's parties" are in no way necessary to the happiness of child life.—*Lancet*.

HOW LONG A CHILD SHOULD SLEEP.—A healthy baby, says Dr. C. Pollock in the *Chautauquan*, spends the most of its time for the first two months in sleep. After that a baby should have at least two hours of sleep in the forenoon and one hour in the afternoon, and it is quite possible to teach almost any infant to adopt this as a regular habit. Even to the age of four or five years a child should have one hour of sleep, or at least rest in bed, before its dinner, and it should be put to bed at six or

seven in the evening and left undisturbed for twelve or fourteen hours. Up to the fifteenth year most young people require ten hours, and till the twentieth year nine hours. During growth there must be ample sleep if the brain is to develop to its full extent, and the more nervous, excitable, or precocious a child is, the longer sleep it should get if its intellectual progress is not to come to a premature stand-still, or its life be cut short at an early age.

“A MOTHER” writes, giving an interesting case of inherited peculiarity, which, although it does not come precisely within the category of transmission of an artificial injury, is yet worth recording, if only to prove how trivial marks of parents may reappear in the offspring. Her first child, a boy, at present aged twenty-one months, was seen, shortly after birth, to possess two small holes, each about the size of a pin’s head, in “the upper part of each of his ears.” The mother’s attention was drawn to the peculiarity by her husband, who remarked the fact (of which till then she was completely ignorant), that he possessed the same marks, situated in precisely the same position as they occupied in his son. Further inquiry, amongst the relatives, showed that the child’s grandfather (on the paternal side) possessed the same peculiarity of ears. No information could be obtained respecting the original cause of the peculiarity. It is striking to find such markings, not only so faithfully propagated, but descending strictly on the male side for three generations. There is no trace of the marks in the second child—a girl—of the family.

BRAIN-WEIGHT OF BOYS AND GIRLS.—In the final result of the comparison of the two sexes in the human race, anatomical researches will form an important factor. Many anatomists have recognised this fact, and have instituted comparisons between the sexes from various points of view. M. Gustave le Bon reviews the work of M. Manouvrier and that of M. Budin, both of whom aver that “sex has no influence on brain-weight. With them the influence of sex is nothing more than the influence of height; and if the females, as a whole, exceed the males in brain-weight, it is simply because the weight of the body in the females is much below that of the males.” M. le Bon puts the theory of his adversaries to the test in a very ingenious manner by comparing the brains of males and females having about the same weight. By this investigation it is shown that in the great majority of cases the male children surpass the females of the same weight in their cranial circumference. At the same age, height, and weight of body, the female brain is notably smaller than that of the male.

**SORE NIPPLES.**—Dr. Favre is of opinion that there are two varieties of these, fissures and erosions, and believes that the latter are to a large extent due to tight-fitting dresses and pressure by corsets. He advises that the nipples be sprinkled with bismuth, dry, or that this be made into an ointment in the proportion of one of bismuth to two of vaseline. This procedure has often resulted in a cure within twenty-four hours.

**PARENTS SHOULD VISIT THE SCHOOL.**—Visitors are not always desirable in a school; they are sometimes a hindrance to the conducting of a recitation. But there is certainly no excuse for a parent's not visiting the school where his children are taught, at least once during the year, and there is no teacher who would not feel pleased rather than annoyed at such a manifestation of interest. A high school teacher carrying on twenty-five recitations a week states that during the last school year not a single call was made upon her room by a parent. This is not an unusual statement, and it merely illustrates the lack of interest of the average parents whose average children fill our average schools.—*Mabel S. Clarke.*

**THE IMPORTANCE OF CAREFUL AND EFFICIENT VENTILATION** of the rooms occupied by children can hardly be over-estimated. The air of a closed room soon loses its freshness, even when unoccupied. Chemically, the proportion of oxygen may not be appreciably altered, but the more active, or ozonised, part of it is changed; innumerable particles are brought into contact with it, which, if not "stealing and giving odors," may add what is imperceptibly injurious, and will certainly take away from it the quality of freshness. Movement of air through a room is a first essential of ventilation; then the quantity and rate of movement has to be considered, taking care that the temperature and other qualities are so preserved as to be both pleasant and wholesome.

#### QUESTIONS AND ANSWERS.

**HOW TO AVOID COLDS.**—*H. R. Remsen, Indianapolis.*—To keep entirely, or at least tolerably, free from colds is by no means a difficult task, provided we observe some such facts and laws as the following: Firstly, we should attend to the ventilation of bedrooms. Many a case of cold arises from persons sleeping in a warm, ill ventilated room, and from the sudden plunge into the colder air of the house which inevitably results in the morning. An equable temperature is one great preventive of colds. Secondly, we believe in the preventive value of cold sponging each morning. Of course, everybody cannot take a cold bath



all the year round, but those who do so diminish (other things being equal) the tendency to cold. But most persons are able to sponge the chest every morning, and thereafter to practice brisk friction with a rough towel. By this means a tendency to chest colds in particular is prevented, and the general health is also largely benefited.

ULCER.—*W. B. F., Philadelphia.*—Such an ulcer as you describe requires careful treatment to obviate the risk of bleeding. Have a physician without delay.

EXCESSIVE TEA-DRINKING.—*Miss F. H., San Francisco.*—Excessive tea-drinking is very common; and amongst hard workers especially, the practice has come to be attended with very serious results in the way of mal-nutrition. Every one should know that tea contains little or no nourishment, while cocoa is a real food. The only persons who can afford to drink a moderate quantity of tea are those whose frames are fed with plenty of nutritious food. Those who spend money on tea, and keeping “the eternal teapot simmering on the hob,” are purchasing, not health and strength, but weakness, and laying the foundations of a poverty of body they cannot afford to exhibit. There is no comparison between cocoa and tea as a beverage; and if those who at present take tea and bread as a meal, would replace the tea by cocoa and milk and bread, they would gain thereby a satisfying food, and avoid the evils of indigestion which arise from tea-drinking as commonly practised.

OVER EXERCISE FOR BOYS AND GIRLS.—*Anxious Parent, Middletown, Conn.*—Professor Riches on this subject says: “Bodily exercise for boys and girls, after a close application to the desk, is an all-important matter, but extremes must be avoided in all cases. It is not every boy who can do the amount of strong exercise, either at running, jumping, ball, etc., that others are capable of doing. There are cases where a boy may try to exercise himself as strongly as his companions, but, perhaps owing to some physical deficiency or disease, it is highly important that he should be checked. It is not every girl who is capable of the same amount of calisthenic exercises as others. A constant watch should be kept upon the young out of school; in fact, while education is going forward, if that education is to be such in its *comprehensive* sense, it is only when pupils are asleep in their beds that the eye of a teacher should be withheld. We do not say that the young are always to feel that they are being watched; not so, for that would be a profound error, and a child would thereby never have the chance of being its natural self. Nor, in this taking care

of the young, must they be 'coddled' and spoilt, and be told upon every occasion that 'this must not be eaten,' and 'that must not be done,' and so on. A child's nervous temperament may thereby be greatly weakened, and, instead of a mental vigor running parallel with a robustness of body, the very reverse may ensue."

A VEGETABLE DIET.—*H. W. S., Cincinnati.*—Try a vegetable dietary—stewed fruits, apples or oranges, etc., and whole-meal bread, with oat flour for supper and breakfast; avoid tea and coffee. Sponge with cold water each morning; sleep on a hard mattress; take plenty of open-air exercise, and avoid fluids and suppers late at night. Let us hear the result of this treatment.

HOW TO SECURE A FINE COMPLEXION.—*Miss R. J. F., of Poughkeepsie.*—Vassar College probably is anxious to secure a fine complexion. The following hints from a New York physician may assist her: "To soften and whiten the skin there is nothing so beneficial as oatmeal, used externally. After a warm bath it may be used dry, or pour boiling water over a few spoonfuls of it and let stand a few hours. On going to bed, wash the hands and face freely in the starchy water and dry without wiping. Bran and Indian meal may be used instead, with nearly the same effect. For the full bath put the bran or oatmeal into small bags, otherwise the difficulty of removing the particles which adhere to the skin is considerable. Many ladies, whose complexions are the envy of all their friends, acknowledge that they owe it to distilled water, which they use for their face and hands. Ladies with oily or greasy skins may use, sparingly, a few drops of camphor in the bath. Borax and glycerine combined are used with good effect by some people, while thoroughly disagreeable with others. Glycerine alone softens and heals, but in time will darken the skin and make it over sensitive; the borax obviates this, and has a tendency to whiten. No toilet table is complete without a bottle of ammonia. A few drops of this in the bath cleanses the skin and stimulates it wonderfully. It is especially valuable in removing the odor from those who perspire freely. To remove tan and sunburn, cold cream, mutton tallow and lemon juice may be used; for freckles, apply the latter with a tiny camel's hair brush. The country girl, deprived of many things which her city cousin finds indispensable, discovers that she can remove the tan from her face with a wash made of green cucumber sliced in skim milk, or, failing in this, she makes a decoction of buttermilk and tansy. A well-known writer on feminine beauty recommends the use of finely ground French charcoal for the complexion. A teaspoonful of this, well

mixed with water or honey, should be taken for three successive nights, followed by a simple purgative, to remove it from the system. The aperient must not be omitted, or the charcoal will remain in the system, a mass of festering poison, with all the impurities it absorbs. None of these things will bring about the desired result unless the foundation is first laid by proper food, exercise and bathing; above all do not neglect the bath. Cleanliness is one of the cardinal virtues, and a woman fresh from the bath feels a good deal like an angel.

**INGROWING TOE-NAILS.**—In reply to *H. F., of Burlington, Vt.*, we give the following. This treatment has been recommended abroad, but we have no knowledge of its having been tried here. Some people suffer the utmost pain and annoyance from ingrowing toe-nails. If the flesh has fully embedded the edges of the nail, and the tissue has become hypertrophied about it, cutting and paring seems but to aggravate the matter. When this is the case drop a very little pure carbolic acid along the borders of the inflamed tissue, and let it soak down beneath the nail. The pain will cease as if by magic, and the irritated flesh will soon make a healthy slough. If now the nail be scraped or filed very thin in the centre only, and from that back to its root, carefully leaving the edges alone, the growth will be directed towards the middle, and a complete cure will result.

**INDIGESTION AND WATER.**—*Patient, Helena, Arkansas.*—As regards the free use of water under some conditions of the digestive organs, it may be said that no agent can prove safer or more salutary. Those who have morbid conditions of the stomach and bowels, which do not so far impair the general vigor as to prevent attention being given to the ordinary duties of life, can often use large draughts of water, especially in the morning, with manifest advantage. Obstinate constipation is thereby removed, the normal peristaltic motions of the bowels are restored, and the secretions may be vastly improved. We notice the salutary influence of water-drinking upon many of those who resort to the so-called mineral springs which abound in the country. It is not necessary that these springs should hold abnormal quantities of salts of any kind in order to effect cures; it is only necessary that the water should be pure. Spring waters that are charged heavily with saline ingredients are often injurious to nearly or quite all that use them freely.

**THAT DREAD SCOURGE DIPHTHERIA.**—An old correspondent, at Middletown, Connecticut, who has lost a favorite son by that dread scourge diphtheria, requests information as to the cause, nature and cure of the disease.

Dr. Holbrook, in a previous number of the *HERALD OF HEALTH*, says on this subject: "The cause of diphtheria is not definitely known, but we do know it is propagated from the sick to the well by some invisible agency. Whether it is a peculiar form of bacteria or germ, as is taught by many, or a special animal poison, is not certain, and it makes little difference for all practical purposes which method is true; what most concerns us is how it may be avoided. Avoid the atmosphere near a case of the disease. No matter how mild the case, keep the children away from it. Do not permit any person, nor even a dog or a cat, to come to a child from a room where there is diphtheria. Persons coming from an infected room should thoroughly disinfect their bodies as well as their clothing. Avoid all cases which cause the throat to become sore, raw or tender, as a simple case of sore throat may result in diphtheria very easily when the poison is in the air. Do not allow any child to handle or wear any clothing worn by a person who has had the diphtheria. Never kiss a person with diphtheria, nor drink from the same cup, nor use a pen, pencil or handkerchief of his. Never send the clothing of a diphtheria patient to the common wash or laundry. Disinfect all excretions with copperus water before disposing of them. Isolate at once a child affected with symptoms of the disease and secure prompt treatment. Diphtheritic poison goes for miles in the air from one house to another. The wind carries it, and when there is an epidemic the greatest precautions should be taken. Allow no child to attend the funeral of a diphtheria victim. The boy to whom our correspondent refers may have had the germs in his clothing. Kerosene lamps turned low produce a vile atmosphere and thereby aid the disease.

\* \* Many replies are unavoidably omitted this month, notably one on "How to gain flesh," but they will appear in the February issue.

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#### LATE INVENTIONS AND DISCOVERIES.

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WHILE DRIED BEANS ARE A STAPLE ARTICLE OF FOOD, the pea grain is scarcely ever used in this country, although in common use in Europe and Canada. We might use more peas than we do. Pea meal is excellent to mix with wheaten flour, for pancakes, and many very fine flavored and nutritious dishes can be prepared. Those who have tried peas in any form say they are among the best foods for those troubled with constipation and indigestion. They are quite as rich in albuminoids as are beans and easier for weak stomachs to digest.

ONE OF THE NEWEST DEVICES for utilizing sawdust is the scheme of a Canadian mechanic. He claims that by grinding the refuse into a uniform fineness, mixing it with the refuse gas tar from the gas house, and compressing the substance into cakes, a fuel can be made in every way superior to soft coal for open fires.

POTELINE—ITS NUMEROUS USES.—Poteline is the name of a mixture of gelatine, glycerine and tannin, to which sulphate of barium or zinc may be added, and which may be colored by vegetable colors. It may be kneaded while warm. When cold it may be used for numerous purposes. It can be turned, filed, bored, polished, and it can be used for hermetically sealing bottles, etc. The proportion of ingredients varies according to the uses. For sealing bottles, it must of course be used liquid. Potel, the inventor, uses it with success for preserving meat, by applying it liquid at a temperature of 50 to 60 degrees.

NOW THAT THE CAR STOVE IS GOING OUT, is it not time to think about abolishing the oil lamps from railroad cars. Some railroad companies are illuminating their drawing room cars by electric lights, which are said to be giving satisfaction. Passengers in common coaches are entitled to as much protection, if not quite as much luxury, as those who ride in palace cars.

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#### PUBLISHERS' DEPARTMENT.

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OUR THANKS ARE DUE to the hundreds of regular subscribers who have sent in their names for renewal during the past month. We like to retain old friends, and their words of commendation on behalf of the *HERALD* are exceedingly gratifying.

OUR LITTLE ONES AND THE NURSERY continues to be without a rival in all the world, as a magazine for the youngest readers. Its poems, stories and sketches are selected with the greatest care, and are amusing and instructive. All the reading matter and every picture is original, prepared expressly for this work under the direction of Mr. George T. Andrew, whose specialty is the production of fine books. It is printed from handsome type, on fine paper. It contains no cheap borrowed illustrations, and its pictures have long been considered an educational agency of the most elevating character. Published monthly by the RUSSELL PUBLISHING Co., Boston, at \$1.50 a year. A trial subscription of 3 months for 35 cents.

WE INVITE ATTENTION TO THE ANNOUNCEMENT ON another page of an arrangement whereby we are enabled to send the DETROIT FREE PRESS, the most famous and attractive of American weeklies. and the HERALD OF HEALTH to any address for one year at a cost to the subscriber of only \$1.50 for both. Subscribers who have already renewed can have the *Detroit Free Press* mailed to them by sending fifty cents to this office.

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## 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. XXXIX.

FEBRUARY, 1889.

No. 2.

### DARK AND BLACK CLOTHING IN WARM COUNTRIES.

(Special for the HERALD OF HEALTH.)

THE writer was in a New York tailor's store a few days since, when a recent customer—a gentleman of middle age—came in and requested to be shown some samples of goods for a suit of clothes. "I am going to South America," he added; to which the tailor responded, "Then you want something thin and light colored." "Partly right and partly wrong," was the response; "I want light material, but distinctly dark colored; black just as soon as any other color, or a fine Oxford gray." The tailor said nothing, but shook his head dubiously. Said the customer: "The idea that white is the coolest color for clothing, and black the warmest, is a big blunder. My attention was directed to this question several years since while in Europe. A discussion was going on in one of the weekly sportsmen's papers over the question: 'Why do polar hares and foxes that are slate colored or slate blue in Summer turn snow-white in winter?' It was admitted by both sides of the controversy that Nature affects the change, but they differed as to the purpose Nature had in view.

#### ONE SIDE ADVANCED THE THEORY

that, as to the hare, it being a highly defenseless creature, by becoming white is assimilated to the color of the snow and so escapes the danger of being sighted and tracked by predatory animals. The other side granted this position, and replied in substance that the fox also assumes a white dress precisely at the same time the hare does, and as reynard is exactly

one of those predatory animals that the hare wishes to avoid, his altered hue enables him the more easily to approach poor puss. This explanation was therefore no good, because it revealed Nature counteracting or nullifying her own act and making a fool of herself—a thing Nature is not liable to do. Another writer came into the field with a new theory, and he premised it by saying that he was acquainted with the usual test of color temperature—the two pieces of cloth, white and black, spread upon snow; and he intimated his belief that when it was more fully investigated it would go the way of the flat earth and the spherical bullet. When traveling in tropical countries, he continued, under the hottest kind of suns, he became aware that

#### A BLACK COAT WAS COOLER

than a white coat, both being of the same weight, texture and thickness. He saw around him other suggestive facts. There was his negro servant alongside of him enveloped in a coal black skin, and he (the nigger) manifestly did not suffer from the fervid rays of the sun half as much as he did with his tripe-colored epidermis. What, he argued, could this be but a merciful provision of Nature made for him whose home was in the torrid zone? And the longer he remained within its limits the more he could acknowledge Nature's kindness in tanning his cheeks and thereby making them less sensitive to the scorching of the sun. From the coat on his back and the color of his skin this traveler's thoughts wandered to the black bears of the tropical countries, to the brown bears of temperate climes and on to the Arctic ice, where the bear is robed in white. Some months later the London *Lancet* took up the subject and treated it with its customary scientific sagacity. In substance the *Lancet* said that it had more than once invited attention to the subject of the undoubted power of color on the

#### RADIATING POWER OF CLOTHING.

Certain light colored substances approaching to white do not part with their heat as readily as dark. And, said the *Lancet*, the bear of the polar regions is for this reason provided with white fur, while her brother of warmer climates has a dark colored garment. I have acted on this theory ever since. When I go down to Cuba and South America in the Summer I wear dark clothes, thin in texture, while I wear light colored clothes of the same texture. "You try it," he said to the tailor and his other customer, "and you will find that my theory is right. The hare and the fox are turned white by Nature in Winter, because the all-mother knows they require warmer clothing."

EDGAR VANDERBILT, M. D.



## AN ORIGINAL METHOD OF OBTAINING SLEEP.

SOME hitherto wide-awake genius believes he has discovered an infallible remedy (?) for insomnia. Writing at length of his experiences and discovery, he enters into a sort of philosophical discussion of sleep and no sleep. "It is now, I believe," he writes, "generally accepted that our conscious daylight-thinking processes are carried on in the left half of our brains; that is, in the lobe which controls the action of the right arm and leg." He has thought and thought again of what use "the right half of the brain" could possibly be, and he concludes that the right lobe is the organ which is employed doing what is called "unconscious cerebrations" in table-turnings and other spiritualistic manifestations. Now, during sleep we "unconsciously cerebrate," which accounts for our dreams being of a character which the correspondent only faintly describes when he calls them "fantastic, non-moral and spritelike." Musing on these matters, he came to the practical inference that to bring back sleep when lost we must quiet the conscious, thinking and left side of our brains, and bring into activity

## THE RIGHT SIDE ALONE.

"Armed with this idea," says the experimental correspondent, "the next time I found myself awakening at 2 or 3 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 hardly ever failed. Not seldom the result is sudden as the fall of a curtain, and seems like a charm."

"It would be more consoling," says a writer in the *London Telegraph*, commenting on this so-called discovery, "if we were told that the plan 'never' failed, instead of 'hardly ever;' also we need advice as to when a person has had no dream to think of, or cannot for the life of him remember what it was; and obviously it is impossible to begin to think about our last dream when one has only just gone to bed. With these deductions, the plan may be as well worth trying as any other. We cannot always have a volume of sermons at our bedside."

Among prescriptions of a more or less sensible kind which have been at various times propounded and actually put into use for inducing sleep may be mentioned the hop pillow, in which our forefathers had consider-

able faith, the narcotic essential oil which produces the hop scent being supposed to be exceedingly soporific.

THE HOP PILLOW WAS USED

by George III habitually when that monarch suffered from insomnia. Then S. A. Ellis long ago announced as a grand discovery to the Scottish Curative Mesmeric Association that sleep was all a matter of which way one's head points. In a certain direction the electricity of the earth, which is supposed to flow between the poles, passes along the body, and so tends to the enjoyment of repose. Persons wishing to avoid sleepless nights must therefore, Mr. Ellis advised, always sleep south by north, with their heads pointing in the latter direction, and they must most religiously avoid attempting to slumber if their bed lies east and west. This idea boasts some supporters now-a-days, but the consequences of its universal prevalence would lead to extraordinary results.

THERE WAS, MOREOVER,

a gentleman who years ago really believed he had found an absolutely certain prescription for banishing wakefulness, and he was willing to impart his knowledge to others for a handsome consideration, on the express condition that the information should "go no further." When the sleep practitioner died, one of his patients informed an expectant world that the grand secret was simply this: A person lying in bed, and attempting to sleep, usually breathes through his nostrils, and the breath so emitted is, in cold weather, quite visible. All that has to be done is for the subject to think of his own breathing, to imagine that he sees every breath that issues from his nostrils, and in a moment or two he will fall into a refreshing slumber. There may be some virtue in this prescription, though common sense would be inclined to suppose that the mere bother of imagining anything whatever would be so tiresome as to excite the brain and banish sleep much farther off than ever.

SOME PERSONS, HOWEVER, TESTIFIED

to the complete efficacy of the breathing plan. Alfred Smee, the author of "Elements of Electro-Biology," also attempted to solve the puzzle of why sleep, when much needed, is often altogether denied. He referred the whole matter to the region of "the bio-dynamic circuit," but the practical prescription was to wet the top of the head with cold water, and he asserts that he has thus often obtained for a sufferer rest when every other means have failed.

All these spirited endeavors are worthy of much praise ; but perhaps the best prescription for avoiding sleepless nights, or parts of nights, is not to take heavy suppers, to go in for exercise, and not to sit up late exciting the brain.

THERE IS A DELIGHTFUL CHARM

about the idea of being able to "turn on" sleep by just shutting up one cupboard of the brain and opening the other. Our friend, the patron of the left lobe, is evidently a rather insomnolent subject. He admits that it has been his habit for many years to try to lull himself off to sleep by other devices, such as counting numbers or the repetition of easy-flowing verses. He has now, however, hit upon the more excellent plan which he patriotically confides to his wakeful countrymen and countrywomen, and in which he was to a certain extent forestalled by Sir David Brewster, who had noticed that different parts of the body go to sleep at different times, and thence argued the possibility, by analogy, of different parts of the brain "going off" in similar succession.

There is not much reason to doubt that if we can once get the proper lobe of the cerebrum into the condition which we desire we can immediately command sleep ; but the method of thinking of former dreams, and going over them in all their details, is obviously insufficient to meet the requirements of the case.

ON THE PROPER CARE OF FEVER PATIENTS.

DR. W. M. GIBSON, in a talk to a school of nurses at Utica, said : The generally accepted definition of the word "fever" is a rapid elevation of the natural temperature of the body— $98\frac{1}{2}$  degrees Fahrenheit. We have in the human system organs which are termed vitals—namely, the heart, lungs, liver, spleen and stomach, which are governed by the nervous system. Tissues cannot remain for any length of time in an absolutely healthy condition without throwing off the old material and taking up fresh.

IT IS THE BREAKING DOWN

of the tissues and the attempt to repair, continually going on in the human system, that forms the chief centre of animal heat. Fever may result from two causes. First, there may be an over-production of heat in the system ; and, secondly, the system may be incapable of throwing it off. Fever robs the body of the fat and degenerates the organs. The heart probably suffers the worst. It is a muscular organ and is soon

weakened and broken down, and in most fevers there is a great danger of death resulting from heart failure.

#### FEVERS ARE INFECTIONAL DISEASES

which are caused by the introduction into the human system of a vegetable germ which effects a peculiar poison to the nerve systems. All fevers are attended by a rise of bodily temperature, which is one of the most important symptoms you have to deal with. Temperatures over 102 degrees Fahrenheit are dangerous, from 99 to 101½ degrees not dangerous. Extra high temperatures are those ranging from 105 to 108 degrees, and fatal temperatures are those ranging from 107 to 110 degrees. The proper time for registering a patient's temperature is before the hours of eight o'clock A. M. and eleven o'clock P. M. The thermometer should be placed under the arm, taking care that there is no cloth between the mercurial part of the instrument and the skin, or in the mouth. The instrument should always be carefully washed before and after using. The temperature of a child shows a great variation, the least thing affecting them. In moving a fever patient, if a child, great care should be exercised to keep it as quiet as possible. In elderly persons very trifling causes will depress the temperature.

#### NURSES SHOULD BE VERY CAREFUL

about what they allow convalescent typhoid patients to eat. The disease is frequently accompanied by ulceration of the bowels, and by the introduction into the stomach of certain kinds of eatables a rupture of an intestine is liable to occur, which is surely fatal. If you observe a sudden change in the temperature send for a physician immediately, as the chances are that there is a hemorrhage or a complication is approaching. Also report to the physician if there is any change noticed after medicine is administered. The skin should be kept clean in all cases. Nurses should not hesitate to bathe their patients if they deem it necessary. I have put patients in a bath and placed cakes of ice about them to cool them down. It did no harm, and I should not hesitate to do it again. In bathing a fever patient it is better to wash a small portion of the body at a time and then wipe it thoroughly dry, and then proceed until the whole surface is bathed.

#### BED SORES SHOULD BE GUARDED

against. A relief for these sores can be found by making a bag and filling it with some soft substance and wrapping it about the afflicted parts. In

nursing typhoid fever patients the eyes should be kept free from all accumulations. The nose frequently becomes clogged and should be relieved by the insertion of a camel's hair brush dipped in vasaline. The mouth and tongue need much attention. The coating which forms on the latter should be removed by a tooth-brush dipped in a solution of a teaspoonful of borax, a tablespoonful of glycerine and a cup of rain water. The gums and teeth may be kept clean by the use of a small linen cloth. So long as the room in which a typhoid patient is confined is kept well cleansed, there is very little danger of a person contracting the disease from entering it.

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#### BOTH EXPECT TO ATTAIN ONE HUNDRED YEARS.

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A PLEASANT company of invited guests, numbering about 50 of the descendants of Mrs. Elizabeth Carey, assembled at the residence of Theodore Wilkins, 35 Brinckerhoff avenue, Utica, N. Y., to celebrate the 97th anniversary of Mrs. Carey's birthday. Mrs. Carey was born in England, and, with her husband, Michael Carey, to whom she was married in 1811, came to this country in 1830. She was the mother of ten children, five of whom are living, Mrs. Wilkins, with whom she lives, being the youngest. The family went to Utica and took up their residence on the Slayton Bush road in Herkimer county, and moved to the Stocking farm in 1832. Mrs. Wilkins has ever since resided in this city and vicinity. Her husband was a local Methodist preacher in England and followed the calling here. He died in 1841, since which time Mrs. Carey has resided with her children in the city. Mrs. Carey will be remembered by many of the first families of the city as a nurse, having served in that capacity among them for a period of 30 years. Her faculties are remarkably preserved and the old lady can read quite fine print without the aid of glasses. Her memory is excellent and she can repeat almost any chapter in the Bible which may be suggested. She uses a cane while walking, but does not depend upon it to any extent. Probably the cause of the extraordinary power of her faculties lies in the fact that she has been almost an entire stranger to sickness, having been ill but a few days in all her long life. When asked if she could remember the return of the Duke of Wellington's troops from the continent, after the battle of Waterloo, she said, "of course I can, and a great many other things I could tell you. But I am only 92 years old," she continued and nothing could make her think to the contrary. She has a brother in England who is 90 years of age. In appearance, Mrs. Carey does not look

older than many at 70 and no one would suspect that she has seen almost a century of life.

IN HIS 83D YEAR.

Charles Flandrau, living on Bardol street, in East Buffalo, N. Y., is one of if not the oldest settler in that thriving district. The old gentleman went to Buffalo in 1839, and his ancestry on the maternal side is one of rare perhaps unequalled longevity. His grandfather died at New Rochelle, N. Y., at the age of 116 years. His mother died at the ripe old age of 106 years, and the youngest of her eight sisters when she was 102 years old. Mr. Flandrau is in his 83d year, but looks 30 years younger. His beard and hair are but slightly sprinkled with gray, and the cordial grasp of the hand with which he greeted the writer was that of a man with vigorous vitality. His eyes are bright and piercing, and his sight, hearing and mental faculties are such as many a young man would envy.

"My years are a little more than eighty-two; but I feel like a man of fifty. I never had a day's sickness in my life."

There is a certain halo of interest surrounding people of very advanced age, who still retain their full and clear mental faculties. When shaking the hand of a man which once touched that of General Lafayette it seems as though time was abridged and the past brought near. "I remember the war of 1812 as well as I do the war of the rebellion," said the venerable old man. "The redcoats were a bad set, sir; they would steal anything they could lay their hands on. Another thing that made a great impression on me was the sight of a locomotive. Most of us young fellows thought at that time that we would not like to ride such a queer looking horse. The country has changed since then. I do not consider myself an old man even at the sight of a locomotive. Most of all, I make my rounds every day and do not think anything of covering four or five miles in a brisk walk. I had eleven brothers and sisters. Three of the former were killed during the rebellion, while serving in the Union army. One of my brothers living in New York is 83 years old. The rest resembled my father and died at a less advanced age. I expect to round the hundred years easy enough."

From all appearances Mr. Flandrau is apt to keep his promise. The old gentleman is still making an independent living by selling mustard. He was once a prosperous merchant in Chicago, but owing to the collapse of insurance companies after the great conflagration in 1872 he lost all he owned, although heavily insured.

## A PHYSICIAN'S VIEWS ON DOG-WORMS:

Special for HERALD OF HEALTH.

Editor "HERALD OF HEALTH."—In the "HERALD OF HEALTH" for December I see an item concerning "dog-worms." I have not seen the article in the October Health monthly referred to, but presume the "tumor caused by dog-worms" has reference to a disease produced in human beings by the dog tapeworm. This disease affects the liver and spleen principally, the kidneys and the lungs; and the organ affected sometimes attains so great a size as to exhibit a conspicuous enlargement of the abdomen—a tumor,—if the disease is in the liver or spleen, where it usually is. The ova, or eggs, of the dog tapeworm find their way into man's intestines, develop there into *larvae*, or worms, (corresponding to the intermediary or caterpillar stage of butterflies), and thence the parasites find their way into the substance of the liver or spleen, where they take up their abode, increasing and multiplying after their kind, but never in man developing into full-fledged tapeworms.

## A CASE OF THIS DISEASE

affecting the liver I saw operated upon in the New York Hospital a few years ago, which I will describe as I saw it. The patient, a man, presented the appearance of a bulging tumor in the upper part of the abdomen on the right side, in the region of the liver. The abdominal cavity was opened into and the tumor in the liver was incised, when out gushed a large quantity of little sacs, or cysts, that looked very much like the unlaidd soft eggs, without the shells on, that one often finds in chickens. These cysts were soft and pulpy, their color whitish or yellowish-white, and of all sizes from a pea to a walnut. In that man's liver there was about a bucket-full of these little sacs. The sacs contain a whitish watery fluid, and enclose the parasites in all their rudimentary stages.

## THE DISEASE IS RARELY MET WITH

in this country, but is very common in Iceland, where, it is said, about one-sixth of the population have it, and about one-seventh of the entire mortality results from it. The disease is common in Iceland, because there the dogs are part of the family, and the people eat and sleep and live in filth with their dogs. It is obvious why the disease is rare in this country. Dog owners and dog fanciers keep their food and drink from contamination with the excrement of their dogs. It is only by such contamination that the disease is communicated.

Your correspondent need therefore have no fear of this danger from her canine pets, as the question concerning the cause of the disease has been definitely "settled in the interest of humanity." DR. ———

Jersey City Heights, N. J.

## 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.

HYGIENIC REQUIREMENTS FOR GOOD WATER.—*Frank* sums up the qualities water should show as follows :

1. Water should be clear and especially free of substances in suspension.
2. It should be fresh and not warmer than 15° C. (59° F.)
3. It should contain the elements of atmospheric air, and among them oxygen in larger quantities than in the air.
4. It should not contain more than 20 miligrams organic substances in one liter.
5. Nitrogenous organic substances, contained in it, ought not to give more than 0.1 miligram ammonia per liter, in albuminous nitrogen.
6. There ought not to be more than 0.05 miligram ammonia per liter.
7. It should not contain any nitrits, sulphates, sulphurated hydrogen, and, except traces of iron, aluminium, and magnesium, any metals precipitable by sulphureted ammonia and sulphurated hydrogen.
8. Water should not have an unpleasant taste, when kept in a closed vessel.





9. It should not contain any saprophytes nor leptothria; and bacteria generally as well as infusoria should only be present in insignificant quantities.

10. An addition of white sugar should not give rise to a development of fungi.

11. On gelatine, it should not produce liquefying bacterial colonies within eight days.—*Med. Chirurg Rundschau.*

ON CONNECTION BETWEEN VEGETATION AND MALARIA.—The hypothesis of a connection between vegetation and malaria has been frequently advanced, not only in the sense of imputing the appearance of malaria to a lack of vegetation generally, or to the absence of certain specific vegetables, but it has also been tried, in a direct manner, to improve the bad sanitary conditions of certain regions by the cultivation of specific vegetables, and there has been a belief that, for instance in Italy and Algeria, excellent results had been obtained by the cultivation of Eucalyptus trees. Quite in opposition to this, *Crudeli* has recently published certain observations concerning the sanitary condition of the Tre Fontane district in the Roman Campagna. In these districts, which had been provided with trees by the Trappists, cases of malaria were of so numerous occurrences in the last five years that the Roman hospitals were overcrowded with laborers which had been transported to them. It has also been proved that in the midst of the Australian Eucalyptus forests marsh-fevers have their very home. On the other hand, marsh-fevers have disappeared in Prima Porta near Rome from the moment the agricultural surfaces of the place were transformed into permanent pasture meadows. According to *Crudeli's* opinion the paramount condition is the removal of dry, bare, dust-producing surfaces, their dust being the means of spreading dangerous microbes. The railroad companies of these malarious districts protect their employees from the disease by prophylactic treatment with modern doses of arsenic.

TO CURE STOOPED SHOULDERS.—How often one hears the remark, "What a fine, big fellow Mr. So-and-So would be if he didn't stoop!" And still such a misfortune can easily be cured, says a correspondent. The stooping figure and halting gait, accompanied by the unavoidable weakness of the lungs, can be attended to and finally cured by the very simple and easily performed exercise of raising one's self upon the toes leisurely in a perfect perpendicular several times daily. To take this exercise properly one must take a perfect position, with the heels together

and the toes at an angle of about 45 degs. Then drop the arms lifelessly by the sides, animating and raising the chest muscularly to its full capacity; the chin should be well drawn in and the crown of the head feeling as if attached to a string suspended from the ceiling above. Slowly raise upon the balls of both feet to the greatest possible height, thereby exercising all the muscles of the legs and body; this done, then reassuming the standing position without swaying the body backward out of the perfect line. Repeat this exercise first on one foot and then on the other. The result will be a surprise to many to know what a wonderful straightening out power this exercise has upon round and stooped shoulders, and it will soon be apparent that the lungs will begin to show expansive development.

**DISEASE SPREAD BY FLIES.**—In hot countries flies are most active agents in the propagation of yellow fever, and M. Spillmann and M. Hans-toutter attribute the same role to those insects in spreading pulmonary consumption. When a fly has lingered on the tuberculous sputa, it is said, its intestine and excreta contain the bacillus of tuberculosis, which it may deposit on various articles in an apartment. Flies are credited also with being the chief instrument in the dissemination of Egyptian ophthalmia, and Koch is cited as of the opinion that they may play the same part in spreading cholera.

**HEREDITARY TRANSMISSION OF PARASITIC ORGANISMS.**—Max Wolff studies the question of the passage of microbes from the mother to the fetus. His experiments deal with the microbes of malignant pustule, vaccinia, small-pox and tuberculosis. The fetus of the rabbit whose mother has been inoculated with malignant pustule, is not infected, and no trace of bacilli can be discovered by the microscope or by cultures. Wolff arrives at similar negative conclusions regarding vaccinia and variola. With tuberculosis, no affirmative results were reached. While transmission may be possible, he considers it rare. He especially warns us that the tubercular infection does not necessarily take place through the organs of respiration; children being especially liable to infection through eruptions and cutaneous abrasions.

**WHAT STUFF THESE FIGURES REPRESENT.**—In 1865 over 7,000,000 patent medicine labels were issued by the British executive authorities, and the receipts therefrom amounted to \$276,665. Ten years later the number of labels and amount of receipts therefrom had more than doubled. Twenty-one years after the labels had increased one-third in number, and

the receipts forty-five per cent. The British Isles expend \$8,058,195 annually in patent medicine. The number of venders increased 26 per cent. between 1865 and 1875, and 35 per cent. between 1875 and 1886.

FUNCTION OF WHITE BLOOD-CORPUSCLES.—Dr. Ray Lankester, in an address on "The Struggle for Life," in speaking of the function of the white blood-corpuscles, said that the corpuscles could be educated to deal with the bacteria, and the future of preventive medicine would be the education of the white blood-corpuscles. The fact that one man, by constant use, could, without injury, take a dose of arsenic that would kill six ordinary men, was due to the fact that he had, by weakened doses, been educating and training the white corpuscles. They could be taught to eat and flourish under conditions which, if not commenced gradually, would be destructive to them, and that was the principle underlying protective inoculation. As a preventive of many fatal diseases in sheep and oxen, inoculation has been remarkably successful. The corpuscles first receive a weakened breed of disease by inoculation, and thus, when a violent attack came, they were ready to receive and dispose of it. This education of the corpuscles, it seemed to him, was the explanation of the success of vaccination. They received a weak dose of the poison from the vaccine, and were in that way prepared for a stronger dose in the way of small-pox. He believed the white corpuscles could be trained to receive the most virulent poisons, and he hoped this training would be carried on so as to deal with a great number of diseases.

SACCHARIN AS A FOOD SUBSTANCE.—The extensive use of saccharin in certain food substances in Paris—in champagne, for instance—has caused the counsel of hygiene to institute a series of inquiries into its effects upon the animal economy. The commission, which has recently reported, was unanimous in considering saccharin a medicament rather than an aliment or food proper; and they thought the employment of the substance in alimentation should be prohibited. The commission intimated, however, that they considered it might advantageously be used as a substitute for sugar in certain diabetic conditions of the human body.

HEAT VERSUS FOOD.—"Why do you keep it so blazing hot?" inquired a patron of the proprietor as he entered a city restaurant. "Because it is cold outside," replied the proprietor. After the patron had left the premises the restaurant proprietor confidently made the following confession to a newspaper man: "You see, I've been in this business for a quarter of a century, and my experience has taught me that under ordi-

nary circumstances men devour more food at a single meal in piercing cold weather than when the outside temperature is moderate. When I first embarked in the eating house business I was green enough to economize in wood for heating the premises, imagining I was thereby saving money, but I soon discovered my mistake, as the patrons of my restaurant devoured such inordinate quantities of food in winter that bankruptcy stared me in the face. It was here I learned a lesson from a cook, and through which I have since acquired a snug fortune. My cook ate barely enough to sustain life in a canary bird, and I inquired the cause of his lack of appetite. He replied that it was due to his being constantly employed about a hot fire, and remarked that if I would keep my restaurant red hot in winter my boarders would not consume one-half the amount of food. I tried the experiment, and soon found that whereas I had heretofore saved probably \$20 a month in fuel by half freezing my boarders, that I was saving at least twenty cents a meal in the decrease in the amount of food each one consumed while the premises were kept red hot."

QUEER EFFECTS OF THE ELECTRIC LIGHT.—A number of cases are now on record of effects produced by the electric light identical with those resulting from prolonged exposure to strong sunlight. At the Creusot Iron Works the skin of the workmen becomes reddened and tender, and this is followed by desquamation. The eyes became painful and suffused, and the retina, notwithstanding the use of very dark glasses, lost its sensitiveness, and the visual images appeared for some time after to be tinged saffron yellow. As a result of some inquiries it appeared that a current of intensity exceeding 200 amperes is liable to give rise to the preceding symptoms. The ocular symptoms are occasionally somewhat alarming, but they are fortunately characterized by a tendency to prompt amelioration.

IS THE VALUE OF SALT OVERRATED?—The importance of salt as an article of diet, according to a scientific writer, is overrated. A continued use of large quantities of salt produces scurvy. The popular belief that an appetite for salt is universal among the lower animals is without foundation in fact. Dogs, cats and other carnivorous animals show no fondness for it, and the same is true of the fruit-eating animals. Even herbivorous animals do not eat salt regularly with their food, but only at long intervals, which suggests the thought that perhaps they take it as a vermifuge. In certain parts of the world where salt is unknown antelopes abound in countless numbers, and in parts of Africa where salt is abun-

dant the antelopes show no fondness for it. There are many instances in which flocks of sheep and herds of cattle have been reared successfully without salt. In certain parts of Central Africa salt is more scarce than gold, and to say that a certain man eats salt is to say that he is very rich. Yet the people living there have existed for ages and have enjoyed the best of barbarous health without a taste of salt from infancy to old age. Salt is not in use in Siberia as a common constituent of food, and the same was true of the North American Indians previous to the discovery of the continent by Europeans, and for many years after, and is still true of the Pampas Indians of South America.

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## WOMEN AND THE HOUSEHOLD.

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[CONDUCTED BY HELEN FLETCHER.]

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WOMEN OUGHT NOT TO LABOR.—“I think the women who have been engaged in the struggle for equal rights have done some good for women in the direction of obtaining equal wages for equal work. There has also been for many years a tendency among women in our country to become independent—a desire to make their own living—to win their own bread. So many husbands are utterly useless, or worse, that many women hardly feel justified in depending entirely on a husband for the future. They feel somewhat safer to know how to do something and earn a little money themselves. If men were what they ought to be, few women would be allowed to labor—that is to say, to toil. It should be the ambition of every healthy and intelligent man to take care of, to support, to make happy, some woman. As long as women bear the burdens of the world, the human race can never attain anything like a splendid civilization. There will be no great generation of men until there has been a great generation of women. For my part, I am glad to hear this question discussed—glad to know that thousands of women take some interest in the fortunes and in the misfortunes of their sisters.—*Robert G. Ingersoll.*”

AGREEABLE DISINFECTANT FOR ROOMS.—The following, from an Italian journal, is recommended as a pleasant and efficacious disinfectant for sick rooms: Camphor, 20 parts; hypochlorite of lime, 50 parts; alcohol, 50 parts; water, 50 parts; oil of cloves, 1 part; oil of eucalyptus, 1 part. The ingredients should be mixed slowly in a cool, spacious vessel, and a few drops on a plate placed in the rooms.

THE FRETFUL ONES.—The sons will go forth among men, and in the hardschool of life's battle have their fussiness toned down, even obliterated. But the daughters will fuss and fidget for life and grow worse in these every year. They will worry over their studies, fret through girlhood's years, and bring to their own homes the perfected fretfulness of a lifetime. Their lovers are prone to mistake this natural trait of the American girl for vivacity and piquancy and mental sparkle. Men in love will not know the difference between the garish radiance that flashes from a light house and the steady luster that lies in the heart of a pearl. So they wed the brilliant, changeable damsel, and ignore her placid, contented sister. Mental restlessness in a woman can find an outlet only in the worriment of herself and those of her household. In a man, this trait has a safety valve in business pursuits. But hardly one woman in a thousand of the fussy kind can find a man so constituted that his repose of character is an offset to her fussiness. The nine hundred and ninety-nine are united for life to men almost as fussy as themselves, and so the sum of human unrest and mental wear and tear is increased. Life's reverses, disappointments, thwarted ambitions, come with treble force to the fretful ones, and the evening of their days are full of bitterness that serener mortals know nothing of. Placidity and the philosophy that prompts its possessor to take things as they come, to cross no bridge before it is reached, are things that American women should prize so highly as to bend every faculty toward their securing.—*Pittsburg Bulletin.*

WOMEN PHYSIOLOGICALLY NEED REST.—Shut your eyes so that you shall not see that the world is a workshop, and shut the soul so that you shall not remember thimbles, needles, holes to mend or books at all. You do not understand, my friends! You gain nothing by having steam up all the time. You are only exhausting yourselves and cannot do one-half that you might do if you would learn how to rest; and that is what you will do by a sun bath. Then you can go back to your sympathizing and your doing with stout hearts and steady nerves. Far more than men, women need physiologically and psychologically to rest. It is our restlessness that goes into our children and is intensifying into fretted nerves and sleeplessness. I know of nothing that will so calm and soothe and lull to sleep as a sun bath. Each room in your house should, if possible, have its sunny outlook. At least in the country this is possible. By means of a balcony or a bayed window or a veranda almost all rooms can get connection with the solar beams. But what of the thousands who live where there is neither a clear, sunny sky nor a breath of fresh air and

no morning—only a dirty mixture of night and day forever? I am talking now to you who fret and brood over a thousand ills and ten thousand more fancied ills, and aches and pains, while the great physician makes you a free visit nearly every morning of the year. Open your blinds. Let your carpets fade. Paint your cheeks with well warmed blood. Greet the morning at sunrise. Get in love with the sun as the beautiful boy fell in love with the moon; then you will know what it is to be well and happy. I will tell you what we need—a society of American women who are pledged to rise with the sun, and spend at least one hour of each day in the sunshine.—*Mary E. Spencer.*

THE IDEAL WOMAN OF THE FUTURE.—“The ideal woman of the future,” says an eminent physician, “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 it 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.”—*Philadelphia Press.*

A WIFE'S EDUCATION.—It is for the woman whose husband works hard to earn money that I propose this special and superior education to enable her to spare and spend his money as well and wisely as he earns it. It is most necessary for the poor man's wife to know the value of money and the nature of money's worth. The cost, value and wise way of using her fuel is to her and hers a first need. The first principles of cookery are to her vital conditions of existence. She, above all, should know how to select good food, to cook it wholesomely and nutritiously,

to mix good drinks, to buy cheaply, and to get good measure and exact quantities of all she wants ; to make all her markets wisely and well ; to buy all of the best, and all at a moderate price ; that is her special wisdom. How to clothe her children, her husband and herself with good, lasting, warm stuffs ; to select them herself, to cut them herself, to sew them herself—there is occupation, enjoyment, virtuous work. Then to be able to teach her children all she knows ; to be able to train them to be wise, virtuous and useful like herself—there is work and also happiness ; and then to be able to receive from them grateful help in return—there is reward. Then look at the poor man's leisure in a home illuminated by such an educated woman ; look at an evening fireside where books can be interestingly and well read aloud ; where songs can be sung correctly and well in parts in which all can join ; where stories can be well told and games of intelligence played, and where each can benefit by another's knowledge. See how the evils and gloom of a humble lot vanish before the sunshine of an educated mother's home organization. It is to the poor man that the educated wife is the great prize of life.—*J. Scott Russell.*

COMPARATIVE STRENGTH OF MEN AND WOMEN—The rival, though essentially divergent, merits of the two sexes have been discussed so often and so differently that a few new facts will not be unwelcome. From Paris we receive the report of experiments conducted with an instrument on which the palm of the hand is placed, and a downward pressure exercised. Sixty-four men, aged from twenty-five to forty-five years, belonging to the middle classes, and whose ordinary occupation did not necessitate any sort of manual work, were prevailed upon to try their strength. The strongest man was able to produce a pressure equivalent to 85 kilogrammes (a kilogramme weighs over 2 lbs.) the weakest to 40 kilogrammes ; and the average was 56 kilogrammes. There was also an average difference of 10 kilogrammes between the strength of the right and left hand ; but the shorter men were nearly as strong as the tall men, as an average difference of only 3 kilogrammes was noted. The number of women whose services were secured for exactly the same trial of strength was unfortunately not the same. There were only fifty-two women, but these were taken from the same class of society. The force of the strongest woman amounted only to 44 kilogrammes, and that of the weakest to 16 kilogrammes ; while the average was 33 kilogrammes. Thus it may be said that, in this particular form of exercise, women only possess three-fifths of the strength of men. The difference of the right hand over



the left in women amounted to 5 kilogrammes 500 grammes (a gramme is about  $15\frac{1}{2}$  grains), while the smaller women proved to be a little stronger than the taller sisters.

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## MOTHERS AND THE NURSERY.

(CONDUCTED BY MRS. F. C. PRESSLER.)

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VENTILATION OF NURSERIES.—This name expresses the process by which we exercise a supply of good air, and implies the removal of impure air. Nurseries must be carefully attended to in this respect if we wish to keep health to the inmates. It may be that there are a good number of children in a nursery, and nurses as well, and their presence implies the removal of oxygen from the air and the substitution of carbonic acid. To prevent the former becoming deficient or the latter excessive, a supply of fresh air must be coming in from the outside, and there must be an exit for the carbonic acid. In houses where ventilation is scientifically arranged for, architects make provision for this, but in ordinary cases the air rushes in by the door when it is opened, and through seams, keyholes, etc., and fires in a room assist this action, as heated air ascends, passes out of the chimney, and thus causes a current in a room, and ventilates it. When we wish to have the room thoroughly purified, the upper sash of the window ought to be pulled down, and the lower one up, thus providing for the escape of the heated air as well as for the entrance of pure air from the outside. Where ventilation is perfectly carried on, there should be no appreciable draught, otherwise we should have the well-known bad effects of this. Fires, candles, lamps, etc., all assist in removing oxygen, and must be taken into consideration in calculating the cubic space which each child ought to have in a nursery, and, of course, deductions have to be made from articles of furniture, etc., which take up air-space in a room. In cases of illness from fevers or from any lung complaint, it is of the greatest importance that there should be free ventilation. Both kinds of disease need this, and more especially the former, where the risk of infection is the greater if there be deficient air-space.—*T. Goodall Nasmyth.*

FEED ONIONS TO THE CHILDREN.—A prominent physician was seen buying a barrel of onions, and, being guyed about his purchase, said: "I always have boiled onions for dinner for the benefit of my children. I like onions, too. They are the best medicine I know of for preventing

colds. Feed onions, raw, boiled or baked, to the children three or four times a week, and they'll grow up healthy and strong. No worms, no scarlatina, no diphtheria, where children eat plentifully of onions every day." Another distinguished physician confirmed the foregoing statement, adding: "I couldn't give better advice, no matter how hard I might try."—*Buffalo Express*.

CURIOUS "TEETHING" CUSTOMS.—"It would be a mistake," says Jacobi, "to believe that we are more mediæval than other nations. The measures for relieving the dangers from the cruel attacks by the ambushing teeth upon the unsophisticated baby prove better than anything else how the maternal (and professional?) minds have been impressed by awe-stricken faith down to the second half of the nineteenth century. According to H. H. Ploss, in different parts of Germany, Austria and Switzerland they resort to the following measures: The tooth of a colt a 12-month old is worn around the neck at the time of the increasing moon. The paw of a mole, bitten off, is sewed in (a bag) and worn round the neck, the baby to be licked by dogs. The head of the mouse is used as the paw of a mole. Every female visitor gives the baby a hard-boiled egg. The baby is carried to the butcher, who touches the gums with fresh calf's blood. The gums are touched with the tooth of a wolf or with the claw of a crab. The baby is supplied with three morsels from the first meal in the new residence after the wedding; bread from the wedding feast of a newly married couple in good repute; a mass of lind sprouts cut at 12 o'clock on Good Friday. A bone found by accident under the straw mattress. Mother, when first going to church after confinement, kneels on right knee first. A man coming to visit is silently given a coin, touches the gums of the baby three times, and—goes to the tavern." All these customs in cultured Germany in the nineteenth century.—*The Hospital*.

HYGIENIC INSTRUCTION IN SCHOOLS.—At the Congress of School Teachers, held at Bremen, Dr. Max Scholz read an interesting paper dealing with the connection which exists between the culture of a nation and its practical application of hygienic laws. From this principle he deduces the argument that hygienic instruction should be given in schools in connection with physics. The principal branches of such a course would be the solubility of air and water, the necessity of ventilation, the causes of infectious diseases, the necessity of personal cleanliness, etc. He controverts the doctrine that hygienic measures are only capable of being carried

out by the wealthier classes, and attributes the excessive prevalence of epidemic disease in country districts as compared with towns, to the want of a proper appreciation of hygienic principles. In conclusion, he recommended for adoption the following resolutions:—(1) That hygienic instruction should be obligatory in the people's schools. (2) That it should be treated as a branch of physics. (3) That the detailed portions of hygienic teaching, such as the anatomy and physiology of the body, should be taught in these schools only in the closest relation to practical hygienic purposes. (4) That in the higher-class schools, or seminaries, hygienic instruction should also be an obligatory subject, but should be taught upon systematic and technical principles.

NO CORSETS FOR GIRLS.—I can point out many ladies of my acquaintance who have never worn corsets, and who neither look limp nor stoop; in fact, I have been particularly struck with the erectness of their carriage. My mother, who is near sixty years of age, is *much straighter* in the back and shoulders than most of the *young* ladies whom I know. She never leans back in a chair, and does not appear to need *any* artificial support whatever. She has never worn corsets for an hour. My opinion is that when a person commences to wear corsets she is far more inclined to stoop than before, and as to the figure, the one without corsets is far more graceful and pleasing to the eye than the hard, bony-looking structure we so often meet. I am very glad the outcry against this article of dress is becoming so decided, and I hope much good will be the result. To put children and growing girls into corsets is simply outrageous. All the young muscles, so delicate and beautiful, should have full play to develop healthily as Nature intends them, and not be crushed and confined as they must be even by the most innocent description of corsets. The more room these growing muscles have, the less deformity there will be, for nature in her healthy development never deforms. Let us allow natural growth, and we shall have healthy and vigorous bodies.—*English Correspondent.*

PRESERVATION OF VISION IN SCHOOL CHILDREN.—Dr. Adolf Weber, in a report on the examination of eyesight in the higher schools in Darmstadt, lays great stress on the importance of the proper lighting of the schoolrooms. The windows should not reach lower than the heads of the children when standing, and where it is possible, especially in rooms for drawing or sewing, light should be admitted from the roof. Properly-constructed benches and desks should be provided, and should be

arranged in subdivisions according to the varying sizes of children in the same class. No class should last longer than three-quarters of an hour, and the intervening fifteen minutes should be spent in exercises for the children and in ventilating the class-rooms. The children should be carefully watched to prevent their getting into the habit of keeping their books or work nearer the eye than fourteen inches. He lays stress upon the necessity of avoiding fine work, among which he mentions fine sewing, and he regards all sewing as detrimental to the children up to the age of at least ten years. He recommends a strict medical supervision of every school, to be carried out at first by existing authorities, but eventually by a special medical officer. He finds short sight to increase very much during the school-going period of youth.

DEAFNESS IN SCHOOLS is a common, but often unsuspected, source of backwardness amongst children. A recent remark on this topic, to the effect that every inattentive child should have its ears examined, and that all school children should have their hearing powers tested twice a year, deserves to be repeated here. The teacher should be fully alive, it is urged, to the common ailment of deafness in children and to its results. We know, at least, of half a-dozen cases in which children who had been voted dull and stupid were found to have defective hearing. Parents should especially attend to the state of the hearing powers after fevers. Many children are highly reticent regarding their ailments, and the fear of being punished for backwardness at school adds not a little to the difficulty which both teachers and parents may experience in dealing with the evil. But, nevertheless, the condition should merit the attention of all concerned, both from its health aspect and its educational importance.

THE EFFECTS OF THE OPIUM HABIT during pregnancy on the foetus have been much discussed during the last six months. The usual tendency among a certain class of Americans who have traveled abroad to ignore all literature, except the German, is exhibited in the present instance. The only author cited is Erlenmeyer, whose work ("Die Morphiumsucht") was preceded by American researches on the same subject. Drs. Calkins ("Opium Habit," 1871), and Hubbard ("Opium Habit," 1881) called attention to the fact that there were children born of opium-eating mothers who would die if deprived of opium in the first months of life. Similar cases were reported in the "Alienist and Neurologist" of 1885. Drs. F. B. Earle and Kiernan (*Medical Standard*, Vol. III.) called attention to the same phenomenon. The exclusive credit given Erlenmeyer does an injustice to the American physicians who preceded him.—*Medical Standard*.

## HEALTH INVENTIONS, APPLIANCES AND HINTS.

SPECTACLES (to be used in surgical operations), lit by means of a small electric lamp, are a new invention. The lamp is arranged to send a beam of cool light on the part to be examined; meanwhile the rims of the spectacles exclude the outside light from the observer's eyes. The current is conveyed to the lamp by wires connected to the small terminals.

DRS. HENOQUE AND FREDEL, in a communication made to the Biological Society of Paris, state that the extraction of a tooth may be rendered painless by spraying the neighborhood of the external ear with ether. The anæsthesia of the trigeminous so produced extends to the dental nerves, and thus renders the production of the general anæsthesia needless.

ACCORDING TO EXPERIMENTS CONDUCTED by the health board of New York, it appears that dry heat of even 280 deg. is insufficient to kill disease germs, except in cases where the fabric is perfectly dry, or so loosely rolled or folded that the heat can penetrate it. But by injecting live steam into the tank, Dr. Edson's assistants have been able to disinfect clothing and bedding at a temperature of about 160 deg., and the goods come out of the tank unhurt, except that the colors in some kinds of cloth are effaced or badly mixed. The disinfection by steam is rapid and satisfactory. Iron cages are being prepared for the collection and return of bedding and clothing. Each cage has a lock to it, and the owner of clothing can keep the key while the goods are being disinfected.

IN HIS CENSUS REPORTS DR. BILLINGS ESTIMATES that in the United States 100,000 deaths occur every year from strictly preventable diseases alone. This is unquestionably a very moderate estimate, and, if there are reckoned also twelve cases of serious illness for every death, we see what a great amount of suffering results from ignorance of sanitary principles. But how is this ignorance manifested? Are not our architects competent to deal with the problem of household sanitation? It will be said, perhaps, that it is the province of the architect to direct the entire work of house building and to arrange every detail of the fittings. But it should be considered that the science of sanitation is broad and comprehensive. Years of study and experience in sanitary work are necessary for a proper understanding of the subject. It is perhaps unfortunate

that there is so little in the severe and unpleasant details of this work to commend it to those whose tastes have led them to the study of the more attractive principles of artistic construction and the science of æsthetics. An architect should have the soul of an artist, but there are few men whose nature is so broad as to combine truly artistic tastes with a love for the details of difficult mechanical work, involving the necessity for undertaking comprehensive and scientific research. It is the province of the engineer to engage in an occupation of this kind. His natural inclinations and his rigid training in scientific pursuits fit him especially for the direction of matters relating to drainage and sewage disposal.

#### QUESTIONS AND ANSWERS.

**TO INCREASE THE WEIGHT.**—In reply to a Colorado correspondent we reproduce the following. It gives all in small compass the information she needs as to the kind of diet necessary to increase the weight: Eat, to the extent of satisfying a natural appetite, of fat meats, butter, cream, milk, cocoa, chocolate, bread, potatoes, peas, parsnips, carrots, beets, farinaceous foods, as Indian corn, rice, tapioca, sago, corn-starch, pastry, custards, oatmeal, sugar, sweet wines and ale. Avoid acids. Exercise as little as possible; sleep all you can and don't worry or fret.

**LUNGS AND AIR.**—*H. W. G., San Francisco.*—In the course of 24 hours about 2,000 gallons of air pass through our lungs; and we have seen that the air thus expelled from them is unfit to support life—nay, even that it is highly poisonous. It not only contains carbonic acid gas, but some other organic matters that are much more deleterious. It has been ascertained by direct experiment that air containing respiratory impurity, measured by an addition of only two parts of carbonic acid per 10,000 of air, is the limit of such impurity that can be allowed to be present if we are to remain in health. But in order to attain this standard, no less than 3,000 cubic feet, or 10,000 gallons of air per hour must be available, and well mixed with the air breathed. In other words, by our breathing we spoil 120 times more of air than we can use in our lungs, and instead of only 2,000 gallons, we need 240,000 gallons of air every day of our lives.

**DANGER OF SLEEPING WITH CONSUMPTIVES.**—*Mrs. C. J. Beardesley, Philadelphia.*—As already noticed in this department some interesting experiments have recently been made regarding the matter which consumptive patients cough up from their lungs. As most readers know, many

able authorities hold that consumption is the result of the growth and propagation, within the lungs, of a microscopic living particle called a *bacillus*. A French experimenter, working with the matter brought up from the lungs of patients in the streets, has found that when a guinea-pig was inoculated with this matter (which had been frequently dried and remoistened in imitation of its treatment in the streets), the animal died of general consumption in about three months. The experimenter therefore concludes that it is of high importance to recognize that such matter may be offensive and dangerous to health, and may become a source of disease to those who are in any way predisposed to consumptive trouble. The danger incurred by a healthy person sharing the bedroom of a consumptive patient is also thus demonstrated anew.

THE TREATMENT OF BOILS.—*H. M., Chicago.*—Dr. Gourgues claims speedy and excellent results in the treatment of boils by boracic acid. He employs an ointment of 4 grammes boracic acid in 20 grammes vaseline with  $\frac{1}{2}$  gramme benzoic acid. The boracic acid should be finely powdered and not dissolved in alcohol or glycerine. This ointment continuously applied, he says, relieves the pain promptly, and causes the disappearance of the boil in three or four days. We have never tried this remedy and give it for what it is worth.

GLYCERINE IN FEVERS.—*Feverish, Atlanta, Ga.*—Dr. Semnola speaks highly of the following mixture in the denutrition of fever patients: Pure glycerine, 30 grammes; citric acid, 2 grammes; distilled water, 500 grammes. One or two tablespoonsfuls every hour. Glycerine he considers an economizing agent that may prove valuable in the treatment of fevers of prolonged duration, such as typhoid, in allaying the heat-wasting.

DISINFECTANT BLUE.—*W. F. C., Boston.*—A laundry blue with disinfectant qualities is made by mixing together sixteen parts of Prussian blue, two parts of carbolic acid, one part of borax, and one part of gum arabic into a stiff dough. This is divided into balls of small size, each ball being dipped into gelatine or gum to retain the carbolic acid.

A CORRESPONDENT writes to point out the danger which is likely to attend the practice of adding common soda to vegetables in process of being boiled. There is no doubt that the addition of crude washing soda to any articles of diet is a hurtful process. Bicarbonate of soda is often used to preserve the green color of vegetables. No great harm can attend this latter practice. Washing soda, on the other hand, should

never be used in contact with food-articles of any kind. But even bicarbonate of soda is not required to make vegetables green, if they are properly cooked.

**GAS AND VENTILATION.**—Where gas is used, the safety of health simply depends on securing full, free, and perfect ventilation. The necessity for this precaution is highly apparent, when we think of the impurities which gas sends forth into the atmosphere; and when we reflect on the evil which is wrought to health when these impurities are inhaled. If we can be assured of the ventilation of houses in which gas is employed, there need be no hesitation in employing this medium for any domestic purpose. In apartments where gas forms the illuminating medium, there is often a decided lack of precautions in securing the free and perfect removal of the deleterious products of gas combustion.

**TREATMENT OF BURNS.**—A physician writes: Quite often I see formulas for the treatment of "burns." As I have been burned all over my body, excepting the soles of my feet, upon which I stood while being burnt, so severely that twelve physicians said I could not live, you will see why I am so interested in such formulas. Please say from me that the free use of soft soap upon a fresh burn will remove the fire from the flesh in less time than it takes to write these words. If the burn be severe, after relief from the pain use linseed oil, and then sift upon it wheat flour. When this is dried hard, repeat the oil and flour until a complete covering is obtained. Let this dry until it falls off, and a new skin will be formed without a scar. This treatment leaves nothing more to be desired.

**PET ANIMALS AND CONTAGIOUS DISEASES.**—*J. G. F., Fernandina.*—The fact that pet animals can carry contagion, and thus be the means of spreading fatal diseases, is not widely known nor duly appreciated. We have heard of authentic cases in which scarlet fever was communicated from one person to another by means of a cat. Dr. Hewitt, of Lake Superior, relates a somewhat similar instance in which diphtheria was communicated by the same animal. He had noticed for several days that his pet cat was suffering from an enlargement of the glands of the neck; he also remarked the same in other cats. His cat found a resting-place in the wall behind the stove, and there died. The day the animal was removed, diphtheria, in its most virulent form, broke out in his family, resulting in the death of two or three of his children, the doctor himself barely escaping with his life. Up to this time, the community was remarkably free from sickness of any kind. It was the start of a



severe epidemic. We refer to this subject in hopes that more facts bearing upon it may be communicated by our readers. Such facts are at present few, but a little attention paid to the matter would, no doubt, secure much that would be of importance.

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PUBLISHER'S DEPARTMENT.

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GIVE US YOUR EXPERIENCES.—Mr. J. M. Starr, of Coopersville, Pine Co., Ohio, in renewing his subscription writes us: "I have been a subscriber for twenty-two years." A long time to look back to, and we trust our valued friend has many years—and prosperous years at that—yet in store for him. If he would only give us an account of his health habits, during these many years we are sure the narration would prove most interesting reading. Who is the next oldest subscriber? We could tell by consulting our book, but much prefer to let our readers answer the question. Let us know, friends, and not only that, but give us details of daily living for health's sake, and thus benefit your large constituency of health readers.

FOOD, HOUSE AND GARDEN.—We are pleased at receiving the first number of a little magazine published under this title by the Vegetarian Society of America, at Philadelphia. Among the experiences in vegetarian living, we clip from its columns the following:

Herbert H. Skinner, Katepwe, Canada, says: "I am pleased to learn that a Vegetarian Society has been started in America. I have been a vegetarian about four years, and would not go back to the old way for any price." John B. Campbell, Red Lands, Cal., writes: "My wife and I are vegetarians of five years' standing, and the benefits to both of us have been so decided that nothing could induce us to go back. I sincerely hope that your society may grow and prosper, as I feel that nothing in this land is more needed just now."

THE PACIFIC RECORD of Medicine and Surgery is one of the best publications of its class in the country. It is issued monthly and abounds in information valuable to the professional reader.

THE FEBRUARY INSTALLMENT of the Lincoln History in the Century Magazine, contains chapters of peculiar interest, describing the events leading up to the final removal of General McClellan, the financial measures undertaken by Mr. Chase and advocated by Mr. Lincoln for carrying on the war, and the relations between President Lincoln and Secretaries

Seward and Chase, including the incident of the simultaneous resignation of the two secretaries, and the manner in which Mr. Lincoln averted a political catastrophe. An enlarged reproduction of the map of Siberia published in the May Century is also given, showing the route taken by Mr. George Kennan.

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## IMPORTANT NOTICE.

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THE

# HERALD OF HEALTH.

Vol. XXXIX.

MARCH, 1889.

No. 3.

### INTERESTING THEORIES ON ALCOHOLIC HEREDITY.

PROFESSOR T. D. CROTHERS has recently published a suggestive article on what he terms "Alcoholic Heredity." For several years this gentleman has been an industrious worker in this particular field. His recent article shows a great advance in unravelling the remoter consequences of the mystery of drink-craving, and the consequences entailed on the children of inebriates, whether moderate or excessive. Why such symptoms as he describes "do not occur in all cases is not clear; but the fact is beyond question that children of inebriates bear marks of defective organization of almost infinite degree, form and variety." Space does not permit a mere glance at the various classes of cases defined and described by Doctor Crothers, because it is desirable for the purpose in view to confine this article to one class, which he thus describes:

"THEY ARE PERSONS OF AVERAGE BRAIN-POWER,

and in many instances are men of genius and positive force with a peculiar nerve organization. They are usually temperate men, never using alcohol, yet under certain circumstances and from some particular excitement, act and appear as if fully intoxicated." Anger, fear and sudden excitement are mentioned among the causes likely to precipitate this stage. "In such cases some form of mental shock takes place, destroying the normal balance and bringing uppermost an inherited neurotic defect. In some instances alcohol cannot be tolerated without producing nausea, vomiting and extreme depression, and yet from some unknown cause,

purely mental, they will suddenly exhibit all the usual signs of intoxication, which will pass off as quickly as they came on." These cases Professor Crothers says, come from inebriate parents or moderate drinkers, and he gives the histories of several cases, some of which are

## HERE EPITOMIZED.

Joseph B., a farmer of fifty-four, temperate, a man of character and wealth, who had never used any kind of spirits, suffered from a violent shock and alarm from a runaway horse. He was thrown out of the wagon and very slightly injured. His face was red, his voice jerking and husky, his language silly, and he staggered like a drunken man. Everybody who saw him believed that he was "under the influence." Some months after he lost a child. At the funeral all the foregoing symptoms of intoxication returned, and his family and friends were deeply hurt and mortified. A year later his farm outbuildings were burned, and he had a similar attack during the fire. A careful investigation proved that he had not used any liquor. "His father was an excessive user of spirits and his mother died of consumption, but could never tolerate the smell or taste of alcohol.

## "THE TREASURER OF A LARGE MANUFACTORY,

temperate, but very nervous, and a hard-working man of forty eight, suddenly appeared intoxicated when accused by the president of falsifying the books. He was unable to talk rationally, and both appeared and walked like one who had drunk large quantities of spirits." The next day he recovered and fully explained everything satisfactorily. Months later he was angered, and had a similar paroxysm. Still later another attack supervened from excitement, and the physician who was called in "called it congestion of the brain. In all these instances there was no evidence that he had taken any spirits. His father was a sailor and drank freely."

## A MERCHANT OF FIFTY EIGHT

lost all his property in a series of unfortunate speculations. Much depressed, he went to live with his brother-in-law, who was a physician. "He had been a temperate man from principle, and was in good health up to his failure in business." One day he received a letter containing bad news, and at once became to all appearance intoxicated. His brother-in-law, the physician, made a careful examination of all the facts and surroundings, and concluded that this was a case of what he termed

"mind-intoxication, or drunkenness from causes other than alcohol or drugs." A few weeks later he had an exciting talk with a creditor and the symptoms of intoxication returned, "During the two years that preceded his death three distinct attacks were noted, each one lasting from two to six hours. He died suddenly from pneumonia. His ancestors were both moderate and excessive drinkers." A merchant in good health very recently received a dispatch of the death of his daughter. He was in good health and temperate, and was engaged in his office when the dispatch reached him. "He lay down on a sofa and soon became wildly intoxicated. A physician was called in and made this diagnosis, although there was no odor of alcohol in the breath." He was taken home and lay in bed for a week. Two opinions prevailed: One that he had drunk in his office; the other that it was congestion of the brain. He denied having used spirits. In this case a similar heredity from

#### ALCOHOLIC ANCESTORS WAS PRESENT.

"These cases," says Professor Crothers, "are sufficient to illustrate the clinical fact that I am attempting to demonstrate. I am informed by good authority that during the late war many similar cases were noted and were the subject of much comment and speculation. Thus men who were total abstainers, under the excitement of the battlefield would exhibit the wild frenzy of a drunken man, or be stupid and largely unconscious of the surroundings." Thus a noted officer at Antietam came riding back from the "front" swaying in his saddle and shouting parts of songs in a marked drunken state. Yet he was a total abstainer and had not drunk any spirits, but "he had been at the 'front' for hours under great excitement, having had a horse shot under him. His conduct was so strange and wild that he was ordered back, under the impression that he was intoxicated." On many occasions it was clear that by no possible ordinary means could spirits be obtained, and yet men previously temperate seemed fully intoxicated.

#### WHEN THE BATTLE WAS OVER

and a degree of relaxation took place, many of the men would exhibit all the varying symptoms of alcoholic intoxication. When these symptoms appeared at the "front" under fire, they were termed "battle-drunks." A railroad superintendent informed Professor Crothers that "on two occasions he had noticed instances of the apparent intoxication of rail-

road men who seemed to be at fault through an accident. The intoxication came on after the accident, but from a most careful inquiry he was convinced that they had not used any spirits then or ever, and that their condition was unaccountable."

#### IN THOSE CASES OF TOTAL ABSTAINERS

who during some excitement manifested all the symptoms of intoxication and where inebriety existed in the ancestors, Professor Crothers deems it "a reasonable conclusion to infer an origin in heredity, which burst into activity in obedience to some exciting cause."

He then goes on to notice another class of acquired toxic states, "which have less of mystery and are more common." These are the persons who, being once hard or moderate drinkers, became total abstainers, but from some unknown causes suddenly manifested all the old signs of intoxication. Here are the outlines of a few such cases:

The superintendent of a factory, a man who had been temperate and sober for fifteen years, was engaged to be married under circumstances of great promise. The day of the wedding the bride received a letter warning her that he had been a hard drinker and that he was a bad man otherwise. This she sent to him by the hand of her brother. After reading it he there and then showed all signs of drunkenness and went to bed. The wedding was necessarily postponed. He afterwards asserted so positively his innocence that Professor Crothers was called in to give an opinion. "A careful examination indicated that this was some condition of shock or sudden congestion in which symptoms of intoxication appeared. His assertion of not having drunk at the time was literally true. A history of moderate and excessive drinking was noted in his parents."

#### ANOTHER OF PROFESSOR CROTHERS' OWN CASES

was that of a clergyman "with a marked history of heredity." He was under the Professor's care for five months, "when one day a brother clergyman paid him a visit and no doubt talked to him very severely on the sin of drinking. I found him a short time after in bed with all the symptoms of intoxication. He had a childish idiotic expression, and was in a semi-delirious state. He remained in bed two days, and had all the appearance of one who had suffered from alcoholic poisoning. This was the first pronounced case I had seen and could not be mistaken. The sudden emotional excitement precipitated him into the pathological state of intoxication."

## THERE ARE OTHER PERSONS

who become apparently drunk when in the company of others who are drinking, although they drink nothing themselves. This phase of the disease has been discussed by the same author under the title of "Mental Contagion in Inebriety." He has also discussed the occasionally violent outbreaks of persons belonging to all those classes, where they jump into prominence from some unusual act or crime. Specialists are entering this new and fruitful field with increasing enthusiasm, and by and by inebriety and its evils and hereditary consequences will be understood, treated and prevented as positively as any other disease.

EDGAR VANDERBILT, M. D.

## DOES MATERNITY AFFECT THE VOICE.

Does maternity affect the voice of singers is a problem that has of late engaged no little attention. An expert on the voice, Dr. Robertson, of New York, believes that the fact of a woman becoming a mother has little effect upon her voice. "There is no reason," he says, "why it should. Having a child is a perfectly natural operation with women, and should cause no more inconvenience than any other operation of nature. That it is attended with inconvenience, pain, suffering, and sometimes death is due to our disease inviting system of dressing. The portion of the body which, if regulated by natural laws, is always large enough in a woman to admit of bearing a child without suffering, has for centuries back been crushed out of proportion by the corset. A woman's great-grandmother, grandmother and finally her mother, have all been in the habit of squeezing themselves out of shape, and this woman inherits this deformity the same as she inherits a peculiar nose or mouth or any other physical characteristic. In addition to this, from the time she is fifteen years of age until the day of her death, she religiously follows in the footsteps of her ancestors, and takes care to transmit the

## FAMILY HEIRLOOM TO HER OWN DAUGHTERS.

It is owing to this state of affairs that as the day approaches for the birth of a child, instead of being hailed with joy its approach is viewed with gloom and apprehension. An Indian woman on the march with her tribe will bring forth her child without inconvenience or medical aid of any description. She will halt for five minutes, long enough to bandage

a child up, and then swinging it over her back, resume a march of probably thirty or forty miles. But while maternity itself is never directly responsible for the loss of voice, the complications which arise nowadays from maternity often are. The commonest form of these troubles is what is known as neuroses. It is nothing more or

LESS THAN A NERVOUS DISEASE.

And as the vocal chords are controlled almost entirely by the nerves, loss of voice is one of the most frequent results of this form of disease. Take a man with a powerful, resonant voice, suffering from stage fright. What is it that ties his tongue, so to speak, and keeps his vocal apparatus from performing its accustomed duties? Why, the nerves to be sure. The minute he steps off the stage and regains terra firma, with the return of his self possession comes the return of his voice.

I DO NOT ONLY DENY THAT MATERNITY

is directly responsible for the loss of voice, but must go further, and say that in a great many cases it mellows it. Take Mme. La Blache, the marvellous contralto, who at one time occupied that place in the musical public's affections now held by Scalchi. She was one of my patients, and had seven or eight children. She herself told me that after the birth of her child her voice became richer and more melodious. That is an example among singers. Among players, there is Agnes Booth, another of my patients. You know what a magnificent speaking voice she now possesses. Before the birth of her first child her voice was inclined to be a high soprano,

WITHOUT THE FORCE AND RESONANCE

it now possesses. I cannot venture my opinion about Mme. Gerster's loss of voice, as I never treated her and do not know what complications may have been incidental in the case. The real cause of loss of voice is from nervousness, resulting from worry and anxiety, and as this is the unhappy lot of most of our actresses and singers, that they are troubled with temporary loss of voice is not surprising."

The physician who attended Mme. Gerster spoke of her case as follows: "When it was announced that Mme. Gerster had lost her voice it was immediately assumed by all the newspapers that it was solely due to the fact that a short time previous she had become a mother. This was a very broad statement. Whether maternity is responsible for the temporary or permanent loss of voice is much too complex a subject to discuss.





I will say this, I do not believe that maternity is directly the cause of any loss of voice, but it may give rise to complications which result in loss of voice. This was exactly Mme. Gerster's case."

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## ON THE HYGIENIC CARE OF THE TEETH.

BY PROF. MAXIMILIAN HERSCHFELD.

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To preserve the teeth in a healthy condition, to prevent caries, the utmost cleanliness of the mouth should be attended to. Here we have to answer a question so frequently addressed to the dentist, how often and with what to clean our teeth. After having acquired by thousands of investigations the certitude that in almost all men the oral fluids are acid in the morning, it is self-evident that a cleaning of the teeth should take place in the morning. They should be rinsed also after each meal, so as to remove the particles of food which may have remained. The rinsing cup, introduced into many houses for use after meals, is highly to be recommended.

### A CLEANING OF THE TEETH

before going to bed is so much the more indicated as, during the night, particles of food left between the teeth would certainly turn to putrid and acid fermentation, causing injury to the teeth. A toothbrush should always be the instrument used for cleaning the teeth, and it should be applied not only to their interior surface, but also to the interstices and to the surfaces of mastication. Tepid, not cold, water should always be used, for without considering that the teeth are little able to support cold water, it is a well-known fact that in all operations warm water gives better results than cold water.

### ALL REMEDIES SELECTED

for the cleaning of the mouth or of the teeth should always possess the property of counteracting the acidity of the mouth. For this purpose some alkaline dentifrice ought to be chosen, as for instance, soap—medical soap or almond soap, for color and taste are secondary considerations in a dentifrice, neither increasing nor diminishing its efficiency. Some dentifrice ought certainly to be used, for even in washing face and hands with pure water alone no satisfactory result is obtained; although, on the other hand, careless use of dentifrices containing mineral or vegetable acids, such as citric acid, alum, salicylic acid, etc., tends in

a considerable degree to the destruction of the dental substance. It is unfortunately a fact that just such dentifrices, containing noxious ingredients, are daily preconized in numberless charlatanic advertisements.

#### MANY PERSONS USE PREFERENTLY

mordicant dentifrices with the object of rendering their teeth white and lustrous, such as linden wood or bread coal; pumice stone, pulverized oyster shell, all of which are endowed with a mechanical action, or preparations containing some acid, as for instance, borate of tartar. The use of such remedies will cause incalculable damage to the teeth. Linden wood coal presents, moreover, the inconvenience of making its crystalline little bars penetrate into the gum, causing a blue or black edge which never disappears. Acid preparations ought positively to be avoided, and we have demonstrated their injurious and deleterious action. For the preservation of the teeth generally and of those which are not damaged yet in particular, it ought to be considered a rigid rule never to tolerate a hollow tooth in the mouth.

#### A HOLLOW TOOTH, BY THE PAINS

it will cause occasionally, makes mastication more difficult on the corresponding side, and yet mastication is necessary for the preservation of the teeth. Teeth not used for mastication, whatsoever may be the reason, are constantly liable to become carious. The principle which says that every organ is best preserved by the exercise of its natural functions, is peculiarly applicable to teeth. In no less degree a hollow tooth makes it more difficult to keep the other teeth clean and contributes in this way indirectly to the decay even of those teeth which are not in immediate contact with it.

#### LASTLY, A HOLLOW TOOTH

is a permanent source of bad and repulsive odor. In case there are several of such teeth it is to be borne in mind that it is by no means without injurious effect on health, generally if food mixed during mastication with putrid and fetid secretions, is constantly introduced into the stomach, or if the air during inspiration, always passes over such a focus of putrefaction. Thus we see that the rule founded on experience, according to which a hollow tooth has to be filled, or if this should be impossible, has to be extracted, is abundantly borne out by reason. In view of the fact that, in our days, a performance of this kind, so much dreaded in former

times, is entirely painless by application of cocaine, laughing gas or chloroform, all dental operations have lost their terrors.

#### AFTER CARIES, THERE IS NO DISEASE

more frequent nor more pernicious for the teeth themselves as well as for the whole sanitary condition of the mouth than the frequent deposits which take place on them of various calcareous salts, falsely called tartar. In former years it was thought that this mineral deposit originated directly in the stomach, but *Richter* in his book asserted that this "mucous and stone-like substance" was produced by the humors of the mouth and especially saliva. Modern chemical researches confirm this opinion. Saliva, like other fluids, contains solid elements, especially phosphate and carbonate of lime dissolved in it, but easily separated from it and combining with particles of saliva and infusoria into an incrustation. In this way is formed the stony layer around the upper part of the tooth by which the gum is more and more pushed back from the tooth until it reaches the root, loosening it and

#### CAUSING THE TOOTH TO DROP.

This deposit does not hurt the tooth itself, but it renders the gum inflammable, sore and ulcerous. It mostly produces a catarrhal inflammation of the gum which causes a tough slime to gather around its edges. The irritation of the gum induces increased affluence of blood, and in this way originate those bulky spongy tumors which the slightest action causes to bleed. This catarrhal inflammation of the gum spreads to the mucous membrane of the mouth and throat, and the purulent mucosity, resulting therefrom, enters into decomposition and gives rise to bad odor.

#### ONE GLANCE AT THE DENTAL EQUIPMENT

of persons who are doing little or nothing for keeping their teeth and mouth in a clean condition will show, especially at the upper incisors and eye-teeth, a dirty-looking, greenish covering which is caused by fungi. In the Orient, and even among the fair inmates of the harems, there is frequently to be found an incrustation occupying the entire row because, in consequence of religious prejudice, the use of tooth brushes made with bristles of the hog, is banished. Altogether, among ourselves where such religious prejudices are not in play, there are many, very many, to whom the toothbrush is a *ignotum quid*, and who show neglected rows of teeth, disfigured either by a hard or by an ulcerous covering, and ac-

accompanied by all those disagreeable consequences which culminate in the loss of the teeth themselves.

#### IN CLEANING THE TEETH

special care should be taken of the interstices, and not so much of the broad anterior surface, of the teeth. For any one who uses his teeth properly in eating, who bites and chews even the crust of hard bread, will have the anterior surfaces of his teeth sufficiently cleaned in that way. But cleaning, properly speaking, decidedly requires a brush. But it should not be used horizontally only, from left to right, and inversely, but also in the direction of the growth of the teeth, as for instance in the lower row from bottom to top. In this way the residue of food, sticking in the interstices, are easily removed. Having taken the habit of using the tooth-brush in this manner, it is easy to do away with the tooth-pick, avoiding at table its unseemly sight to the neighbors. It is true, of course, that in many cases where triangular interstices have obtained between the upper part of the teeth, where tough substances, meat fibres, and the like, may settle and resist the most careful brushing and rinsing, the use of a little piece of wood or a quill as a tooth-pick will become unavoidable. Under no circumstances, however, this act of cleanliness ought to degenerate into a silly occupation which is so easily induced by a purposeless poking among the teeth.

#### THERE WILL CERTAINLY BE CASES

of morbid affection of the teeth in spite of all care bestowed on them. On the other hand, there are persons who never used a tooth-brush and yet are scarcely afflicted with bad teeth. These two facts, combined, would apparently demonstrate the uselessness of hygiene of the teeth. But something else is to be considered. A person who, in spite of care, may have a few hollow teeth, would surely be much worse off, if he neglected this care. The fact is that all teeth are not equal. White, bluish and gray teeth are more liable to decay. Their care being neglected, whole rows of them have been converted into ruins at 20 to 30 years of age. With the aid of careful attention, they may, with insignificant losses, remain in usefulness up to the latest age. Yellowish teeth are mostly very solid, yet they also are not indestructible, and will succumb to disorganization by lack of cleanliness.

#### IT IS AN ILL-FOUNDED OBJECTION

to the use of the brush, to say that the gum easily bleeds. Brushing is, on the contrary, eminently apt to render it hard and healthy. Being

brushed properly once at least every day, it will never bleed. But by neglecting this procedure one day only, the gum, by the action of the fermenting and irritating deposit formed on its edge, will have become on the following day already loosened enough to bleed when brushed. Consequently, persons whose gum is inclined to bleeding, have nothing better to do than subject their teeth to brushing every morning and night. Another objection to the use of the brush is the notion that it causes the teeth to lose their enamel, which is completely false. The enamel may gradually become a little thinner by the polishing action of the brush, but to remove it entirely, even by repeating the brushing process twice a day, the whole age of a man would be insufficient.

From all that precedes, it results clearly that thorough cleaning of teeth and mouth suffices to keep the teeth in good health up to a late age. Beautiful teeth are something fortunate, but healthy teeth are meritorious!

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### HOW A RAGING FEVER WAS CURED.

(Special for the HERALD OF HEALTH.)

HEREWITH I give you my remedy to cure fevers. My family insisted upon me several years back to eat and drink like people generally do that can afford it, that is to say, plenty of meats and fats, eggs, butter, cream, tea, coffee, etc. The consequence was that I got a regular good oldfashioned bilious fever, so much so that a priest that came to see me thought I would certainly die, as he knew that I refused to take medicine. My wife feared the same, and asked me to send for a doctor. My answer to her was not to be alarmed. A man, who pretends that he can cure others, must be able to cure himself. All I insisted upon was that she should see me treated as I would order, as I was unable to handle myself. When the fever was very high I had a sitz bath tub with  $1\frac{1}{2}$  buckets full of fresh water from the well placed in front of my bed. In this I took a sitz bath. Then I had my nurse (my wife) take a quart cup, from which to pour fresh water down my neck, back and shoulders until the blood heat was down to normal. Then I had a woollen blanket spread over the mattress of my bed, with a dry sheet over it. Then I had another sheet, wrung out of fresh water, spread over the dry sheet. I laid myself naked on the damp sheet, which was well packed around my whole body; then next day the dry sheet, then a woollen blanket

packed around, and on top of that a large feather bed to keep in all my body heat to make me sweat. Then that process I had to repeat three times, and the fourth day I was able to walk around the garden, getting well fast. This was four years ago, and I have had no fever since. I do not, since that time, however, eat anything that makes bile and other impurities that could cause sickness. I will here add that I ate nothing during my fever sickness, but drank all the fresh water I could, so as to clean the system. Dr. Semola, of Georgia, will condemn his fever cure as much as all the other preventive medicinal cures have been before long, I think. All the medicinal remedies don't amount to a row of pins if the system of the patient is not wrenched, bathed and cleaned out. I say remove the cause, and we remove the sickness. The undersigned was made very sick by an overdose of calomel in 1849, administered by a medical doctor, which caused a sickness of twenty-five years standing, and which forty eminent doctors could not cure, but bathing, exercising, and proper dieting did it alone. So much for the diet cure.

Yours, truly,

G. W. T.

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#### SOME INTERESTING CORRESPONDENCE.

*Editor of Herald of Health* : Having read the HERALD for many years and being much interested in the sketches given of those long lived people which you have favored us with, I thought perhaps I might furnish you with one more such character. The subject being my own mother, Mrs. Betsey Wright, I wrote her to give me an outline of her (to me) most wonderful life. She writes me :

"I was born February 16th, 1797, in Suffolk, England. My parents were farmers, and followed it all their lives. My school days began at five years of age and ended when I was fifteen, after that time I was taught everything pertaining to domestic life such as was common to comfortable well-to-do farm life ; at nine years of age I was taught to milk one cow. In my girlhood I was entirely free from care, had a good home and plenty of everything. I was married at the age of twenty-two, my habits during womanhood whilst raising my family were quite regular. I never allowed myself to fret or worry about anything although I had many grievous things to annoy me. I always believed that all would end well to those who do well. My good and kind husband passed away some fifteen years ago. I have had sixteen children, eleven of whom reached

maturity, all strong and healthy except the last. In regard to diet, I have always abstained from fat or greasy dishes, never ate any pork, but little flesh food, more fond of fish or fowls. I have always accustomed myself to eating very slowly. My dinners consisted principally of some meat, pudding or fruit, my drink was water or milk with water. Supper at 5 o'clock of bread, little butter, cheese, or cake or biscuit. My breakfast, simple bread and cheese, mush and milk, very little butter. The only stimulants used were home-made wine and then but seldom. Never used any medicine other than of domestic make. Never had any disease of any kind. I was reared in the faith of the Church of England but joined the Baptist Church shortly after marriage. In all the ups and downs of my life God's word has been my support and enabled me to look on the bright side of all things. To these habits I attribute my long life."

Mr. Editor, allow me to say I am the youngest son but one *living now*. I am fifty-two years old. I remember my mother as a most industrious, energetic and religious woman, small of stature, qualified with the most intense nerve power I ever saw in mortal. She is now living at 1070 West Van Buren street, Chicago, able to do some housework and can walk and enjoy life about as well as for the last twenty years. The lesson physiologically proves the cares of maternity, with all its anxieties and all troubles which mother has had in great numbers, can be borne with in connection with a good healthy body and a strong will sustained with temperate habits and firm faith. Respectfully yours,

Berkeley, Cal., February, 1889.

J. G. WRIGHT.

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THE EDITOR WISHES HE COULD.

*Editor Herald of Health:* I write while the orange blossoms are pushing forth (yet the trees are breaking down with their loads of golden fruit) the perfumes filling the air, mingling with the soft, sweet odors of roses, heliotrope, with other shrubs and plants unknown to me. I wish the hard worked editor of the HERALD could but place himself at my door for a stay of but one week, if no longer. The beautiful sight of mountain, hill and plain, snow, green bushes and miles of green fields of wheat and barley, while at his feet and surrounding him a waving mass of flowers, scented shrubs and plants growing in profusion. Respectfully,

Box 983, Pasadena, Cal.

THOMAS F. CROFT.

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## EDITOR'S STUDY.

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### OUR RULES FOR GOOD HEALTH.

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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.

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PHYSICIANS UNABLE TO COPE WITH PNEUMONIA.—Dr. Gouverneur L. Smith of New York has just given some interesting and startling facts in regard to pneumonia. Dr. Smith points out that the disease is becoming worse every year, increasing rather than decreasing, both in the number of cases and the percentage of mortality. The statistics of the Pennsylvania hospital show that the mortality from pneumonia there advanced from  $6\frac{1}{4}$  per cent. in 1847 to  $18\frac{1}{2}$  per cent. in 1867, and 31 per cent. in 1886. Similarly in the New York hospital the ratio of mortality from this disease is more than double what it was in 1878. Thirty or forty years ago it was regarded as serious, but did not excite anything like the alarm it does to-day. Dr. Smith is rather inclined to believe that the medical art, instead of progressing in its treatment of pneumonia, has actually gone back, and holds that the old methods of treating the disease at the time it was less deadly have been abandoned for methods more finical, but less efficacious.



ONE HUNDRED AND SEVEN YEARS OLD.—In a small cottage way out in the suburbs of New Orleans, where the air is pure and the residences are scarce, there departed this life recently at the wonderful old age of 107 years Clementine Landry, for over 100 years a resident of New Orleans. This aged colored woman was born in St. James parish during the year 1782, and strange to say has never left her native state since that time. Her many children and grandchildren remember hearing the old lady speak of General Andrew Jackson's great victory at Chalmette and the enthusiastic manner in which he was received by the populace, and the many other incidents of the long ago that are only remembered by a few. During the days of slavery Clementine Landry was owned by Mr. Vallerie Gaudet, at that time a prominent citizen of New Orleans. At the time of death the members of her family amounted to about fifty persons, among whom there are at present living four of her children, the oldest of whom is 70 years, eleven grandchildren ranging between the years of 20 and 35, and twenty-four great-grandchildren between the ages of 12 and 17.

MENTAL LAZINESS AND ITS EFFECTS.—The London *Spectator* is decidedly severe on those people who declare they "can not learn" this thing and the other, while they easy enough master plenty of problems quite as difficult. It pronounces the whole thing a species of mental laziness which deserves neither sympathy nor indulgence. It declares that plenty of men and women "positively will not apply their minds at all, preferring any consequence which may result from ignorance, and emerging from school as ignorant as fishes, while still larger classes—possibly even a majority—betray the same impulse as regards particular subjects." It goes on to give striking illustrations of the way in which people learn what they have to, or what they are incited to by vanity or self-interest. The surprising thing about it, too, is that this mental indolence often shows itself so markedly in people of much natural ability; and the writer concludes that if "the inability is not positive, but only relative, and is produced either by what we call want of interest in the subject, which may be either instinctive or natural, or by a sense of pain in the effort, that like the pain to the arms in swimming, can be overcome only by frequent and continuous practice. If the necessity is peremptory, the inability speedily disappears, and that often in a way which at once indicates its source. It does not disappear gradually; it lasts, apparently, as insuperable as ever, up to a definable moment; and

then, presto! it is gone never to return. The truth is, enough has been learned to waken unconsciously the faculty of attention, or, in other words, to take away the pain of it, and then the natural power has full its swing." All this is interesting and suggestive, and in a certain sense it is true. Undoubtedly it is easy to give too much weight to natural inclination, and to allow a disinclination which it is by no means fair to call mental laziness, pure and simple, count as a natural disability to accomplish intellectual work. The idea that men for any department of mental achievement must be born rather than made is as common as it may be mischievous. Whatever one does not wish to do he straightway becomes unable to do, and the excuse is one so subtle that in the end one almost believes it himself. Nevertheless it should be borne in mind that there are two sides to the question, and that no amount of reasoning can do away with the fact that some men are born with aptitude for one thing and others for another. To claim that all men can learn all things if they tried is to put forward a proposition absurd on the face of it. Men who are clever in one direction are often surprisingly dull in others, and the curious twists of the mind are past finding out in this particular direction as in others. It is therefore possible that the man who claims inability to do a given thing is so molded by nature that he can not do it or could only accomplish it at the expense of exertions which would produce far more satisfactory results if extended in some other direction; but it must, after all, be confessed that this is the less probable explanation in most cases, and that generally one is pretty safe in accepting the position of the writer quoted above, and assuming mental inability to be merely mental laziness in the nine cases out of ten.

EXPERIMENTS ON HYPNOTISM.—At a meeting of the Berlin Medical Society Professor Virchow introduced a French physician, Dr. Feldmann, who made some experiments in hypnotism. A young man named Garrick offered himself as a medium. After a few seconds of the usual manipulations the medium fell into a deep magnetic sleep. He became perfectly apathetic and motionless. In this state of "suggestion" Dr. Feldmann showed the influence of various medicaments on the medium, who took quinine for sugar, smacking his lips with enjoyment, and he believed ammonia to be perfume and smelt at it for some time. Immediately afterward, following the will of the doctor, he showed the usual abhorrence of those bitter and caustic substances. With the same success he ate a lemon for an apple. A piece of camphor held on his forehead

had a singular effect. The medium bent his body far backward and had to be held on his chair. A magnet caused a dreamy state, during which the medium related his impressions as to events in the street, in which he believed himself to be. Then the medium obeyed the will of the doctor in various ways, shoveling snow, skating, falling and rising again with one jump at the doctor's suggestion, and finally took a pocket book by force out of Professor Virchow's pockets. He was then ordered by Dr. Feldmann to reseat himself and soon woke out of the hypnotic sleep, remembering nothing of what had happened. Two young physicians then spoke, declaring that such experiments were without scientific basis. They believed the "suggestions" to be probably genuine, but as to the other experiments, especially the effect of medicines and the magnet, they thought they needed careful examination.

HUSBAND AND WIFE.—Amongst other absurdities we have well-meaning husbands and wives harassing one another to death for no reason in the world but the desire of conforming to current notions regarding the proper conduct of married people. These victims are expected to go about perpetually together, as if they were a pair of carriage horses; to be forever holding claims over one another, exacting or making useless sacrifices, and generally getting in one another's way. The man who marries finds that his liberty has gone, and the woman exchanges one set of restrictions for another. She thinks herself neglected if the husband does not always return to her in the evenings, and the husband and society think her undutiful, frivolous, and so forth, if she does not stay at home alone trying to sigh him back again. The luckless man finds his wife so *very* dutiful and domesticated, and so *very* much confined to her "proper sphere," that she is, perchance, more exemplary than entertaining. Still, she may look injured and resigned, but she must not seek society and occupation on her own account, adding to the common mental store, bringing new interest and knowledge into the joint existence, and becoming thus a contented, cultivated and agreeable being. No wonder that while all this is forbidden we have so many unhappy wives and bored husbands. The more admirable the wives the more profoundly bored the husbands.

THE ANTIPYRIN HABIT.—The new coal-tar product antipyrin has already started a vice of its own. This singular compound was discovered by a German chemist, and on account of its remarkable qualities is now used the world over. It has the power of reducing the temperature of the

body by several degrees, and so is of vast utility in treating fevers and feverish stages of many diseases. It does its work by depressing the action of the heart, and generally when employed by physicians it is accompanied with digitalis to neutralize its influence in the latter regard. Women use it partly because it is a sedative and partly because it makes the complexion beautifully clear and pale by keeping the blood away from the surface of the body. The habit, like all others, grows upon the person who practices it. It does harm, however, from the first. With women who are weak it increases their weakness; with those having a predisposition towards heart disease of any sort, it increases the tendency to a terrible extent. Besides these results, antipyrin exerts a peculiar influence upon the blood, which is not yet thoroughly understood by the faculty. It seems to undergo some decomposition or breaking down when absorbed by the system, developing unknown compounds, which either attack the blood itself or else powerfully influence the nerves and ganglia which control the vital functions.

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### WOMEN AND THE HOUSEHOLD.

[CONDUCTED BY HELEN FLETCHER.]

SOCIAL DANGERS THAT ASSAIL WOMAN.—The greatest danger that assails woman to-day is modern society. Had I a daughter, I would rather see her sick in a hospital with small-pox than to see her mixing with the society of to day. Its roots are poison. It creates a spirit of jealousy which is ruining the world. Its text book is the fashion plate, and it is a curse to civilization. Modern society demands so much that the day laborer, mixing with it, cannot pay his bills. Go out on the streets any day and see the moving that is being done. Men are constantly moving into new neighborhoods with new grocery shops at hand. There are hundreds of such people, and their inability to pay their bills is caused by their attempt to keep up with their neighbors. One-half of the world is in debt to the other half. Men don't pay as they go, but try vainly to keep their wives and daughters on a par with those of their neighbors. Men have been driven to suicide by their families' extravagances. Were I to place an inscription upon the monument of one of these men, I should say, "Choked to death by his wife's ribbons." This jealousy and extravagance causes crime and poverty. There are more women who die

of dress tremens than there are men who die of delirium tremens. An evil which threatens women is the bad literature of the day. Ninety-nine novels out of a hundred are injurious. A woman should never read a fictitious story which misrepresents life ; she should beware of the sensational book and any book that inflames the mind by its passion. Obscene pictures which are passing through our postoffices every day should be anathematized in every way possible. I am sometimes tempted to believe that amateur photography is a curse. In modern society one-half of the society men are wondering how in the world they can get the wives of the other half. This may bring smiles to some faces, but it will bring tears to the eyes of others. Clubs and hotels are becoming dens of corruption. I know a man whose hand one-half the people of this city would be proud to grasp. Yet I know that this man has two families living in different parts of this country. There may be others of the same sort whom I do not know. Marriage life sinks lower and lower. The marriage relation has come to be a joke. Every man should be married, and the one object or principle upon which he should seek marriage should be pure love. A woman should study to get that one who is best suited to her life and character.—*Rev. A. J. Wheeler.*

WHO SHALL OBEY?—In a true marriage there will be no question as to which shall govern the other, but it will be an equal partnership in every respect. If, however, one or the other is to obey, it will never be settled by the marriage ceremony which one it is to be. The stronger nature will assume control over the weaker, regardless of sex ; but sometimes a woman finds her hands tied with several children, so that she cannot earn the living, and the pocketbook in the hands of a husband who chooses to command. In that instance she will have to obey for the sake of the children. In such a case as this it is a question which is better, silent submission or open rebellion. Very often the bully is at heart a coward, and if the wife is brave enough to assert her rights she will get them.—*Ida Harper.*

A WOMAN ON KISSING.—It has been the gallant habit of men, from time immemorial, to comment unfavorably on the habit which women have of indulging in the useless distribution of kisses among themselves, but it is not often that the animadversion of the erring sex itself is visited on the same theme. A critical young lady, however, was recently heard expatiating vigorously against the senseless custom. "Do, for goodness' sake," she remarked, "say something about the silly way that women

have of kissing each other every time they get together. If 20 women were to meet in the street every last one of them would have to kiss the other 19, and there would be—let me see—380 kisses worse than thrown away, for probably in ten minutes the whole party would separate into squads and go off talking about each other. When you see one of these very violent miscellaneous kiss-everything-within-sight kind of woman, it is safe to set her down as a fraud, which she generally is. If I had my way, kissing should be confined to family use and for medicinal purposes.” Then the talk ran off on other kinds of kissing, and a story was told of a young lady who kissed a baby held in its father’s arms; then in a moment of temporary insanity or abstraction she stood on tip-toe and kissed the papa. Realizing instantly what a dreadful thing she had done, she wheeled around and kissed the baby’s mamma, who was standing near, and retired in good order. Her satirical sister squelched the poor young woman as they left the house by asking her if she didn’t want to go back and finish it by kissing the hired girl.—*Indianapolis Journal*.

CARE OF THE HANDS. —One who has suffered from chapped hands says: “With care the hands may be kept smooth, even by those who handle the dishcloth. For cleansing the hands use oatmeal instead of soap, or a little ammonia or borax in the water they are washed in. Be careful to dry them thoroughly every time they are washed, and then to apply a little vasaline or cold cream, wiping the hands after the application. Oxalic acid in a weak solution will remove stains, or, what is better, a bit of lemon, for oxalic acid is poison, and must not be permitted to touch an abraded part of the skin. At night rub oatmeal over the hands and wear a pair of gloves a size or two too large. This is especially for those who, after their housework is done, sit down to the piano, or occupy themselves with fine sewing or silk embroidery.”

THAT THE LAWS OF HEREDITY are not comprehended and obeyed in the matter of selection of male or female is a matter of profound regret. The lower animals are carefully bred, while men and women mate with rarely any rational reflection as regards their fitness for each other, physically or mentally. We grant that a wise discrimination in the choice of lover, and perhaps husband, is almost impossible, and the only safeguard for her future is in the discreet investigation of the moral and physical status of the applicant by her physician. This is heresy, but a physician practicing in Brazil says that a man about to marry is required to furnish a certificate from one or more physicians that he is free from all signs of

any of the diseases which are liable to be transmitted to the offspring. This is not required by the government, but is a sort of family law or custom recognized among the higher classes. And we believe this to be not only reasonable, but just. The female or her parents cannot investigate this subject, and the lover will not peril his hopes of a wife by a confession of his own disability.—*Pacific Record.*

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## MOTHERS AND THE NURSERY.

(CONDUCTED BY MRS. F. C. PRESSLER.)

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SPRAINS ARE AMONG THE MOST SEVERE ACCIDENTS to which we are liable. When a joint is sprained swelling comes on gradually. In dislocation the swelling and loss of motion of the joint happens immediately after the accident. A sprained limb should be kept perfectly quiet. To prevent inflammation, use poultices of wormwood, hops or tansy.

THE CARE OF THE CHAMBERS IN A HOUSE is an important part of the mother's duty. They are not so difficult to keep in order, providing they are not neglected, but looked after each day as carefully as the housewife's time will allow. There are parts of the housework that may be slighted when the housekeeper is in a hurry, but that part should never be the chamber work. The health of the household demands that this work should be done properly. A carelessly cared for sleeping room is as much to be dreaded as an ill kept drain pipe, for either will bring the doctor to the house more frequently than most people could wish.

TO REMOVE DANDRUFF.—Children's scalps are often badly affected with dandruff. A correspondent advises the following remedy: One ounce flour of sulphur and one quart rain water. Shake several times and let stand over night, or for several hours. Strain the clear liquid, which use as an ordinary hair dressing. Before using give the hair a good brushing with a good bristle brush.

MICRO-ORGANISMS IN THE STOMACH OF INFANTS.—Dr. M. D. Van Put-eren finds that during the first two months of life the microbes existing in the stomach are very various, no single form being constant. Their presence must therefore be merely accidental. The number of microbes in the stomach is always in direct proportion to that of those existing in the mouth at the same time; consequently, by means of a micro-biological examin-

ation of the mouth, the condition of the stomach may be pretty accurately inferred. It is evident, therefore, that the way to prevent the access of micro-organisms into the stomach is to exclude them from the mouth. It must also be remembered that the stomach in such young infants, containing much less acid than it does in older persons, presents a decidedly favorable field for the development and multiplication of micro-organisms.

THAT AWFUL SCOURGE, DIPHTHERIA.—The communication from Dr. J. L. Tucker on "Diphtheria's New Form," with its quotation from the recent work of Dr. Oertel, of the Munich University, is important for information which it furnishes, but it will strike the general reader with a feeling of despair as he considers the subtle character of this dreadful and fatal disease. Dr. Tucker thus states Prof. Oertel's diagnosis of the malady: "Epidemic diphtheria is caused by a species of fungus. The fungus deposits itself from the atmosphere on the mucous membrane of the air passages. Thence it is absorbed and enters the blood, where it is transformed and converted into a chemical poison called ptomain. This poison is what causes all the mischief. The white blood corpuscles take it up greedily and perish in consequence. The blood carries the effete cells to all parts of the body, causing the impairment or destruction of the spleen, kidneys and nervous tissues. Cell destruction goes on everywhere. The cells and cellular tissue become a conglomerate mass. 'Globules, flakes, scales, granules, fine-grained, crumbling, dusty ruins are all that remain.' From these ruins springs a fibrinous exudate and a watery infiltration from the blood liquifies the perishing mass. And now comes the answer to our question. If this mass of broken-down and transformed cell and tissue lies near the surface, he says, it breaks through and coagulates, thus forming the so-called 'diphtheritic membrane;' if it lies deep, the end is liquefaction and complete dissolution." The German scientist has made a scholarly and searching diagnosis, but, alas! with all his skill, he suggests no remedy or any hope for the cure of the patient whose blood has absorbed the poison. If it comes to the surface and forms what is called the "diphtheritic membrane" and it is attacked in time, the skillful physician sometimes saves the patient, but if it does not come to the surface the physician gropes in the dark, and apparently there is no hope.—*Chicago Tribune*.

THE DECLINE OF MATERNITY.—It is a prevailing fashion, says a writer in the *Philadelphia Record*, is to bemoan the decline of the family and of



home life. The good old days when a mother took pride in rearing a tribe of a dozen or score of sturdy boys and bouncing girls are, they say, irrevocably gone. They allege that women in high life have ceased to esteem the sanctity of motherhood, and are satisfied that one or two "curled darlings," whom they can hand over to the tender mercies of a hired nurse, should constitute their entire family. I can't believe that there is a deterioration of mother-love in America. Even the most frivolous society woman dotes on her new-born babe, and after every birth is disposed to long for still another child. There are very few mothers who delegate their maternal duties to others for any other cause than lack of ability on their own part. There are in this city a considerable number of women who employ nurses to perform the maternal functions, but there is not one in five hundred but would gladly nurse her own babe were she not physically incapacitated. This inability is not of necessity her own fault. It is largely due to heredity and a lack of hygienic culture when she was in her childhood. She has had too little physical exercise, and has been whirling about at balls and parties at a time when she should have been in the nursery. English and German mothers are hardy and healthful, and can almost without exception nurse their own infants, all because their physical well being has been attended to from their earliest days. A leading professor cited Emerson, Dr. Holmes, John C. Calhoun, Daniel Webster, President Cleveland, and President-elect Harrison as instances of genius born in a small family. He thought it unfair to assume that genius only flourished where there was a houseful of sons and daughters. "Most American women," he said, "welcome and cherish a state of motherhood. They deem themselves unfortunate if they cannot enter into it. About one-third of the women of the upper and middle classes are partially unable to nurse because their mothers and grandmothers neglected their duty. They are further hindered by disease transmitted from their husbands. But very few women neglect the mother's function if they are able to perform it. The deterioration of maternity has been greatly exaggerated. Yet there is doubtless a tendency in that direction, and the materialistic spirit of the age must shoulder the responsibility. Excessive gaiety and dissipation work injury to the nerve force. But the danger from social and intellectual excesses is much greater to a girl of fourteen, when she is in her transition stage, than to a full-fledged woman." "The destructive force of advancing civilization accounts for the decline of the family," said another physician. "Some of Philadelphia's social leaders

keep a restriction on the number of their children, partly for economy's sake, and partly because they do not want the family inheritance divided into too many portions. It is a notable fact that there is much more outside nursing done in New York and Boston than in Philadelphia. If the physical welfare of our girls were better attended to when they are children future American mothers might be spared the humiliation of giving over their progeny to a hireling's care."

**CORNS ON CHILDREN'S FEET.**—"Corns are, to a certain extent, hereditary," said a Philadelphia chiropodist. "But ill-fitting shoes and stockings that chafe have much more to do with their existence than a defective condition of the parents' cuticle. Corns are a skin disease, and cannot be transmitted by family blood. I have known children to be born with corns and others have developed them within a year or after their birth. But the tendency is not ineradicable, and if parents do not neglect to properly care for their offspring's feet in childhood it can be entirely destroyed." "Children inherit their parents' tender feet and hence their parents' corns," said another corn doctor. "By the application of astringents this tenderness of foot can be removed. Thus corns are in some instances a heritage, but they are not, like consumption, inevitable. It is folly for a man or woman to attempt to account for their painful feet by saying that corns run in the family. They had much better blame their shoemaker than their grandparents. Last week I was called upon to remove a painful corn from a child fourteen months old. This was inherited, but it was a rare instance. Warts, which are carried in the blood, are frequently passed from father to son, but corns, which are cutaneous, only very rarely."

**HOW SCARLET FEVER POISON IS DISTRIBUTED.**—A girl aged about eight, living at Fort Monroe, Va., was some months ago attacked by scarlet fever, the disease running a typical course. For a long time no possible source of contagion could be discovered. The child had not been absent from home, had been with no one lately exposed, and no other case was known to exist anywhere in the vicinity. Subsequently Dr. Brooke learned that one of the house servants had nursed a case of scarlet fever in a distant city just about a year before. After the case terminated she packed some of her things, including some clothing then worn, in a trunk and left the place. A year later she had the trunk sent to her, opened it and took out the contents, the little girl being present and handling the things. Very soon after the latter was attacked, as stated.

EVERY MOTHER KNOWS HOW OFTEN LITTLE ONES get something in the eye. Take hold of the lashes of the upper lid with the left hand, and pressing the dull point of a pencil against the middle of the lid, turn it upward; then remove the substance with a camel's hair brush, or the corner of a soft handkerchief. Particles of lime often cause great pain if they get into the eye, as any one who has ever whitewashed a ceiling can testify. Apply weak vinegar to neutralize the alkali and remove the particle as directed.

O MOTHERS WHOSE CHILDREN ARE YET YOUNG, can you not see to what you are driving them, by rejecting their little confidences? Are you "too busy to bother with them?" Feed them on bread and milk, and clothe them in gingham pinafores, if necessary, but take time, *make* time, somehow, to comfort and caress the babies, and to make them feel that you are not only mothers but friends. —*Golden Rule.*

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#### HEALTH INVENTIONS AND APPLIANCES.

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MR. F. H. SHELTON tells how to thaw frozen pipes: "I took from over the pipe some four or five inches—just a crust—of earth; I put a couple of bushels of lime into the space, poured water over the lime and slacked it, and then put canvas over that, and rocks on the canvas, so as to keep the wind from getting underneath. Next morning, on returning there, I found that the frost had been drawn out from the ground for nearly three feet. You can appreciate what an advantage that was; for picking through frozen ground with the thermometer below zero is no joke. Since then we have tried it several times. It is an excellent plan if you have time enough to let the lime work. In the day time you cannot afford to waste the time, but if you have a spare night in which to work, it is worth while to try it."

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#### QUESTIONS AND ANSWERS.

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ADULTERATED DRUGS.—A correspondent in Kansas City writes us for information as to where "unadulterated drugs can be procured for family use." We give it up. Better leave drugs alone and trust to hygienic principles and living. There may be pure drugs for sale somewhere in this country, but we have never heard of the place.

HEART BURN.—*W. F., Kalamazoo.*—A teaspoonful of wheat charcoal, taken immediately after a meal, is an excellent non-medicinal remedy for heart burn.

IMPERFECT SANITATION IN THE COUNTRY.—*W. G. P., Canajoharie, N. Y.*—According to Dr. Lucy M. Hall, who lectured recently before the Academy of Anthropology, in New York, on "Sanitation in the Country," the average farm house isn't the healthful place that it is supposed to be by the people who pour out of the crowded cities in the Summer. Dr. Hall had examined more than 150 country houses, East and West, and had found that disease and death lurked within many a vine-clad and moss-covered cottage because simple hygienic laws were violated. Some of the evils she referred to were improper drainage, uncemented cellars, failure to ventilate sleeping apartments, exclusion of light, too much shade about the house, and the improper disposal of kitchen refuse.

COMBS AND WATER.—"Which are best for the hair—horn, bone, or rubber combs? In a recent number of the HERALD OF HEALTH the free use of water as a beverage is recommended. Which is better, hot or cold water, or is either equally good in its effects? Please answer through the HERALD OF HEALTH." It really makes little difference what material the comb consists of, though perhaps rubber is preferable. Water is the best of medicine, either hot or cold. It aids digestion, calms the nervous system, and promotes the action of the kidneys. Use it in any way you prefer—hot or cold. A goblet of hot water in the morning is excellent in its effects. Water should be taken the first thing in the morning and the last at night.

PERSPIRATION OF THE HANDS.—*Chaires.*—"Will you kindly tell me through your column of 'Questions and Answers' what I can put on my hands to prevent their perspiring. The expense in gloves caused is quite an item, and for this reason if no other I should like a remedy." Checking perspiration would prove detrimental to health. It is better to put up with the annoyance of soiled gloves than to resort to measures that would stop healthy, although disagreeable, perspiration.

YES AND NO.—*S. H., Des Moines, Iowa.*—"Is not almond meal better for use in washing the face than soap? Is the use of as warm water as can be borne comfortably, and then the immediate application of cold water, beneficial to the face?" To the first question, yes; to the second, no.

## NEW PUBLICATIONS.

SCIENTIFIC RELIGION ; or *The Higher Possibilities of Life and Practice Through the Operation of Natural Laws.* By Laurance Oliphant : Reprinted from the London edition by C. A. Wenborne, Buffalo.

Mr. Oliphant says in his introduction that "the great problems of life are assuming a new form as the theological landmarks are gradually fading away beneath the flood of light which has been let into them by the theological research, the antiquarian discoveries, scientific investigations and psychical phenomena of the present time." He does not claim that he has solved the problems for us, but he certainly gives us new views of them and has written a book containing much of value and suggestion to every searcher after spiritual truth.

Those who have read the former writings of Laurance Oliphant are prepossessed in favor of whatever he may write, and his reputation as a man of large observation, extensive scientific research, and rare intelligence and culture, will give us interest to try to understand this his last, and, as he considered, his most important work—stamped soon after by his death.

He speaks of it as the result of twenty years research and investigation into the more hidden laws of nature, in which he was greatly aided by his wife. After her death he found it difficult to write until he went to the solitude of her chamber where she died, and there, he says, "the thoughts were projected into my mind with the greatest rapidity, and irrespective of any mental study or prearrangement on my part, often overpowering my own preconceptions, and still more often presenting the subject treated of in an entirely new light."

The work has had a large sale in England, and has the promise of large success in America, but while one can but admire the sweet spirit of sincerity and love of humanity pervading its pages, the average reader will, we fear, take exception to theories that will seem mystical and befogging. Those who have had some personal experience of mediumship, or are "sensitive" to the "celestial" or "infernal" influences of the invisible world around us, will read and re-read with the hope of gaining new light upon their perplexing problems. All will, we think, read the book with interest.

L. L. H.

# THE HERALD OF HEALTH.

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THE  
HERALD OF HEALTH.

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Vol. XXXIX.

APRIL, 1889.

No. 4.

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[Special for the HERALD OF HEALTH.]

ARTIFICIAL MILK.

BY M. L. HOLBROOK, M. D.

THE milk industry of the world is something immense, for nearly everywhere milk constitutes an important article of food. On all hands we hear, too, of the dangers of using it, because the cow may be diseased. At the recent congress in Europe for discussing the subject of consumption, its causes, prevention, and cure, a very prominent topic of debate was the probability that this disease may often be given from the flesh or milk of consumptive cows. We know that typhoid fever, scarlet fever, and diphtheria have many times been spread from milk. In my own opinion the time has come for us to invent a vegetable milk. That it can be done I have not the slightest doubt. Some German food reformers claim already to have succeeded, but whether their claims can be substantiated or not I do not know. They even claim to have brought out a good substitute for mother's milk for babes when mothers unhappily do not supply the natural article. There are several trees in the world producing milk. "The Cow Tree" of the Cordilleras, in South America, is perhaps the most noted one. That great scientist, Humboldt, whose powers of observation have hardly been equalled, gave a most interesting description of it. He wrote: "Among the many curious phenomena that I beheld during my journey in South America, there was hardly anything that struck my imagination so forcibly as the 'cow tree.' It grows on the rocky side of a mountain, scarcely insinuating its roots in the stone. For

many months not a shower of rain falls on its dry leaves, the branches seem dry and dead, but pierce the trunk and a sweet and nourishing milk flows. At sunrise this vegetable source is most abundant; then the blacks and native people hurry from all parts provided with jugs to catch the milk, which turns thick and yellow on the surface." M. Bousingalt has analysed this vegetable milk, and declared before the Academy of France that it most certainly approaches in its composition to the milk of a cow, and contains not only fatty matter, but also sugar caseine, and phosphates. The relative proportions of these substances are greatly in favor of the vegetable milk, and brings it up to the value and richness of cream. The "cow trees" also grow in Demerara, Ceylon, and the Canary Islands.

The pulque of the Mexicans takes the place to a large extent of milk, and it is brought into the city of Mexico every morning on pulque trains, as milk is on milk trains in our cities; but it is quite different in taste and composition from milk.

An artificial milk for adults need not have the same composition or taste as natural milk. If we can improve on nature in this respect no one will object.

Some of our German friends claim that their lager beer is a form of milk, but for universal use we want it devoid of alcohol, and we want a richer supply of the albumenoids; besides, lager beer is a very costly drink when we take into account the amount of nourishment in it. To illustrate: The protein in beer at five cents a glass costs \$2 85½ a pound, whereas in corn, at New York retail prices, it costs only 5¾ cents, in oatmeal 6 cents, and in wheat, rye, peas, and beans the cost is less than 7 cents. The available carbo-hydrates in beer also cost about \$1.50 per pound, whereas in cow's milk at 8 cents a quart they cost less than 20 cents a pound.

We have crude forms of milk in our soups, but they are not perfect, not nearly so perfect as we might make them.

The artificial milk will, I believe, be made from the grains, fruits and perhaps sugars in some combination, and the chemist ought to be able to help in telling us how to make it. It would be desirable if the artificial milk could be made from a formula, as desired in every kitchen, and not in a factory and shipped to consumers, as milk now is. A patent on some process might perhaps bring a fortune to the inventor, but this is not desirable for the public at large.

Who will furnish us with a method of making cheaply and perfectly an



artificial milk that will be able to take the place of cow's milk, that will be equally nourishing, equally agreeable to the taste, free from danger to the health, easily and correctly made and so cheap that all may enjoy its benefits.

(Special for the HERALD OF HEALTH.)

### THE ORIGIN AND SANITARY ADVANTAGES OF MODERN CREMATION.

FOURTEEN years ago Sir Henry Thompson, of London, wrote his famous article on cremation. The reasons he gave for advocating the crematory disposal of dead bodies were based on the sanitary argument of the propagation of disease among populations rapidly increasing and becoming larger in proportion to the area they occupy.

Papers and monographs commending the crematory process of disposing of the dead appeared as early as 1863, and in 1873 Professor Brunetti, of Padua, detailed his experience in 1873, and exhibited the result of it in the form of ashes, etc., with a model of his furnace, at the great exhibition of Vienna of that year. Brunetti's first cremation took place 1869, his second and third in 1870, and were effected in an open furnace out of doors. Baron Von Palm was cremated at Washington, Penn., in the spring of 1872. He was a Theosophist of the Mme. Blavatski and Col. Olcott stripe. He died in May, and left the Theosophical Society the charge of burning his body. In the autumn of 1874 there was a solitary cremation in Berlin. Almost immediately afterward another took place at Dresden, where an English lady was cremated with a Siemens' apparatus by the agency of gas. In 1874 a society was formed in London, taking for its title "The Cremation Society of England," with Sir Henry Thompson as its president. The principles of the Society were

ENUNCIATED IN THE FOLLOWING PARAGRAPH:

"We disapprove the present system of burying the dead, and desire to substitute some mode which shall rapidly resolve the body into its component elements by a process which cannot offend the living, and shall render the remains absolutely innocuous. Until some better method is devised, we desire to adopt that usually known as cremation."

After much consideration the Society adopted the apparatus designed by Professor Gorini, of Lodi, Italy. When the furnace was constructed it was tested by Gorini himself, who reduced to ashes the body of a horse with extraordinary rapidity and completeness.

At the annual meeting of the British Medical Association at Cambridge in August, 1880, an address was prepared to the Secretary of State, asking permission "to use the crematory under strict regulations. Since then, crematories have been constructed and largely employed at Lodi, Cremona, Brescia, Padua, Varese, and Rome, in the Campo Varano cemetery. This last was first used in April, 1883, since which date 123 cremations have been successfully performed there up to December 31, 1886. The number of all cremations occurring in other towns, including Milan and Rome, up to the same date is 202, making 787 for Italy alone. Bear in mind that Italy is a Roman Catholic country.

IN AUSTRALIA,

the Hon. J. M. Creed, a well known physician in Sydney, has warmly advocated the crematory practice, which has numerous supporters there. He moved the second reading of a bill to establish and regulate cremation in the House of Assembly, June, 1886, in an able speech pointing out the dangerous proximity of neighboring cemeteries to their rapidly developing city, referring to a well thus poisoned which had caused an outbreak of typhoid, and citing similar facts arising under like conditions in the suburbs of New York and other American cities. A year ago the Cremation Society of England made public the following resolution :

"In the event of any person desiring during life to be cremated at death the Society is prepared to accept a donation from him or her of ten guineas, undertaking in consideration thereof to perform the cremation, provided all the conditions set forth in the forms issued by the Society be complied with."

SIR HENRY THOMPSON HIMSELF

says: "I venture to think that few persons can doubt that cremation as a mode of safely decomposing the body after death is at all events the most rapid and efficient agent known. Instead of the old process of putrefaction, occupying a term of several years, and inevitably disseminating germs of fatal disease, which propagate it wherever they find an appropriate nidus—a process moreover evolving physical changes of a nature too repulsive for the mind to dwell upon—the effect of combustion is to resolve the mass rapidly into harmless dust. It destroys all corrupting matters, rendering inert all that is infectious, and restores valuable elements in the form of gases to the atmosphere, where they at once enter into new combinations with healthy living organisms in obedience to the order of nature."

## TO THIS PROCESS OF COMBUSTION

there is one objection vigorously urged. It is this. So complete is the destruction of all noxious matter accomplished by cremation of the body that if any extraneous poison happens to be present in its tissues before death, administered by accident or design, all traces of it are necessarily destroyed also. Hence in those exceedingly rare cases where the evidence of a poisoner's guilt depends on the production by chemical skill of the very agent employed, from the organs of the body exhumed for the purpose some time after death, justice would be defeated and the criminal would escape if, in that particular instance, cremation had been employed.

## THE OBVIOUS REPLY TO THAT OBJECTION

is that many bodies are committed to the grave every week around New York, for example, charged with poisons not less dangerous to the living population than those which may have been used to cause death by design. Sir Henry Thompson says: "I state as a fact of the highest importance that by burial in earth we effectively provide—whatever sanitary precautions are taken by ventilation and drainage, whatever disinfection is applied after contagious disease has occurred—that the pestilential germs which have destroyed the body in question are thus so treasured and protected as to propagate and multiply, ready to reappear and work like ruin hereafter in others."

When Sir Henry Thompson first wrote on this subject, it was notorious that the water-courses and wells in the proximity of graveyards and cemeteries had frequently been the demonstrated sources of disease to a neighboring population.

## LATER DISCOVERIES OF SCIENCE

point more strongly to other dangers arising still more directly from the buried dead. Every year records new facts identifying the cause of certain of the most familiar types of contagious diseases with the presence of minute organisms, bacteria, the absorption of which into the blood, or even in some cases into the alimentary canal, suffices to reproduce the dangerous malady. One of the most deadly scourges to our race—tubercular disease—is now known to be thus propagated. In confirmation of which apparently wild statement listen to Sir Henry Thompson's printed words:

"Besides anthrax or splenic fever, spores from which are notoriously brought to the surface from buried animals below, and become fatal to

the herds feeding there, it is now almost certain that malarious diseases, notably Roman fever, and even tetanus, are due to bacteria which flourish in the soil itself. The poisons of scarlet fever, enteric fever (typhoid), small-pox, diphtheria, malignant cholera, are undoubtedly transmissible through earth from the buried body by more than one mode. And thus by the act of interment we literally sow broadcast through the land innumerable seeds of pestilence; germs which long retain their vitality, many of them destined at some future time to fructify in premature death and ruined health for thousands. It is vain to dream of

#### WIPING OUT THE REPROACH TO OUR CIVILIZATION.

which the presence and power of these diseases in our midst assuredly constitute by any precaution or treatment, while effective machinery for their reproduction is in constant daily action. Probably not the least important among the several modes by which buried infection may reappear is the ceaseless activity of the earthworm, bringing to the surface—which indeed in a measure it slowly creates—poisonous matters engendered in human remains, although covered by a considerable depth of permeable soil. The proportion of deaths due to the diseases referred to is exceedingly large. And let it never be forgotten that they form no necessary part of any heritage appertaining to the human family. All are preventable, all certainly destined to disappear at some future day, when man has thoroughly made up his mind to deal with them seriously.

The following resolution has been formulated by the Cremation Society of England :

“Consent to cremate the body of every member of the family who has died of small-pox, scarlet fever, or diphtheria, to begin with. General acquiescence in this reasonable proposal alone would tax somewhat severely at first the resources of cremation. Yet here is a large and most important group of cases which, in common justice to the living, ought to be destroyed with as much rapidity as possible, and about which no manner of doubt as to the cause of death can possibly be entertained. Honest, thoughtful consideration as to the mode of treating that which remains in most instances after the destructive action of such diseases on the body must diminish the desire to preserve it, and reconcile survivors to its purification and reduction to harmless ashes, when these are followed to the last resting place.”

#### HERE IS ANOTHER PROVISION

suggested by Sir William Thompson: “It ought to be made imperative that in every one of these cases, when not cremated, the coffin should be

filled, after the body is placed therein, with quicklime, not longer than twenty-four hours after death. Less perfect than cremation, this process at least ought to be enjoined under penalty. It will rank as a national folly, if not a crime, to omit this or an equivalent safeguard after due warning given of the importance of protecting the living; since there can be no difficulty in resorting to this mode of lessening, if not of extinguishing, the risk from infection."

Here is another utterance from the same eminent authority: "Cremation gives truth and reality to the grand and solemn words, 'Ashes to ashes, dust to dust,' and that impressive service, with a slight change, will be read with a fulness of meaning never conveyed before. The last rite has purified the body; its elements of physical evil have been annihilated by fire. Already its dispersed constituents, having escaped the long imprisonment of the tomb, pursue their eternal circuit, in harmony with nature's uniform and perfect course."

W. C. M.

#### FAITH AND SUPERSTITION AS CURES FOR WARTS.

EVERYBODY is more or less interested in the subject of warts, for almost everybody has at some time or other been troubled, to a greater or lesser degree, with these annoying excrescences. Dr. Andrew Wilson's well known publication, *Health* (London), some time ago gave the views of numerous correspondents, on the cause and cure of warts, and some of the theories advanced were decidedly peculiar, to say the least. One correspondent, for example, writes that he has had experience of a perfect cure in the shape of raw beef, plus a certain mysterious work of burial, as follows:—His hands were covered with warts, and one day "a benevolent old gentleman" advised him to procure a small piece of raw beef, to rub the warts with the beef, and "immediately after doing so, to *bury* the piece of beef in the ground. As soon as the beef has rotted away," said the old gentleman, "your warts will be gone." The correspondent acted up to the instructions received, rubbed his warts, and buried the beef. In a few days he was able to note a difference in the size of the warts, and in about a month afterwards they had disappeared. We are not informed if curiosity, either of scientific or commonplace kind, instigated the correspondent to see if the beef had undergone complete decay; but he adds that his adviser "laid particular stress" on the

##### BURIAL OF THE BEEF.

A second communication details that saliva (the fluid of the mouth)

has been found to possess a powerful effect upon corns. A correspondent not long since alleged that by wetting warts with saliva, taken from the mouth while fasting in the morning, they were made to disappear. It has been pointed out that the composition of saliva is well known, and that it contains nothing at all likely to dissolve or affect warts. The communication now before us, maintains that saliva will eradicate corns, as well as warts. Within a week, after wetting the corn with saliva, while he was fasting, the correspondent's ailment disappeared; and he adds that he has found this cure efficient in other cases.

• NOW, THESE CASES ARE HIGHLY INTERESTING

to the student of mental science. They are capital examples of the "faith cures," which are also seen when a case of rheumatism (real or fancied), has been cured by the application of an "electrical" belt, proved by scientific examination to be capable of producing no electricity whatever. A "dominant idea" is impressed upon a person's mind that saliva is a specific for warts or corns; or the idea that raw beef will cure warts may be further strengthened by the mysterious command to bury the beef as an essential element in the process of cure; and forthwith, in all confidence be it remarked, the patient obeys, and is cured! Persons who have not read accounts of the influence of mind over body, are often unable to credit the results that may follow. Here is a case in point. Long ago a certain apparatus called "Metallic Tractors," forshadowed the "Electrical Belts" of these latter days, as agents which were warranted to cure any and every disease. These "Tractors" were believed to exert a mysterious "galvanic agency" which cured the ailments of the sufferers who resorted to the use of the apparatus. So great was the fame of these "Tractors" that several surgeons and physicians set themselves the task of investigating the truth of their

CLAIMS AS CURATIVE AGENTS.

The result was highly interesting. There was no doubt that "the Tractors" cured diseases, but *precisely similar cures were effected by "tractors" made of wood, and painted so as to closely imitate the famed apparatus, the patients being unaware of the deception thus practiced upon them.* All that was required then, as now, for the efficacy of the cure, was the profound "faith" of the patient in the effects and power of the agent used.

THE BURIAL OF THE BEEF,

and the use of the saliva while fasting, in the cases above detailed, are in

themselves notable items, showing how closely the "faith-cure" of to-day is allied to the witchcraft rites of past years. Here is a suggestion: Let those interested take a tiny phial of pure water, and, carefully concealing the nature of the liquid from a warty subject, present the phial to the latter, assuring him that, used with extreme care, the lotion will prove an unfailing cure for warts. The result will show that what saliva accomplishes, pure water will also effect; and for that matter of it, we all know that mumbling a few mysterious words over a wart, and touching the growth (as in the so-called "wart-charming") are in themselves sufficient to cause its disappearance. The patient, by way of having duly impressed on his mind the mystic nature of the rite, might be instructed to bury the phial, *à la* the beef-burial, after using its contained fluid as an application.

We should like to publish the experiences of our readers on this subject of warts, they would make interesting reading. Send in your letters and we will cheerfully publish them.

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#### HALE AND HEARTY AT ONE HUNDRED YEARS OF AGE.

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MAJOR THOMAS HARWARD has received many callers and hearty congratulations at his brown-stone residence, 245 Carlton avenue, Brooklyn, since he attained his one hundredth year, on the 15th of last month. "I am in first rate health," replied the Major to a question, "except that I have been bothered for a day or two with rheumatic pains in my wrists. I was born in a white frame house on my farther's farm at Bowdoinham, Me., on March 15, 1789. I was a farmer-boy till I was sixteen or eighteen, and then I went into the lumber business for a few years. At twenty-five I began to build and own ships, at first at the old home, and afterwards at bath. I built sixty ships. I continued shipbuilding till the close of the last war, and in 1868 I came to Brooklyn, since which time I have been engaged in the real estate business. I had a hand in the war of 1812-1815. I was a private in the State militia, and we were called out in the coast-defence service. I was promoted to a lieutenantcy, but I am entitled to be majored through having commanded a company of dragoons after that war."

"What rules have preserved you to this ripe old age?" asked the writer. "Never used tobacco in any form; never used spirits except for medicine, and always attended to my business, as I do now," replied the ancient.

Major Harward has always been and still is a strict business man. In early life he married and two children were born to him. One of them—Mrs. L. H. Perkins—is still living. The other, Thomas Harward, was twenty-five years old, when he went to the Black Sea in 1864. He fell overboard and was drowned. The wife died before that. Twenty years ago, when the Major was a youth of eighty Summers, he formed a second marital alliance with the widow Merrill *née* Brazier, of Portland, Me. She is forty-five years his junior.

Major Harward comes of long-lived stock. His mother died at ninety-six and his brother George lived to the same age. Every summer he goes back to the old homestead to spend the hot months. He was one of the founders of the Winter Street Congregational Church, Bath, and is still a communicant of that church, though in Brooklyn he attends Dr. Cuyler's Lafayette Avenue Presbyterian Church, to the Sunday-school library of which he made a substantial gift on his ninety-sixth birthday.

The Major is in the full possession of every faculty, and in his energy, cannot wait patiently for a street car to stop, but hops off while it is in motion, much to the distress and perturbation of his friends. He says it ought to be easy to live a hundred years from now.

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#### A MOUNTAIN SANITARIUM.

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DR. A. A. GLEASON, of the Elmira Water Cure, has opened at Los Casetas, Pasadena, California, a mountain sanitarium. In it the Doctor relies largely on the agencies for cure which the HERALD OF HEALTH has so emphasized during the last quarter of a century. The institution is high above the dust of the valley, with magnificent views, even to the ocean, perfectly free from dust. The patients live largely out of doors and sleep in cloth and wood tents, each having one to him or herself. A little stove keeps them warm while dressing in the morning, and is not much needed at other times. Moisture is kept out when it rains by a double wall of cloth, the inner one not being at all wet during a rain storm. So favorable are the climate and surroundings that rapid cures are made of many cases otherwise almost hopeless. Among the features of treatment are sunbaths, which in this clear atmosphere can be taken almost daily, and we shall hope to hear from Dr. Gleason just what they do and how useful they are before long.



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## EDITOR'S STUDY.

### OUR RULES FOR GOOD HEALTH.

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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.
- 

DANGER IN FROST POWDER.—For many years it has been the custom of manufacturers to use glass in various sizes for decorating flowers and fancy articles by means of adhesive substances. In this form it is attended with but little danger; but within the last few years glass flux has been universally introduced by fancy dealers, stationers and general warehousemen as “glittering frost,” “frost powder,” etc., and its extreme cheapness and pretty effect readily induce people to use it by merely dusting it extensively on their wearing apparel, flowers and ornaments, before attending places of amusement. A small packet contains probably thousands of deadly particles of glass, which soon float in the air in a heated ball room, and are inhaled by those present. At a parish gathering several persons present, including myself, suffered from irritation of the throat, while others were affected in the eyes, and I saw many rubbing and afterward bathing their faces and hands, little knowing what was producing the irritation of the skin.—*London Standard.*

GEORGE BANCROFT VS. VENERABLE AGE.—He has enjoyed an uncommonly vigorous old age, but his friends are agreed that he has taken his last horseback ride, although it is only a year or so since he bought a new steed, and only a few months since he took a header without the slightest injury. He may not, therefore, regard the agreement of his friends in this respect. But there is small room for doubt that he has done with his life task of history writing. Since Mr. Corcoran's death Mr. Bancroft enjoys the distinction of being the most venerable among the well known people of Washington. The vigor may have gone, but the sweet serenity and the charming dignity of his old age remain. It is now nearly seven years since he wrote: "Conscious of being near the shore of eternity, I await without impatience and without dread the beckoning of the hand which will summon me to rest."

THESE ARE DR. POHLMAN'S VIEWS.—"When you boil eggs, don't boil them." So says Dr. Pohlman, the Buffalo chemist. In a recent lecture he said, to be digestible, eggs shouldn't reach a higher temperature than 160 degs., but they should be placed in water from 140 to 180 degs., and allowed to cook on the back of the stove. Then the various methods of cooking meats were taken up and explanations given for putting soup meat into cold water, putting roasts into a hot oven, and broiling steak directly over a hot fire, which are now commonly accepted as the proper methods of preparing the different meats. Dr. Pohlman said the object of preparing food was not to preserve the nutriment so much as it was to prepare it for easy digestion. "A pound of hard wood contains precisely as much nutriment as a pound of flour, but I would rather be excused from eating it," said he. A word was said against mothers who torture infants by their continual cry of "eat slowly," "chew it fine." The lecturer said he believed in the natural processes of mastication, and that when a child felt like swallowing his food in chunks he ought to be allowed to do so. "This pampering to old ideas, the fallacy of which has long been shown, is nonsense," said the doctor. "When we think that the stomach is the only organ in the body over which man has control, and when we think that the stomach, nine cases out of ten, is the root of all the modern diseases, it doesn't speak very high for the intelligence of man. Give people chunks if they want chunks, salt if they want salt, vinegar if they want vinegar, they won't want what they don't need." Dr. Pohlman said that a life long experience with boarding house cooks had led him to infer that those individuals know little about the chemistry of cooking.

SHE GOT THE NEEDLE AFTER ALL.—Nineteen years ago a woman residing here accidentally pushed a needle into her breast. She had been sewing on fine muslin and she pushed the point of the needle through the lapel of her basque while she inquired into the cause of a quarrel between two children who were playing near by. In a paroxysm of tears the younger child threw herself into the arms of the lady, and as she did so the needle was pushed so far out of sight that only the eye was visible. A quick movement to rescue it resulted in an entire disappearance of the fine bit of steel. No inconvenience was experienced and the incident was entirely forgotten. A few evenings ago the woman, who had carried the needle about her for so many years, was awakened out of a sound sleep by a peculiar pricking sensation in the throat. Rising up in bed she began to cough. The pricking became more severe, but the sharp substance appeared to be rising in her throat. Thrusting her fingers down as far as possible she caught hold of an object and drew it out. It was the needle that had been journeying about under the surface for nineteen years.—*Kingsston, N. Y., Freeman.*

THE BRAIN HAS GENERALLY BEEN REGARDED as a part of our organization which lies entirely outside the sphere of operative interference by the surgeon. It is not generally known that the matter of the brain itself is non-sensitive, and that persons have recovered from severe injuries of the head in which several ounces of brain matter have actually been lost. Professor Ferrier, in a recent address on the functions of the brain, points out the interesting fact (to which, it may be added, surgery itself has been leading up) that in the near future it will be justifiable enough for surgeons to attempt to cure certain brain affections by the actual handling and examination of the great centre of the nervous system. Such a view of matters certainly forecasts a veritable triumph of the healing art; for it need hardly be said that there are no cases in face of which medicine stands more hopelessly than many forms of brain disease. To-day operations are successfully performed which but a few years ago were regarded as essentially fatal in their nature. It is not too much to predict that brain-surgery will form a department of the medical art of the future from which great things may be hoped for in the interest of suffering humanity.

MORE ILLUSTRATIONS OF DANGER FROM FLIES.—Dr. Grassi is said to have made an important, and by no means pleasant, discovery, in regard to flies. It was always recognized that these insects might carry the

germs of infection on their wings or feet, but it was not known that they are capable of taking in at the mouth such objects as the ova of various worms, and of discharging them again unchanged in their fæces. This point has now been established, and several striking experiments illustrate it. Dr. Grassi exposed in his laboratory a plate containing a great number of the eggs of a human parasite, the *tricocephalus dispar*. Some sheets of white paper were placed in the kitchen, which stands about ten mètres from the laboratory. After some hours, the usual little spots produced by the fæces of flies were found on the paper. These spots, when examined by the microscope, were found to contain some of the eggs of the tricocephalus. Some of the flies themselves were then caught, and their intestines presented large numbers of the ova. Similar experiments with the ova of the *oxyuris vermicularis* and of the *tenia solium* afforded corresponding results. Shortly after the flies had some mouldy cream, the *oidium lactis* was found in their fæces. Dr. Grassi mentions an innocuous and yet conclusive experiment that every one can try. Sprinkle a little lycopodium on sweetened water, and afterwards examine the fæces and the intestines of the flies. Numerous spores will be found. As flies are by no means particular in choosing either a place to feed or a place to defæcate, often selecting meat or food for the purpose, a somewhat alarming vision of possible consequences is raised. Dr. Grassi invites the attention of naturalists to the subject, and hopes that some effectual means of destroying flies may be discovered.

OVERWORK, BOTH MENTALLY AND BODILY, is at once the most general and the least regarded form of illness to which we are liable in the present age. Do what we may, it is next to impossible to escape from it; but there is, at all events, a certain satisfaction in being able to recognize its features. We must not forget, however, that it is also to a considerable extent a preventable evil. Its treatment in individual cases requires chiefly that due attention be paid to the two great essentials of timely rest and wholesome diet. Work, however irksome, may, it is generally allowed, be undertaken on a liberal scale, if only it is not too continuous, but is broken by timely and adequate intervals of rest. The value of a plain and liberal dietary is hardly less, and we may take it as a maxim for the times that, so long as appetite and sleep are unimpaired, there is no dangerous degree of overwork, and, conversely, that a failure in either of these respects should be regarded as a warning signal, to which attention should be paid by relieving the strain of exertion.—  
*London Lancet.*

## WOMEN AND THE HOUSEHOLD.

[CONDUCTED BY HELEN FLETCHER.]

CULTIVATE HARMONY.—A home of discord may be visited by acquaintances, but its doors are never likely to be knocked at by friends. Sensible people will give it a wide berth, and prefer friendship and intimacy with those who live at peace. Nobody finds a wise young man courting a girl in a family who get on ill among themselves. He wants a bird out of a good nest, and has no wish to be drawn in by marriage to take one side or other of a life-long fireside feud. It is hard on a girl, you say, sometimes. But about the young man's sagacity there can be no question whatever. If all homes were happy what a pleasant world it would be, and there is no reason why happiness should not reign everywhere if people would only make wisdom, and not stupidity, the guide of their lives. If there is to be household harmony an important point is to cultivate a sweet temper. We cannot do without that. Some tempers are like violin strings out of tune; with them who can expect either melody or harmony from the family orchestra? This is specially a young woman's subject; indeed, if our girls are not amiable nobody else can be expected to be. It is to their kind and gentle words that we must look for an antidote to fretting and ill-humor. At home the keynote of the day's music is often struck by the first word we hear in the morning, and happy is the house where it is always uttered by the smiling lips of good-tempered girls.—*The Household.*

A FEW MOMENTS OF REST.—It is often necessary to remain in the kitchen all the while the meal is being cooked, even after everything has been prepared. While the meat is roasting and the vegetables are boiling, if a few magazines or fresh newspapers are kept in a convenient place, and a comfortable rocking chair is placed by a pleasant window, the housekeeper can enjoy a few moments of reading and rest while she attends to the various things which are cooking.

TOO TOUGH FOR DIGESTION.—The skin of the plum is so tough that, if not thoroughly masticated before being taken into the stomach, it is rarely, if ever, dissolved by the gastric juice. It is better not to swallow the skin at all, especially as in some cases pieces of it adhere to the lining of the stomach, causing disturbance and inconvenience. The same trouble results from swallowing whole raisins and dried currents, which

should always be chopped up before cooking, or thoroughly cleaned before being swallowed. It is said that if a dried current passes into the stomach whole, it is never digested at all.

**TURPENTINE.**—After a housekeeper fully realizes the worth of turpentine in the household, she is never willing to be without a supply of it. It gives quick relief to burns ; it is an excellent application for corns ; it is good for rheumatism and sore throats, and it is the quickest remedy for convulsions or fits. Then it is a sure preventive against moths ; by just dropping a trifle in the bottom of drawers, chests, and cupboards, it will render the garments secure from injury during the summer. It will keep ants and bugs from closets and storerooms, by putting a few drops in the corners and upon the shelves ; it is sure destruction to bedbugs, and will effectually drive them away from their haunts if thoroughly applied to the joints of the bedstead in the spring cleaning time, and injures neither furniture nor clothing. A spoonful of it added to a pail of warm water is excellent for cleaning paint. A little in the suds on washing day lightens laundry labor.

**THE SEXES IN GERMANY.**—The male population of Germany is decreasing, while the number of females is increasing. This fact is made evident by every census, the last one taken showing a million more women than men—or 104.3 women to 100 men. Notwithstanding this disparity of numbers, there are still more boys than girls, proving that a higher death rate exists in regard to adult males, when compared with females, added also to emigration, which takes away a larger proportion of men than women. The preponderance of women in Berlin is very great, there being 108 women to every 100 men ; while, between the ages of 60 and 70 years, there are no less than 150 women to every 100 men, and between 70 and 80 years of age the proportion is 196 women to 100 men. These figures prove very conclusively that men spend more vital energy than women, and therefore succumb more readily to any destructive influence they may encounter.

**EACH WOMAN OUGHT TO BE CAREFUL** how she undermines a man's opinion of her sex. A jealous, waspish, mean-spirited woman, who belittles other women to her husband or sons, who calls attention to our failings and follies, is deliberately lessening her hold on them and the quality of their respect for herself. There are men with knightly hearts who are chivalric in their regard for all women. These would certainly defend a forlorn drunken creature falling in a gutter with all the sweet and pa-

thetic loyalty of poor Don Quixote, and it goes hard to see such a man lose his faith in women. It is like the bloom on the grape, like love in the heart, once lost, it is gone forever.—*Catharine Cole.*

POISONOUS DECORATIONS.—Cretonnes of the cheap sort used for decorating rooms turn out to be as arsenically poisonous as green wall paper. Out of 44 samples recently examined in London, none were free from arsenic, three had only faint traces of it, 21 had larger traces, 11 were classed as very bad, and nine were called “distinctly dangerous.” One specimen yielded  $19\frac{1}{2}$  grains of white arsenic to the square yard. The greens and blues were the least harmful, while reds, browns and blacks were heavily loaded with poison.

DOMESTIC WIVES WANTED.—The symposium of opinions obtained by the *Washington Post* from marriageable men as to the kind of a wife wanted reveals the curious fact that domestic home-making qualities are more valued than anything else. Money is scouted, nobody wants money, and few care for the qualities and accomplishments young ladies pride themselves most upon. A sweet temper, a little beauty, quiet tastes, ability to fix up an old bonnet the twentieth time—these constitute the charm that makes the average young capitalist’s heart go pit-a-pat. One swain says his intended must be able to endure wedlock on \$1,000 a year; that is to say, she must live and let him live on that sum. Some object to bangs, many to small waists, and a great many to the untamed tongue. A very sensible correspondent—probably a widower—wants a girl that can give the kitchen her “personal attention” when the cook fails to put in an appearance in the morning. Another, with like experience, requires his intended to “abhor debt and the devil in equal degree.”

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### MOTHERS AND THE NURSERY.

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(CONDUCTED BY MRS. F. C. PRESSLER.)

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THE MOTHER AT HOME.—The mother is the heart of the home. She it is who determines its characteristics and diffuses through it that subtle atmosphere which every sensible person can feel when introduced into the home circle, and from which can quickly be inferred the ruling spirit of the home. There can be no doubt that the most effective training for children, is the training of example, and this truth the mother needs constantly to bear in mind. How can the impatient, querulous, fault-

finding mother teach patience and kindness and good temper? How can the vain mother teach humility? How can the mother greatly absorbed in keeping up with the pomps and vanities of life, eager for place and show, teach her children the true principles of a happy life? How can the selfish mother teach generosity or kindness, or the discontented mother teach contentment.—*The Home.*

LITTLE CHILDREN OFTEN SUFFER PAINFULLY with earache. A drop of warm olive oil, mixed with an equal quantity of laudanum, will generally relieve this, if dropped in the ear. Or place a little cotton, well saturated with chloroform, in the bowl of a new clay pipe, insert the stem into the ear of the sufferer and blow gently. The evaporating chloroform will relieve the pain immediately.

PALPITATION OF THE HEART.—A French physician announces that distressing or excessive palpitation of the heart can always be arrested by bending double, the head down and the hands hanging, so as to produce a temporary congestion of the upper portion of the body. In nearly every instance of nervous or anæmic palpitation, the heart immediately resumes its natural function. If the movements of respiration are arrested during this action, the effect is still more rapid.

HOW LONG A CHILD SHOULD SLEEP.—A healthy baby for the first two months or so spends most of its time asleep. After that a baby should have at least two hours of sleep in the forenoon and one hour in the afternoon, and it is quite possible to teach almost any infant to adopt this as a regular habit. Even to the age of four or five years a child should have one hour of sleep, or at least rest in bed, before its dinner, and it should be put to bed at six or seven in the evening, and left undisturbed for twelve or fourteen hours. Up to the fifteenth year most young people require ten hours, and till the twentieth year nine hours. After that age every one finds out how much he or she requires, though as a general rule at least six to eight hours are necessary. Eight hours' sleep will prevent more nervous derangements in women than any medicines can cure. During growth there must be ample sleep if the brain is to develop to its full extent, and the more nervous, excitable or precocious a child is, the longer sleep should it get if its intellectual progress is not to come to a premature standstill, or its life be cut short at an early age.—*Dr. C. Pollock.*

INFANTILE DYSPEPTICS.—The foundation for chronic dyspepsia is often laid while the child is in the cradle or in its mother's arms. The practice of nursing a child whenever it cries, which inevitably results in overeat-



ing, distends the stomach, as well as overworks it, thus producing a weakness, which if not temporarily overcome, or kept under control by special care in the feeding of the child, appears in later years as chronic dyspepsia. A mother should regard frequent fits of indigestion in a child as of greater consequence than inconvenience to the little one and the loss of a night's sleep to herself. They may mean, ultimately, a life-long weakness or disease.

MORAL DANGER IN PUBLIC SCHOOLS.—The following extracts are from a circular recently issued by the W. C. T. U. of Connecticut to the teachers of that State. These words ought to set every parent to thinking :

*To the Teachers of Connecticut* :—“ Miss Ellice Hopkins, of England, founder of the White Cross movement, whose life for many years has been devoted to the cause of social purity, says : ‘ The only thing in my ten years’ work that has filled me with the darkness of despair, has not been the facts about our back streets, but about our public and private schools, where we send our own boys and girls to be educated.’ It is a painful fact that at the present day ‘ innocence and childhood are not synonymous terms.’ But it is to the young we must look as the hope of the world. If the youth and the little children are becoming corrupt, what hope or what light is there ahead for us? We must make an effort to remedy this evil ; ‘ for death is come up into our windows, and is entered into our palaces, to cut off the children from without, and the young men from the streets.’ Parents can seldom be brought to see the corrupt morals of *their own* children, therefore few corrupt children are either admonished or punished by parents. But the teacher, who stands ‘ second parent’ to the child, has an opportunity and authority not vested in any other individual in the community. We ask that school-children may be guarded as far as possible by the teacher’s vigilant eye against the obscene books and pictures now so freely circulated. We feel the need of careful oversight of children on the play-ground during recess, after school hours, and in the dormitory. We do not think it would be amiss if our teachers, taking children of each sex by themselves, should give them a few serious, pointed lessons on the sacredness of the human body, ‘ the temple of the living God,’ and admonish them against the impure story and the immodest act of any kind. This can be guardedly done without instructing children in any unknown vices. The teacher’s instinct will usually guide to a better method of imparting such instruction than those less familiar with the school-room could suggest.”

**GIRLS' PLAYGROUNDS.**—There is one most unaccountable want in very many girls' schools in our cities. If boys need play, fresh air, games, muscular development, I have no hesitation in saying that girls need them all to the extent applicable to their constitution and strength still more. For boys will have them to some extent. If you don't give a boy a playground he will play on the street, which is better than no play. Now the exigency of public opinion will not allow our young ladies to amuse themselves on the streets; and if not, how are they to get the fresh air and muscular exercise that are absolutely necessary for their health and proper development?—*Dr. Clouston.*

**THE MILK OF THE HUMAN MOTHER** contains a little more sugar and more water than cow's milk. So it is customary to add a little sugared water to "the milk for baby's bottle." Where there is any acidity, any "possetting" of curdled milk, it may be well to substitute lime-water for simple water. If constipation be present a little light magnesia may be added instead of the lime.

**BOIL THE MILK.**—The frequency with which milk is contaminated by tuberculosis, typhoid fever, and the microbes of other maladies, renders it a safe precaution, to say the least, to boil this article of food before using it. This is especially important in case of invalids.

**THE FOLLOWING MEDICAL SUPERSTITIONS** are prevalent in the west of England. A necklace of beads made from peony root is placed on the child's neck to assist teething, and one of amber beads is also thought to be powerful, either being considered a help. According to the complexion of the child so were the color of the beads used. The first teeth must not be thrown away when they fall out, for if any animal got such a trophy, the next tooth would be like that of the animal finding the old one.

**THAT THE "FAIR GIRL GRADUATES,"** or their representatives in English schools are, at last, to have an equal chance with boys of developing a healthy body as well as a cultured mind, seems to be a prospect of the near future, if not of the actual present. Mr. J. R. Mozley, Inspector of Poor-Law Schools, has lately borne testimony to the excellence attained by girls in physical exercises. This gentleman examined the moral and industrial training schools at Swinton, belonging to the Manchester Guardians. He found there about 200 children who had been carefully trained in swimming, and in the competitions which took place the girls excelled the boys in the aquatic sports. One girl swam 600 times round

the bath, a distance equal to eight miles—certainly a very extraordinary distance for any young person to accomplish. The first boy only accomplished 504 times round the bath. At these schools also the girls are taught “wand” exercises, and dumb-bell exercises are also performed to music.

IT IS A POSITIVE ABUSE OF PARENTAL authority, says *Health*, to keep pouring drugs into defenceless babes, who, in nineteen cases out of twenty, have no need of such interference, and, in the twentieth case, have generally to thank the use of improper food or some careless exposure for the necessity. Even the castor-oil, grey powder, &c., used so lavishly, must be harmful when unneeded; but, unfortunately, these are not the only weapons in common use, and in many homes the impatient and lazy nurse or mother provides herself with preparations in the shape of soothing syrups and teething powders, which, intended to give nurse and child alike some hours of quiet sleep, too often ends in the fatal poisoning of the innocent victim. These cases are familiar enough to newspaper readers, but it is quite well known that the number thus brought to light is a very small proportion of the actual fatalities. It is true that there is a slight difficulty in the way of obtaining dangerous drugs, *sold as such*, from respectable druggists; but it is quite well known that certain patent medicines contain prohibited articles, which can thus be obtained from any fancy or variety store. This prolific source of infant mortality has been over and over again referred to, and every practitioner of medicine knows full well how widespread is the evil, how demoralizing and deadly is the practice.

AN APT ILLUSTRATION OF THE OBVIOUS HARM which the incautious use of “patent” medicines compounded of deadly drugs may effect was afforded in London, the other day, at an inquest held on the body of an infant seven months old. The child had suffered from whooping-cough, and a patent medicine was administered in teaspoonful doses, repeated every four hours. Four doses were given, the child dying after the fifth dose had been administered. Now, each dose was proved, by analysis of the mixture, to have contained half a grain of antimony, in the shape of “tartar emetic;” and the child was, therefore, found to have been poisoned by this drug. The coroner’s jury remarked on the danger which attends the sale of such medicines, but it appears the law is powerless to stop such sale. The “Specific” was purchased from a woman who kept a confectioner’s shop, and this latter fact only aggra-

vates the evil, when we reflect on the wholesale distribution of poison which thus takes place. As an additional feature in the case, which seems to demand attention from legislators, may be mentioned the fact that a Mr. Curgenvén, who gave evidence at the inquest, remarked that he had seen two children suffering from the effects of the same medicine. Death had resulted in one of these cases, while the other case had a narrow escape.

SCARLET FEVER.—Dr. Oxley, writing in the *Lancet*, says: "With reference to the spread of scarlet fever, one remark I would make, and that is with regard to the disinfectant best calculated for our purpose. After considerable experience I strongly advise chloride of lime as a disinfectant of the air, and carbolic for the clothes and drains, as well as in the form of soap, and added to the baths as a disinfectant of the body. The rubbing of the body all over with some greasy substance is undoubtedly an excellent plan to prevent the peeling skin from flying about, but I consider it unnecessary to add to the unguent any disinfectant, unless it be some mild resin. I would not have alluded to this had I not seen a letter in one of the medical journals denouncing the practice as dangerous, "filling up the pores of the skin," &c. I can say with confidence that we can, with perfect safety to the patient, prevent the dry, desquamating skin from flying about the room by this means.

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### HEALTH INVENTIONS AND APPLIANCES.

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#### A REMARKABLE HYGIENIC DISCOVERY—THE IDEAL FELT TOOTH BRUSH.

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PROFESSOR HERSCHFELD'S article on the "Hygienic Care of the Teeth" in the March issue of the *HERALD OF HEALTH* has attracted general attention. Apropos of the subject the *American Analyst* gives an interesting description of perhaps this most remarkable and useful invention in the interest of cleanliness and health that has been brought to our attention for many years. We refer to the Ideal Felt Tooth Brush, the latest addition to the daily toilet. This consists of a handle with a long metal loop at the end, serving as a frame, in which is securely held a block of fine compact felt, whose face is curved to conform to the curve of the gums, and cut into flat angles, like saw-teeth. On applying it, the user is at first disappointed. No matter how new the felt, or how strong the pressure of the hand, it does not excite the most sensitive tooth nor irritate

the gums and palate. It cleanses the teeth, and through the edges reaches the sides and angles where the bristles of the old-fashioned brush do not penetrate. It polishes the enamel rapidly and easily, and when aided by

#### A GOOD DENTIFRICE REMOVES

tartar, tobacco stains, iron marks, blackberry and whortleberry stains, without difficulty or trouble. In all of these regards it is far superior to the bristle brush. The latter does good, but also does harm. In many cases it does far more evil than benefit. The hard, horny bristles scratch and groove the enamel, until at last the dentine is exposed, when, of course, decay sets in, with pain and misery. The bristles irritate the gums, which recede until the roots are bared, when decay of a far more serious nature begins its lamentable work. Frequently teeth are so scratched and channelled in this manner that they come to resemble girdled trees, and like these they break off and are lost. For this reason Dr. Flagg, of Philadelphia, said: "I think it not too strong ground to take, that

#### BRISTLE BRUSHES DO INFINITELY MORE HARM

than good." Similarly, Dr. Cook, a famous Brooklyn dentist, said: "While bristle brushes, when soft and properly used, are of great benefit to many people, yet it may be seriously questioned whether they have not, on the whole, been of injury to civilized people." When a bristle brush has been used a short while the hairs lose their parallel set and become loose. A brush of this sort should be immediately thrown away. The stragglers are apt to perforate the cheeks, gums and palate, and by carrying small pieces of food from between the teeth, to poison the minute perforations. A loose bristle is liable also to be carried by the breath into the windpipe or the lungs, or with the saliva into the stomach. With the felt it is different. It does not come apart, nor does abrasion make any appreciable loss of substance. It cannot perforate, scratch or make sore any epithelial tissue whatever; neither can it interfere with the respiratory or assimilative organs. It has

#### ANOTHER ADVANTAGE OVER BRISTLES

in its exemption from the chemical action of ptyalin, the essential principle of the saliva. Bristles are changed by this powerful element, and become dry, hardened and brittle. They are even changed in color, and from white and yellowish white assume a grayish, brownish, or other unsightly hue. Fine felt undergoes no perceptible alteration from the

saliva, and as regards wear, the felt brush is far superior to the bristle. The latter seldom lasts a month before it is in a condition apt to inflict injury. In two months its usefulness is gone, and its only place is the ash-barrel. With the felt brush, the felt lasts from one to three weeks, and then

CAN BE REPLACED BY A NEW BLOCK.

The handle and metal hoop are almost indestructible ; so that from an economic standpoint a felt brush is not one tenth so dear as any other. In conclusion, it may be stated that no one who has given the new invention a trial will ever go back to the brush of our fathers. The increased ease and comfort of its use, the greater polish, health and beauty of the teeth, and the improved condition of the gums will, in a few days at the furthest, make the bristle brush distasteful and repugnant. Added to this the

FREEDOM FROM THE SCRATCHES,

punctures and sores produced by deranged bristles, the absence of all tickling in the throat and tonsils, of coughing and painfulness from loose ones, and above all, the neatness, convenience and economy of the new system, and it is easily seen that the days of the bristle brush are numbered, and that before long the felt brush will be in universal use.

QUESTIONS AND ANSWERS.

SUDDEN SHOCK IN FALLING ASLEEP.—*G. W. H., Syracuse, N. Y.*—The "sudden shock" you mention as experienced when falling asleep, is merely a muscular, spasmodic and involuntary act, produced by some action of the central nervous ganglia, difficult to explain, but analogous to the "start" of every day life.

HOW TO COOK POTATOES.—*Mrs. Faber, Salt Lake City*—If, as you say, you cannot get along without eating potatoes, they should be served with a little milk or cream, but without butter. The best way to cook them is by boiling or baking. Do not put them in that abomination of culinary abominations, the frying-pan.

TOAST AND BARLEY WATER.—*A Nurse, Boston, Mass.*—To make good toast water, toast slowly a thin piece of bread till extremely brown and hard, but not the least black ; then plunge it into a jug of cold water, and cover it over an hour before used. This is of particular use in weak bowels. It should be of a fine brown color. To make barley water, take

one ounce of pearl barley, half an ounce of white sugar, and the rind of a lemon, put into a jug. Pour upon it one quart of boiling water, and let it stand for eight or ten hours; then strain off the liquor, adding a slice of lemon, if desirable. This infusion makes a most delicious and nutritious beverage, and will be grateful to persons who cannot drink the horrid decoction usually given. Apple water is very delicate. Cut two large apples in slices, and pour one quart of boiling water on them; or on roasted apples; strain in two or three hours, and sweeten lightly. Or, peel and quarter four large acid apples, put them in one quart of water, with the peel of half a lemon, and a handful of washed currants; let all boil for one hour, then strain and add sugar to taste. Let it remain till cold.

A SAFE COSMETIC.—*Mrs. G. W. H., Indianapolis*—If you must use a cosmetic, try something that will do no harm, while it may, to a certain extent, answer your purpose. There are so many preparations now sold under the name of cosmetics, which are certain to produce injurious effects, that we would strongly recommend you to be extremely cautious in using them. The following simple infusion will be found perfectly safe: Scrape a root of horseradish into a pint of milk, and let it stand two or three hours in a cool oven. Use this milk after washing the face.

POISON IN FLANNELS.—The following instance is an answer to the question of *W. B. M.*, as to whether there is any case on record of poisoning from the use of improperly prepared flannel. It is taken from the *Boston Daily Globe*. Miss Bessie Blake, daughter of Milton Blake, of Keene, N. H., has been very sick for the past two weeks with a difficulty which at first puzzled her physician to account for, but which had every symptom of arsenical poisoning. The green wall paper of Miss Blake's room was analyzed, but no traces of the suspected mineral were found. Finally a green flannel dress which the young lady had recently begun to wear was submitted to analysis. It was found that the flannel was loaded with arsenic, and the cause of the illness was at once manifest. Miss Blake is slowly regaining her strength.

HOW TO AVOID WRINKLES.—*E. M.* writes:—In a late number of *HERALD OF HEALTH*, you advise against the application of hot water immediately followed by cold, to the face. Which should be used on the face to prevent wrinkles, hot, tepid or cold water? Is friction with a rubber toilet brush advisable when lines and wrinkles are forming, and

can glycerine and vaseline be used with benefit in that case? An answer through the *HERALD OF HEALTH* will be a favor." Alas! wrinkles will come with age and care, and when once they put in an appearance they come to stay and increase. A well-known physician of this city advised a lady who was just beginning to show those odious wrinkles about the eyes, to wash her face every night in boiling-hot water, just as hot as she could bear it, in which is a little bicarbonate of soda. She must bathe her face in this thoroughly, and hold her face in the steam for some time. After drying the skin, it should be well rubbed with olive oil. This prescription, faithfully followed every night, will, he says, not only prevent wrinkles, but will send away those that have already come. We do not credit the last assertion, but we give the advice of the physician for the benefit of our fair correspondent. Try it before resorting to glycerine, vaseline and friction.

UNINFLAMMABLE DRESS-MATERIALS.—*New Yorker*—Although many practical suggestions have been made from time to time with the view of popularising unflammable dress-materials the use of such incombustible articles of apparel does not appear to have found favor with the fair sex. Tungstate of soda has been the material most frequently employed to render light fabrics unflammable; it fulfils the purpose, but its high cost has been an objection to its use. Patera's formulæ has stood successfully frequent trials of their efficacy. One of these preparations is made by dissolving three parts by weight of biborate of soda and two and a quarter parts of sulphate of magnesia in twenty parts of water. Fabrics soaked in this solution become coated with a borate of magnesia, which is insoluble in hot or cold water, and is a good resistant of fire. The other preparation is a mixture of sulphate of ammonia with sulphate of lime, or gypsum, in proportions of one part of sulphate of ammonia to two parts of gypsum. The gypsum is said to form with the ammonia a double sulphate which has not the disagreeable properties of the ammonia-salt. The action of this preparation seems to be two-fold—first, in coating the fibres of the material to be protected; and also in the production, when the material is brought to a red heat, of volatile ammonia, which tends to smother flame.

WENS.—*T. R. M.*—The "lumps" you speak of are "wens." They will do you no harm; but, if you desire their removal, a surgeon can easily and by means of ether applied to the skin, as an anæsthetic, painlessly accomplish this.



GIVE UP THE DRUGS.—*Alpha Beta*—Give up the medicine now, and endeavor so to regulate your life in every way—diet, exercise, etc.,—that you will not require further drugging. For the sleeplessness trust most to open-air exercise. Good health will bring return of brain-power.

## PUBLISHER'S DEPARTMENT.

BENEFITED BY INSTRUCTION.—An old subscriber, Mr. G. C., writes us: "I must mention that the instruction received by me, through your paper, and from several books I bought of you, has been of very great value to me. My health has been perfect, *without a break*, for eleven years past. I attribute it to the '*mixed* vegetarian' diet adopted eleven years ago from reading (mainly) your books. At that time I was an *invalid*, suffering from 'general debility,' and had been so for years."

ENCOURAGING.—Mr. German Sweet, of Perry, New York, in renewing his subscription, writes: "Your paper (HERALD OF HEALTH) is excellent, practical, sensible, and in every way good."

ANNALS OF SURGERY.—This standard work maintains its high reputation as the leading monthly review of surgical science and practice. No surgeon who takes a live interest in the theory and practice and latest discoveries in his profession can afford to do without it. The *Annals* is published simultaneously in Great Britain and the United States. J. H. Chambers & Co., No. 914 Locust street, St. Louis, are the publishers, and the subscription price is five dollars per year.

WE WOULD CALL ATTENTION of investors to the Hartford Western Land Company of Hartford, Conn. We have personally investigated the standing and past record of the officers of the company, and their business methods. Mr. E. G. Robertson, president of the Hartford Investment Company, is president and chief manager of this company. Half of the stock is already taken, and we believe it a most favorable opportunity for persons desiring the benefit of the increase of Western lands without personally taking the risks. Our attention has been called to the fact that one of Hartford's first business men has just taken a good sized block of stock in this company. We wish our patrons to secure a portion of the good things, as they are rapidly being gathered by those who know best the value of this investment. Address for particulars, E. G. Robertson & Co., Investment Bankers, Hartford, Conn.—*Church Union*.

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T H E

# H E R A L D   O F   H E A L T H .

Vol. XXXIX.

MAY, 1889.

No. 5.

[Special for the HERALD OF HEALTH.]

## DRY RUBBING AS A MEANS OF PRESERVING HEALTH.

BY M. L. HOLBROOK, M. D.

THOSE who have read the HERALD OF HEALTH since its first publication, or even for a much shorter period, know how often it has advised people to use much friction on the skin after bathing, and also how many times dry rubbing has been advocated. Gradually this idea is becoming popular, and physicians are beginning to find out its value. Among others of this profession who are enthusiastic in its favor is Dr. G. Monad, of Paris. I have the pleasure of translating from the French a letter from him on this subject, and through it of introducing him to our readers.—He says :

I no longer practice medicine, my age and the goodness of God, enabling me to retire. But desiring still to be useful to my fellowmen, I wish to point out to them some of the means of avoiding disease, and thus render unnecessary the services of the physician. I need not mention the long list of accidents which will always require his aid. When one has the misfortune to break a limb, to be poisoned, to meet with an injury, or suffer from inflammation of any organ, he will need the help of a wise physician. Also that there are so many cases of this kind. But I maintain that by obedience to the laws of health, except in cases of hereditary defects of organizations, and of accidents and emergencies, man may attain a healthy and happy old age.

In a great majority of cases diseases are the product of unnatural conditions which have acted for a long time upon us. In some cases they are independent of our wills, but in a majority of cases they are the product of negligence to employ the proper means to preserve our health.

It is unnecessary to recall the long series of ravages against health due to ignorance, debauchery, the use of tobacco, excesses at the table, and a life devoted to worldly pursuits. What I desire to do, is to call special attention to some of the most important and simple means, too often neglected, of preserving health. The functions of the brain, of the heart and lungs, of the organs of digestion, are all accomplished more perfectly, and health is greatly promoted, when the skin is in good condition. If on the other hand, the functions of the skin are suppressed by coating it over with any impermeable substance, death does not long delay. There are many ways of preserving the health of the skin, one is by tepid baths with soap. This takes more time and money than every one can afford, and the frequent use of warm baths is debilitating. Cold baths have a tonic effect and are invigorating, but they do not sufficiently cleanse the skin of the greasy layer which is constantly secreted on it. Dry friction upon the skin, though somewhat rude, is the most simple and efficacious of all means of cleansing the skin and maintaining it in good condition.

I have practiced these frictions since my youth, and have reached the age of eighty-five without notable infirmities—such as are most common to physicians, and I believe my freedom from these infirmities is in great part due to the “currying” which I take every morning. During the more than fifty years of my medical practice, I have had frequent occasion to observe the surprising effects of these frictions on those of my patients who have had the firmness of will necessary to continue this practice.

The material most suitable for this purpose is, for man, the hair from the mane and tail of the horse, and for women and children, a somewhat softer hair. The apparatus consists of a pair of gloves, and in addition a schreke made also of this hair. There are two kinds of schrekes, one a brush mounted on strong cloth, and the other a web made of horsehair. I prefer the latter, because with the gloves and the web one is able to work over every part of the body, because it is flexible, embraces the projections of any part, is easily kept clean, and is practically indestructible. If in any way injured it is easily mended by a thread of hair.

I have spoken of a pair of gloves and a schreke. Many persons, with a view to economy, content themselves with one glove or even with the schreke. I believe this is poor economy, leading in the end to the abandonment of the practice. With only one glove it takes twice as long, and with only the schreke three times as long, and the work is very imperfectly done. The manner of procedure is as follows: One leaps

out of bed, puts on the gloves and curries energetically the lower limbs till the skin is red, then dresses them, uncovers the upper part of the body and does the same with it, and the back is reached by the schreke. Three or four minutes of time is sufficient, and the skin is perfectly cleansed and toughened. The exercise itself is an excellent form of gymnastics, renders the limbs supple and promotes the action of all the internal organs, the thoughts become clear, the respiration free, and one goes to his work, whatever it is, with pleasure and delight.

In some cases of debility it is necessary to call in the aid of others to do the work, but for this reason it should not be omitted. It is a good thing, but not indispensable, to precede the friction with a bath, either in a bath tub, a hand bath, or a basin or shower bath, as is most convenient. The bath makes the friction still more efficacious, helps to harden the body and protects it against colds or changes of temperature, a source of many diseases, but as the bath takes more time, and requires more courage than many persons possess, I do not insist upon it. The dry frictions alone are sufficient to maintain cleanliness and health.

DR. G. MONOD.

In giving this paper from Dr. Monod, I think I am doing a real service to many persons, while I would perhaps urge more strongly than he does, the bath before the friction, yet I know the latter alone is of immense benefit. Many will no doubt remember the letter from General F. E. Spinner, United States Treasurer under Lincoln, which I published in the *HERALD OF HEALTH* in 1885, and how closely General Spinner's practice accorded with Dr. Monod's, except he worked on his body longer. The results were truly very marked in his case.

I will only add a few words, about the care of the feet. Imprisoned as they are in boots and shoes, so much of the time, they really become much weakened by it. The true remedy is, to dip them for a moment or two into cold water before going to bed, and also after rising, and then rubbing them till thoroughly dry and warm.

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### SOME FACTS ABOUT COFFEE AND ITS ADULTERANTS.

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(Special for the *HERALD OF HEALTH*.)

It has been asserted from time immemorial that coffee is a slow poison, and there is no doubt but that its inordinate use is injurious to the system, yet it seems to be a poison that thousands upon tens of thousands of

men and women and even children in almost every part of the world have a hankering after. Pure coffee when drank in moderation may not be regarded as especially hurtful, as I have known scores upon scores of men and women who have reached a ripe old age, who were coffee drinkers all their lives, partaking of the aromatic beverage with their morning meal, and rarely at any other time; but it is of the adulterants now used in coffee of which I would say a word. Coffee is a bean, indigenous to tropical climes, while chiccory its chief adulterant, is a root that will grow wild most anywhere in climates of moderate temperature. Coffee is carbonic, while chiccory "is of the earth, earthy." One will float upon the surface of a glass of water, while the other will sink to the bottom. If the average coffee drinker was cognizant of the medicinal properties of chiccory, he would

#### NEVER SUFFER A DROP OF COFFEE

to pass his lips without an assurance of its absolute purity. Nearly all the chiccory used in the United States is imported in the root, largely from Germany, and after being roasted is ground and sold in packages or mixed with ground coffee, as needed in grocery or tea and coffee stores. There are a good many very worthy and prudent housekeepers who argue that an admixture of chiccory with one, two or more pounds of the roasted and ground coffee bean will make the coffee not only stronger but make it go further—perhaps it may—but they know nothing of its deleterious effect. Chiccory will impart a bitter taste to the beverage which many regard as strong coffee, but it is not only a violent emetic, but a powerful cathartic. I doubt not that many of my readers who have innocently drank coffee largely adulterated with chiccory, have experienced a nausea or sickness at the stomach or sudden griping and looseness of the bowels. Chiccory has a most deleterious effect upon the eyesight, and its inordinate use has been known to cause paralysis. While chiccory is the most common, it is not the only adulterant used by the proprietors of coffee mills in many of our larger cities. Peas, rye, beans, wheat, rosewood, sawdust, stale bread—either wheat or rye, and in fact anything that

#### CAN BE ROASTED OR BURNT BROWN

are used without stint in the adulteration of coffee. That these adulterants when taken into the system do more or less harm there can be no doubt, but the adulterators justify themselves by contending that if only pure coffee were employed, people in ordinary circumstances would be unable

to buy it, as the quantity imported into the United States represents but a small proportion of the total used. I have known many men and women who are interdicted from the use of even the purest coffee that can be made, for the reason that it will bring on a bilious attack, and if defiantly they indulge in a few cups they know what will inevitably follow. Persons of very bilious temperament or suffering from kidney troubles should abjure the use of coffee. In its pure state the aromatic beverage will often arouse and keep a person awake, and will moreover counteract the stupor occasioned by disease, by fatigue and by opium poisoning. To a certain extent it will allay hunger and physiologically it will make the brain more active. It is, as before observed, the adulterants surreptitiously used in coffee by grocers and the proprietors of coffee mills, that do so much harm to those largely addicted to the use of the beverage, and I would advise coffee drinkers to purchase only the pure article, though it might cost them a few cents more per pound, and take a table-spoonful or more in the preparation.

HERE IS A VERY SIMPLE TEST,

to ascertain whether or not your grocer has sold you adulterated coffee—that is roasted and ground. Take a couple of table-spoonful of newly ground coffee, put it in a tumbler or goblet and fill the glass with water. Every particle of the coffee will immediately rise and float in a dense mass on top of the water. The water, at first perfectly clear, will gradually become discolored, and the coffee will lose its natural shade and grow a sort of whitey brown. If the sample contains the least adulteration whatever the adulterant will remain at the bottom. The coffee will float while the other will sink.

The manipulators and managers of coffee roasting and grinding mills will invariably try to sell grocers who deal with them, a mixed article or its adulterants, to be mixed at their own sweet will, for they regard the general retailer as insanely conscientious who attempts to sell a customer the simon pure article. There are no retailers whatever who can afford to sell pure coffee at 25 cents a pound and present their customers with chromos, china cups and saucers, majolica pitchers, glass ware and alleged plated ware. All this so called coffee contains adulterants to give it color and weight. A man who sells a deal of alleged coffee in New York or any other large cities for 25 cents a pound and who gives away a present to each customer, recently gave me, in a semi-confidential way, his formula for making what he advertised as “pure coffee.”

## THE INGREDIENTS AND THEIR COST

are as follows :—one pound coffee 12 cents, one pound rye  $2\frac{1}{2}$  cents, one pound peas or beans  $1\frac{1}{2}$  cents, one pound chiccory 6 cents—the total footing up four pounds of alleged pure coffee for 22 cents. Retailing this deleterious and adulterated stuff at 25 cents a pound and the promise of prizes, which he rarely gives, except to obdurate women, my readers can figure his profits. The gift tea and coffee concerns rent big stores and make a big show.

Old time people were wont to buy the bean, roast and grind it themselves, as required for family use. Nowadays, those who buy the roasted bean to save trouble, will find the dust of chiccory or some other stuff in it, designed to add to its weight. Though it may involve some time and trouble, and add a trifle to the expense, the only way for families to obtain pure coffee is to buy the bean, roast and grind it themselves.

## THE AROMA FROM ROASTING COFFEE

pervading the house is, moreover, an excellent purifier. It will pervade every nook and cranny, and a spoonful or two of coffee thrown upon a hot stove in any sick room, is an excellent disinfectant, and the smoke in a few minutes will dissipate all noxious smells. My advice is to avoid coffee, it can do you no good and may do a great deal of harm; but if in spite of this admonition you will insist upon its use be sure to procure the pure article, and drink of it rarely and sparingly.

DR. J. H. HARDENBROOK.

## ANÆSTHETICS DANGEROUS IN DENTAL PRACTICE.

DR. J. C. REEVE, of Dayton, Ohio, recently contributed to the Dental Register an important article upon the use of anæsthetics in dental practice, which has elicited no little discussion among the profession. "There is no professional duty," says Dr. Reeve, "I perform so unwillingly as that of administering an anæsthetic for dental purposes, no fee that I consider so hardly earned as that which I receive for this service. At the same time I am frequently giving anæsthetics for general surgical purposes without hesitation and without undue anxiety." Again he says: "Are anæsthetics more dangerous in dental practice than in general surgery? The answer must be

UNQUALIFIEDLY IN THE AFFIRMATIVE.

Without attempting to collect statistics take only those of the Royal



Medico-Chirurgical Society and those of Sansom. The one gives 8 cases of death under tooth-drawing out of 100 of all operations, and the other 12 out of 107. Here then is nearly 10 per cent. of all the deaths occurring in dental operations. But this statement alone gives no just idea of the relative mortality. This could only be accurately ascertained if the total number of administrations in all surgical operations was known. Certainly anæsthetics are administered for general surgical purposes hundreds of times for once in dental practice, and if so, then the relative number of deaths under tooth-drawing is enormously large. The causes of the high rate of mortality during this particular operation are not far to seek. I do not believe that the entrance of blood into the air-passage is very important. Several deaths, however, have been caused by an extracted tooth falling into the larynx, without doubt due to the position of the patient.

ANÆSTHETICS SHOULD NEVER BE ADMINISTERED

unless the patient be recumbent. This is not, however, in my opinion, a very potent factor, and was fully considered in the paper. Another is the particular nerve involved in the dental operation, the acute pain caused by injuries to it, and the powerful effect of sudden impressions upon its branches upon the great and vital processes of respiration and circulation. By sudden impressions upon this nerve more than any other, is that inhabitation of the heart's action brought about which is sudden death. Far more important than all, however, is the fact that the induction of anæsthesia for tooth-drawing is likely to be incomplete, and will pretty certainly be so if the operator is also the administrator. Now it is a positive doctrine of the highest and latest authorities that such reflex actions as above given are

INCREASED UNDER CHLOROFORM,

that a state of partial anæsthesia is therefore one of especial danger, and especially so if the pain produced is at once sudden and sharp. There is no more seductive procedure than to give a few whiffs of chloroform for the extraction of a tooth; there is no more dangerous practice. If an anæsthetic is given at all, it should be given until the patient is 'off.' There is no plainer doctrine than this connected with the subject."

DR. REEVE WHOLLY DISSENTS

from the doctrine that a full dose of whiskey before the administration of the anæsthetic secures safety. There are on record many cases of death from chloroform in which an alcoholic stimulant was given just before

the fatal inhalation. In regard to bromide of ethyl, Dr. Reeve thinks it is a dangerous agent, on account of its bad record, and its marked perturbative action on the heart. He does not know of such objections to the use of nitrous oxide as will justify dentists in resorting to stronger anæsthetics. The objections adduced, he says, "seem but trivial when the tremendous responsibility is considered which the dentist takes upon himself when he proceeds to administer chloroform or ether, when the awful calamity of a sudden death from these agents comes to mind."

"It may be said, finally," remarks the *Chicago Medical Journal*, "that when a dentist administers chloroform for the purpose of pulling a tooth, he incurs a responsibility that he has no right to incur."

#### SHUT DOWN ON THE QUACKS.

THE increase of quacks, says an authority, with pretensions to more regular medical methods is to be noted in every community, and it points to a great and growing public danger. The only way to check it is to establish boards of competent examiners and to forbid all persons to practice medicine who cannot satisfy the boards of their knowledge and skill. Such boards might also, by a system of inspection and control, do something toward checking the malpractices of physicians whose knowledge and skill are both unquestionable. Every State certainly ought to have as careful rules for the protection of the public from incompetent doctors as from incompetent lawyers.

QUEER TASTES OF MAINE GIRLS.—Girls in Biddeford and Sanco, Me., seem to have some queer tastes. One lady makes an excursion to the brickyard each summer and lays in a supply of nice, blue clay to eat through the winter. Another favorite dainty is a soft brick, and long experience has taught her how to select the choicest specimens at a glance. Each of these ladies has lived to a good old age to enjoy her favorite dishes. One young lady may often be seen picking from the sidewalk soft, shelly rocks, and after nibbling to see if they are just right, transferring the rock to her pocket for future consumption. Soft, clay pipes, which one girl buys by dozen, ground-up slate pencils, chalk, sea sand, white rags, brown wrapping paper, and starch are among the favorite luxuries of others. Perhaps the queerest taste of all is that for ashes. One young lady is said to delight in coal ashes and to be often seen raking over old coal ashes for a lump only partially burned, upon which there is nice, white ash. Another has but recently broken a habit which she has followed since childhood of eating bread sprinkled with wood ashes instead of butter.

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## EDITOR'S STUDY.

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### OUR RULES FOR GOOD HEALTH.

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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.

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SO-CALLED OPIUM CURE ABOMINATIONS.—A vigorous writer in the *Sanitary Era* takes ground with the *HERALD OF HEALTH* in denouncing the so-called opium cures put up by unscrupulous quacks. He says: "To the best of our information and belief—and we have taken some pains in experimenting—the advertised opium cures, so far as they are not opium itself in disguise, generally consist of substitutes that take its place only to complete its work with ugly variations of their own, such as coca, hasheesh, and various other narcotics are able to contribute. It is high time that this business was taken in hand by the authorities. It is a monstrous state of lawlessness, when secret preparations of drugs can be freely put on sale and pushed into use as common as food, by any ignorant or scoundrel who chooses to make his money in that way. We make it a misdemeanor to prescribe for a few individuals, privately, without the credentials of professional science and honor; but the wholesale prescriber is a 'chartered libertine,' responsible neither to medical, excise,

or public health laws, for anything he may do. Every medicinal preparation allowed to be sold should be first approved as legitimate by the medical authorities, and its exact composition ascertained, and stated on all its labels. If such publicity were to destroy the popular market for nostrums, there would be none to mourn but the nostrum makers."

**MEN WHO COLLAPSE ALL OF A SUDDEN.**—What's that about people "getting old in a hurry?" They do. Some men go along for ten or fifteen years, looking "just about the same." They may get a little grayer, or their shoulders become slightly more rounded, but they are "no older." You meet them one day looking fresh and interesting, a month later they are all gone to pieces and grown really old. An attack of rheumatism, or gout, or pneumonia will do it. How do you account for this state of things? Why is it that people now go all of a sudden? I am inclined to believe it is because the science of the physician enables him to patch people up nowadays; and then again, the average man and woman indulges in "tonics," and doctor themselves with patent medicines, and stave off the disease and decay to a certain extent. They go finally like the man's "one-horse shay,"—all together and all of a sudden. It's better this way, is it not? No lingering illness, no trouble and worriment to friends. You get out as you came in, without any prolonged fuss. By the way, the proprietor of one of the best known tonics died a few weeks ago, just in this rapid way. One day he was peddling the tonic that would insure a man's life for three months, and the next day the proprietor of the tonic was himself packed in ice, and men were around asking for the job of furnishing the funeral bouquets. It's often intimated that people supposed to be living are dead, and are just walking around to save expenses—studying economy.—*Correspondent Every Saturday.*

**SKIN GRAFTS FROM THE DEAD.**—Dr. Bartens, of Roda, reports a case in which grafts from the cadaver were successfully transplanted. The living patient was a lad fourteen years of age, with extensive burns of the feet. The wounds showed no tendencies to heal, and as the lad was too exhausted by suppuration to be able to support fresh centres of suppuration in the shape of "snips," Dr. Bartens decided to avail himself of the body of an aged insane patient, who had just succumbed to pyæmia. Twenty minutes after death, therefore, two large flaps of skin were removed from the leg of the deceased, and placed in a little warm salt water. The flaps were carefully cleared of fatty tissue, and cut up into pieces about a centimeter wide, and two centimeters long. Fourteen of these

grafts were placed on each of the granulating surfaces, after these had been carefully cleaned and dressed with iodoform. When they were dressed for the second time, ten days later, twenty-four out of the twenty-eight grafts were adherent, and had already proved the starting point of epithelial extension. Sensation, moreover, had developed in the fragments. Cicatrization went on rapidly thenceforward, and the resulting scar was loose, and did not interfere with the movements of the ankle and foot. Most patients would probably hesitate, if consulted, between the skin of a frog, the skin of a corpse, or no skin at all.

CIGARETTE SMOKERS AS PROSPECTIVE FATHERS.—Investigation shows that the cigarettes sold in this country are, as a rule, vilely adulterated, and with substances even more injurious than tobacco. Something might be done, perhaps, by the passage of laws preventing the manufacture or sale of cigarettes. Surely, if the law can interfere to stop the production of oleomargarine on the ground of its being prejudicial to the health of the public, it might properly be evoked on the same plea for the manufacture of cigarettes. Some States do not allow alcohol in any form to be produced or sold within their limits; and yet I am inclined to believe that more injury can be inflicted on the human race by the excessive use of tobacco by young persons than by immoderate liquor drinking. The latter would probably kill more quickly, and before the subject would have an opportunity of procreating the species; but the former would certainly destroy the health and vitality of those who might descend from him. In the city of Washington, I saw a few days ago a wretched looking child, scarcely five years old, smoking a cigarette, and blowing the smoke from his nostrils. His pale, pinched face was twitching convulsively, his little shoulders were bent, and his whole appearance was that of an old man. Should he live to become the father of a family, what kind of children is he likely to have?—*Dr. Hammond.*

THE PASSION OF FEAR.—Fear, or dread of evil or danger, is a passion all mankind are more or less subject to. With some, however, it exists habitually in a great degree, giving rise to disease and various unpleasant symptoms. With many persons a sudden attack of fear causes fever, fainting, diarrhœa, convulsions, mania, and even sudden death. The influence of fear varies with different persons, many become quite talkative, some very silent, and others again become restless, moving about from place to place constantly. Instances are recorded where violent fright has produced immediate idiocy, where the hair has been suddenly

changed to a white color, and even where its vitality has been destroyed so that it fell from its roots, leaving the head bald. Paleness of the countenance, a suspension of all the vital functions, tremor, a momentary paralysis of the nerves of sense, etc., are usually present among those who become suddenly affected with fear. All these effects are caused by the greater or less degree of depression of the vital powers which invariably accompanies this passion. During fatal epidemics there is no doubt that more persons suffer and die from the effects of fear than would were the passion unknown. The subjection of this passion is a very difficult task. Persons who are subject to it may, however, overcome it to a great extent by keeping a careful and constant watch upon themselves, endeavoring to cultivate a disposition to retain presence of mind under all circumstances, and to check the first manifestations of fear, and also by the exercise as much as possible of mental fortitude. These measures, aided by a correct training of the reasoning powers, will frequently subdue the passion completely, even when it exists in excess. In the education of children, parents, guardians and teachers should be extremely careful never to adopt means of punishment which will call this passion into existence; cowards are made by the tyranny of teachers and parents over the young.—*Boston Budget*.

DANGER IN COMMON DRUGS.—“More are killed by drugs than disease” is an expression one occasionally hears. How much truth it contains is, of course, problematical. But, without doubt, says a writer in the *Boston Herald*, no small proportion of the deaths occurring are directly or indirectly due to an unwise use of medicines. As a rule, in adults its effect is remote, rarely following so quickly that it can be traced directly to the cause. As, for instance, a person takes a certain mixture which he believes “is good for his blood.” After a time, as the direct result of it, his kidneys become weakened, and never regain the healthy tone which they have lost. Months and even years go by before he is aware that they are affected, and when at last he discovers the fact, he has Bright’s disease. Once degenerative changes in the kidney commence, they go on as relentlessly as fate, rarely giving any sign of their presence until the point is reached when recovery is impossible. Children furnish the readiest victims to the direct destructive influences of drugs. Every one knows that children do not bear disease well; that they easily succumb to it, and when they are ill, even if the trouble is one from which recovery ought to be easy, there is much uncertainty felt, and, consequently, the relatives and friends are anxious. Really, when a child is sick, “danger

is always in lurk." Accidents, such as complications, etc., are more liable to occur with them than with adults, and for many other reasons, which need not be mentioned, a parent rightly feels some uneasiness, even if the ailment of the child seems but trifling. All things considered, the loss of a child is more easily reconcilable than that of a grown person, and as to the cause much is taken for granted. If the disease does not appear as sufficient to account for its death, the parents readily convince themselves that the result was a natural one. "What is to be will be," they say, and, unquestioning, bow in submission. Hence it is easy for slow poisoning by drugs to go unrecognized.

THE TREATMENT OF HYPOCHONDRIACS.—So many people are hypochondriacs that a physician expects to find one-third of his patients laboring under imaginary ills. It is easy for people to exaggerate symptoms, and by giving themselves into the hands of quacks, become confirmed victims of supposed ill health. What is not at all unusual is to find physicians who have become thoroughly hypoed. Many of them with great reputation and a large practice, and capable of diagnosing any case, become cranks concerning their own health. They exaggerate the slightest symptoms into dangerous cases and believe they have chronic troubles when they would know that, in a patient, it would be but a slight indisposition. Most physicians are not competent to treat themselves, and many of them are confirmed hypochondriacs. Medical students begin early to imagine themselves afflicted with the various diseases which they are studying. A long-discussed question among the medical fraternity is whether a physician should humor a hypochondriac and ostensibly treat him as if he were sick, or, on the other hand, to try to disabuse his mind of his folly. One of the professors of a college put it to the class in this way: "If when you are called in to a patient you find him suffering imaginary ills, and you tell him so instead of humoring and apparently curing him, you lose a client who when he may be sick will not call you in because he has no confidence in your ability. You thus lose practice and a chance to do good when the real necessity arises; besides by humoring the man you do no harm, for he will call in some other physician, who will do exactly what you could have done yourself." This argument has doubtless caused many physicians to treat hypochondriacs according to their fancy. The professor who followed the other one in the class heard of his predecessor's advice and was very indignant, saying that a physician should be true to his profession and treat every patient as

he finds him, not increasing the number of hypochondriacs in the world by encouraging the natural human tendency in that direction.—*Dr. I. B. Bruce.*

**TRIPLETS WHO LIVED**—Nearly sixty-seven years ago, or, to be exact, on September 23, 1821, Mrs. Grant, the young wife of Farmer Ira Grant, of Burville, about five miles from Torrington, Connecticut, gave birth to boy triplets, and shortly after was carried to an early grave by quick consumption at the age of 27 years. The combined weight of the three mites was only ten pounds, but they are still alive, robust and hearty men, and they are named Matthew, Daniel and William. Matthew has a farm quite near the Burrville station. He claims a certain superiority over the other two, inasmuch as, on the testimony of several credible witnesses still alive, it is generally believed that he made his debut in society one hour earlier than his less ambitious brothers. He is about five feet seven and a half inches in height, and weighs 155 pounds. He has a bright eye and a genial face, and he is about as nearly clean shaven as a farmer ever is. Matthew is married, and has had several children. William is also a farmer. His place is about three miles distant from Matthew's, on the outskirts of Torrington. Daniel is a carpenter in West Torrington. In recent years people have found points of distinction in the brothers' appearance, but they are still frequently mistaken for one another by strangers. William and Daniel have each made two attempts to solve the marriage problem, and two children each proclaim the result. Daniel's son was killed some time ago on the railroad. The brothers are bigger men than Matthew, each of them weighing about 170 pounds. The triplets look well for their age. They probably inherit their tendency to longevity from their father—old Ira—who only passed away a few months ago at the ripe age of 89 years. Uncle Ira, as he was called, was a fine specimen of the old New England farmer, staid, severe, crotchety, but genial and warm-hearted to the core. He was always very proud of his boys. The eldest of the family, a sister, also had a good taste of life, passing away three years ago. But sixty-seven years is not the high water mark for triplets. Only two months ago the town of North Smithfield, in the neighboring State—"Little Rhody"—possessed the honor which Connecticut now claims, and two of Smithfield's triplets are still living at the age of 72 years. They are Washington and Monroe Remington, and the other triplet was Jefferson Remington. They drew their



first breath on February 17, 1817. In the matter of weight at birth the Smithfield triplets differed largely from their Connecticut brethren, each of the former weighing nine pounds, which was one pound short of the total weight of the latter. In this case the mother, who never weighed more than ninety pounds, lived to be 96 years of age, surviving her husband by only a few years. All the triplets have had remarkably healthy lives, and have married and raised families. The two who remain are very sturdy old fellows.

### WOMEN AND THE HOUSEHOLD.

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

WHAT TO TEACH YOUR DAUGHTER.—Teach her that 100 cents make \$1.

Teach her how to arrange the parlor and library.

Teach her to say "no" and mean it, or "yes" and stick to it.

Teach her how to wear a calico dress, and do it like a queen.

Teach her how to sew on buttons, darn stockings and mend gloves.

Teach her to dress for comfort and health as well as appearance.

Teach her to make her sleeping room the neatest room in the house.

Teach her that tight lacing is uncomely, as well as very injurious to the health.

Teach her how to cultivate flowers, and make and keep the kitchen garden.

Teach her to regard morals and habits, and not money, in selecting her associates.

Teach her to observe the old rule, "A place for everything, and everything in its place."

Teach her the important truism that the more she lives within her income the more she will save, and the farther she will get away from the poor house.

Teach her that a good, steady mechanic, farmer, clerk or teacher, without a cent, is worth more than forty loafers or non-producers in broadcloth.

"A WOMAN WITHOUT MODESTY is unwomanly. A young girl without modesty is wanting in a maiden's greatest charm. A child without modesty is like an angel shorn of its wings."—*Ladies' Companion*.

FOR BURNS IN THE COUNTRY.—Almost everybody in town knows that linseed oil and lime water in equal quantities are good for a burn or scald,

says the *Homemaker*. Few people in the country, where one cannot run out to a druggist's for this or some other means of healing, know that an excellent substitute is wood soot and lard, mixed in the proportions of one-third soot, two-thirds lard, and beaten smooth together. Coat a piece of soft linen or cotton thickly with it, and bind on the scalded or burned place. The effect will be speedy and satisfactory. Coal soot will not do.

TEN GOOD THINGS TO KNOW.—1. That milk which is turned or changed may be sweetened and rendered fit for use again by stirring in a little soda.

2. That salt will curdle new milk; hence, in preparing milk porridge, gravies, etc., the salt should not be added until the dish is prepared.

3. That fresh meat, after beginning to sour, will sweeten if placed out of doors in the cool of night.

4. That clear boiling water will remove tea stains and many fruit stains. Pour the water through the stain, and thus prevent its spreading over the fabric.

5. That ripe tomatoes will remove ink and other stains from white cloth; also from the hands.

6. That a tablespoonful of turpentine boiled with white clothes will aid in the whitening process.

7. That boiled starch is much improved by the addition of a little sperm salt, or gum arabic dissolved.

8. That beeswax and salt will make rusty flat-irons as clean and smooth as glass. Tie a lump of wax in a rag and keep it for that purpose. When the irons are hot, rub them first with the wax-rag, then scour with a paper or cloth sprinkled with salt.

9. That blue ointment and kerosene mixed in equal proportions and applied to the bedsteads is an unfailing bedbug remedy, as a coat of whitewash is for the walls of a log house.

10. That kerosene will soften boots and shoes that have been hardened by water, and render them as pliable as new.—*Pharmaceutical Record*.

SCHOOLS OF DOMESTIC ECONOMY.—Mothers, perhaps, ought to give their children instruction in domestic economy, suggests a Pittsburg lady, but since a large portion of them are not qualified for doing so, is it not important that some provision should be made for teaching the various branches of this science in our schools? It is easy to say our schools cannot teach everything, and that a majority of pupils do not have leisure to

study all the branches now included in the regular course of any school or college. Admit it, and what then? New branches are being continually added to the curricula of our educational institutions. Why should not domestic economy be among them? Is it wise that domestic economy should be excluded, and all other branches admitted. In my judgment, no institution of learning that is obliged to leave the instruction of pupils in domestic economy to their parents is fully abreast the advanced thought of our progressive age; or is thoroughly equipped for supplying the practical educational requirements of the nineteenth century. I hope to live to see the day when Wellesley, and Smith and Vassar, and every other college for women in the country will give as thorough a course of instruction in domestic economy as they give in any other branch of education. That day, I venture to predict, is not far distant. Each school of domestic economy that is established needs aid, and each dollar invested in schools of domestic economy will help to solve the servant girl question.

CARE OF THE LAMP.—The lamp is such a necessary article in the home that it is strange it should be neglected as often as it is. It requires but a few minutes care each day to keep it in order, yet even this short time is denied it by many housekeepers. An ill kept lamp is a dangerous as well as an unsightly object, and many of the explosions of oil lamps which appear almost every day in the newspapers could be traced to carelessness in caring for the lamps. No woman having the welfare of her family at heart will willfully neglect this very important task. Aside from the danger there are few things so annoying to a person when reading or sewing as a poor light, and an ill kept lamp will of necessity give forth such a light. The danger of allowing children or even careless grown people to handle lamps carelessly cannot be overestimated. Lamps to be carried about the house ought to be of tin, and the danger is not so great. If glass lamps are filled lightly with cotton there is not as much danger as though without, for if the lamps should fall the oil would not have a chance to spread, and the fire, being confined to the cotton, could be easily extinguished. This is a safe plan to adopt in all glass hand lamps.

DANGER POINTS IN MARRIAGE.—The number of divorces and separations occurring in different periods of married life tells its own story plainly, clearly. The blending of two lives, the harmonizing of two different temperaments, the adjustment of personal incompatibilities in marriage is a thing of time. In true love marriages the parties have at least a

good start, and it counts for much in favor of happiness. But, even in marriages of love based on esteem, there is more or less of disillusion, especially, perhaps, to the wife, and, when the glamor is gone, danger to the family begins. It is then that the sense of duty is all in all to the wedded pair. If they remember for a while that in marriage love is a sworn duty, they will by-and-bye have less need to remember it. The first five years of marriage are dangerous; the second lustrum is still more dangerous; and the moral rents and strains which lead to subsequent disaster are apt to take place during those first perilous years. As time goes on the danger lessens, and perhaps we may believe that happiness, more real if less exuberant and buoyant, is increased. The last years of married life are probably the best. Even the last years of marriage, as the French statistics show, may end in turmoil, but not, we think, unless there has been turmoil all along. The habit of happiness and peace is not likely to be broken up after thirty years of dutiful behavior.

AN OLD-FASHIONED GIRL.—“I’ve been watching an old-fashioned girl for quite a long while,” says a correspondent of the *Fitchburgh Sentinel*, “and I want to tell you something about her. Her dresses, etc., were made in modern style; but, bless you! she was so old-fashioned that she arose in the morning when her mother did, helped set the table neatly, and cooked one or two dishes daintily her ‘own self.’ She had ‘graduated,’ yet she did not think because of that fact that the kitchen was not good enough for her. Oh, no! She was so much behind the times that she actually washed the dishes, made her bed, dusted, and then began preparations for the pudding for dinner. Now, wasn’t she absurd, when she (following the accustomed rut) should have been lying on the parlor sofa with the latest novel in her hand and her pug dog beside her? When her little brother came in crying because his kite was broken, instead of calling him a ‘horrid boy,’ as is the fashion to do in some homes, she helped with her own hands to mend it. How could she be in such small business? After dinner had been cleared away, she produced a small work basket and proceeded to mend the family stockings. Shocking! After her task was completed, she accompanied her mother on a shopping expedition, and although she met many fine-looking gentlemen, she did not flirt with any of them, for, don’t you know, she was so antiquated, she would have been shocked at the idea. As if it wasn’t elevating to the intellect to be on the watch for some masculine person to fascinate! The girl of whom I am telling you was pretty-looking, with a bright, fresh color in her face, brought on by plenty

of exercise in the open air and in the kitchen. But I can't begin to tell you half this queer girl did, for, you know, she was so old-fashioned that she did whatever good deeds came into her heart to do ; and her heart was such an antique affair that only pure, noble thoughts entered it. Her home was made bright and sunny by her presence, and yet she was not so perfect that she 'died young.' Oh, no! She lives to-day a girl who has 'no secrets' from her mother."

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### MOTHERS AND THE NURSERY.

(CONDUCTED BY MRS. F. C. PRESSLER.)

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THE DEATH RATE AMONG CHILDREN.—The mortality among children is so great the world over that over-population is almost an impossibility. Statistics of American cities show that one-fourth of the children born die before the end of the first year, and about half before the end of the fifth year. The death rate of children in New York City is very great, exceeding fifty per cent. before the end of the fifth year. Only two or three cities are more disastrous to children, and the immense population here serves to increase the ratio of the country. Even then we compare favorably with some European countries. Italy reports 567 deaths in each thousand births before children reach the sixth year. In the Liverpool district of England, which embraces that city and a considerable out-lying territory, the rate is 460 in each thousand, while in all England it is 338 in each thousand. Massachusetts has 340 per thousand, which is much above the average in this country and unnecessarily large. The mortality in the leading cities is far above town and country rate. The deaths in childhood come largely from the ignorance of parents of the most simple laws of life. No method of instruction of the people in these matters exists anywhere and children grow up as ignorant as their parents. If the latter would read publications like the *HERALD OF HEALTH* and follow the teachings set forth in their pages, the needless "slaughter of the innocents" would be greatly lessened.

CHILDREN WHO ARE BORN DEAF AND DUMB it is now shown can be taught to speak. M. Pinel has constructed an electric screen, by which the sound is propagated by the action of the voice on the bucal walls of the upper palate and pharinx. The apparatus acting on the sphenotemporal convolutions, communicates a sound, which by dint of education, may be comprehended. With the improvement recently made in the phono-

graph, deaf and dumb children may be taught intonation of letters, words and sentences.

WORTH REMEMBERING.—The following incident was related by a family physician: Being called upon to visit a sick child, he found the babe in apparently good health, but crying and struggling continually as though suffering extreme pain and anguish. The mother stated that the child was desirous of nursing continually, and in order to quiet it, she had been obliged to let it nurse as often as the crying paroxysm came on. When that failed to quiet it, paregoric or soothing syrup had been administered.

“When did you give the baby a drink of water last?” asked the doctor.

“I don’t remember” replied the mother. “I seldom let him drink water. Does he need it?”

“Need it!” exclaimed the doctor. “Why should he not need it as much as you? The child is suffering from thirst, nothing more.”

He accordingly called for cold water, gave the infant a few spoonfuls, and it immediately ceased fretting and soon went to sleep, enjoying a long refreshing slumber, the first for many hours.

All mothers and nurses should remember this. Infants who nurse may often suffer torment for the lack of a drink of water. Often a child cries from thirst; therefore use common sense, and instead of dosing it with poisonous compounds, give the little sufferer all he wants.—*Exchange.*

JOB’S TEARS, THEY ARE USED TO ENABLE BABY TO CUT TEETH.—“Job’s Tears for Sale” is the legend displayed in the window of a New York drug store. “What are Job’s Tears, and what are they used for?” inquired a curious reporter, whose eye fell upon the inscription. The druggist in reply exhibited a small pasteboard box. The box looked like other boxes, suggestive of pills and other uncomfortable things, but when the top was removed a number of small, bead-like seeds were exposed. They were about the size of pea beans and shaped like Prince Rupert’s drops. “These are Job’s Tears,” said the pill compounder. “You see they are shaped as a tear is supposed to be. They are the seeds of a small, grass-like plant that is a native of India, but grows now largely in New England. It is a common plant, but somehow, year by year, the seed seems to be growing scarcer; that is they are harder to obtain in the market. And year by year the demand for them has increased among a certain class of people. Have they any medicinal properties? Well, only so far as the gratification of a whim may be

attended with good results. Some time away back in the shadowy past, some grandma started the story that these pearly affairs, if strung like beads and hung about an infant's neck during the teething period, would make that operation a mild and pleasant pastime, in fact almost a joy forever to the child. I cannot say whether this is true or not, yet I know that lots of young mothers buy Job's Tears, and say that with their assistance it is really a pleasure for the baby to introduce its molars to the world."

**BENEFITS OF GOING BAREFOOTED.**—The following is taken from the London *Lancet*: "Children who are allowed to go barefooted enjoy almost perfect immunity from the danger of 'cold' by accidental chilling of the feet, and they are altogether healthier and happier than those who, in obedience to the usage of social life, have their lower extremities permanently invalidated and, so to say, carefully swathed and put away in rigid cases. As regards the poorer classes of children, there can be no sort of doubt in the mind of any one that it is incomparably better they should go barefooted than wear boots that let in the wet, and stockings that are nearly always damp and foul." There could be added to the above the testimony of many eminent physicians, who give as an additional reason the impossibility of a child's foot growing naturally, shod, as it has to be, with the conventional shoe.

**HOW BOYS SHOULD WALK.**—To secure a good gait in walking let a boy become a good runner, in form—that is, head up, feet low and elbows held to the sides. A good runner will have a step springy as a cat's in ordinary motion. If a boy is lumbering in gait and sprawls constantly he needs physical education at once. Ten to one he is growing and uses up all his forces in mere accretion—has not nerve enough to go around. Boys at this stage ought to have the treatment of the old Greek gymnasias, precisely what our expensive gymnasiums leave out. He needs the hot bath, followed by the briefest cold sponging, and then shampoo or massage till the joints are suppled and muscles relieved of their aching and "growing" pains, which are a very real misery. Nothing more encourages a boy's growth in stature than such treatment. Hot vaseline rubbed on aching muscles will relieve and prevent cramp from over activity, which boys suffer with as well as the opposite malady. It is certain that a boy will not be any less active for feeling as fit as possible. The state and city will do well by its people and their children when the money flung away in expensive school houses is economized to

provide free hot baths in civilized fashion. As a preventive of disease the new provision would be well worth the taxpayers money.—*Shirley Dare.*

SUNSHINE.—Do you ever notice what a difference the weather makes in the temper of most children, more especially those of older growth? There are some who always see a “weather breeder” in the fairest day, but even the grumbler is apt to improve his tone in fine weather. Those who have been around with sour looks, long visage and gruff tones, almost unconsciously brighten up during the days of sunshine. The misanthrope will forget his gloomy forebodings for a while, and grudgingly concede there may be hope for better times, if the moody and discouraged will bask in the light, and gather hope for the future. The sick, the weary and worn, feel the blessed influence, and find inspiration and restful charm in the same bright beams. The little child, too, feels the life-giving rays, and smiles and laughter take the place of frowns and impatience of the clouds and storms. The moral atmosphere is a reflex of the physical, only intensified. How quickly we respond to the changeful temperament of those with whom we come in contact. Let us, then, earnestly endeavor to preserve a cheerful state of mind; choose light and sunshine rather than clouds and darkness, that we may feel and exert an influence for good. Then we may know that in blessing others we are blessed, and we with others may gratefully say: Thank God for the blessed sunshine.—*Michigan Farmer.*

THE PROPER FOOD FOR INFANTS.—There is only one answer to the question, What is the proper food for infants?—and that is, the food supplied by the mother; and in cases where this is not expedient or possible, the food supplied by other mammals must be substituted. I hold it a duty that every mother should nurse her own child, unless from some satisfactory reason other than mere fashion; and when this duty is performed by the mother, it will be found to be beneficial to herself, much more convenient, and attended with less danger to the infant. Hand-feeding of infants has often to be resorted to, but there is great difficulty and much danger in the process. Dr. West, one of the greatest writers on the diseases of infants, says, in reference to children not brought up by the natural method: “The infant whose mother refuses to perform towards it a mother’s part, is deprived of the food that nature destined for it—too often languishes and dies. Such children you often see, with no fat to give plumpness to their limbs, their face wearing in infancy the lineaments of age, their voice a constant wail, their whole aspect an embodiment of woe; but give to such children the food that Nature destined for



them, the mournful cry will cease, the face will assume a look of content, the limbs will grow sound, and when, at length, we hear the merry laugh of babyhood, it seems almost as if the little sufferer of some weeks before must have been a changeling, and this the real baby brought back from fairyland."

These words, coming from such an authority as Dr. West, should leave a due impression on the minds of readers, and it is to be hoped with a beneficial result. It is a duty to her helpless charge, a duty to herself, and a duty to the State, that every mother should nurse her infant, unless, from some reason, her medical attendant has advised to the contrary. There are frequently reasons, however, that preclude the possibility of the infant being nourished by its mother, and then we have to depend on the supply of milk from some other animal, the cow being the handiest, and for all purposes the best. Some people lay considerable stress on having milk from one cow, but I do not think this of so much consequence; but in cases where mixed cows' milk does not agree with the child, one cow's milk may be tried. The milk of the cow most closely resembles that of woman, but it contains more solid matter. Goat's milk approximates closely also, but is richer. The various ways of using cow's milk as a food for infants are, of course, familiar to all who have the care of upbringing them, but certain hints may not be out of place about this important subject. Cow's milk is too strong for very young infants, and so it must be diluted with water, or with lime-water. To begin with, it is as well to use plain water, and about equal quantities of milk and water should be used for at least the first month or two, and after that a third of water should only be added. Some people add a little sugar and a little salt, cow's milk being deficient in them; and I think this a good addition.

Regarding the method of feeding, the plan that most resembles the natural must serve as our guide, and nowadays we have an infinite variety of feeding bottles. However near perfection a bottle may be, still, from its construction it is liable to become a source of disease. Thus the india-rubber portions are liable to absorb milk, or in a small crack in the material a small quantity may adhere, and undergo fermentation; and the best directed efforts to keep the tubing clean may not prevent this happening. In the glass part this does not occur readily, as it can be thoroughly cleansed, and there is no risk of absorption in it.

Two bottles are usually required, one to be in operation while the other one is being cleaned. The manner most likely to prevent bad conse-

quences is to thoroughly wash out the bottle after it has been used in tepid water, and then again wash it with water and soda, then thoroughly dry bottle and tubing, and put them in the open air, as on a window sill, where they can have both sun and air. Of course, the stopper should be out of the bottle. Another method is to allow the bottle to remain in lime-water till next it requires to be used. In cleaning out the tube, a brush attached to a strong wire is needed. I have dwelt for a long time on the subject of bottles, and the methods for cleaning them, for unless the latter is attended to dire results happen; and these have always to be guarded against in bottle-fed infants. A small particle of milk in a state of fermentation may produce both distressing and dangerous symptoms. — *T. Goodal Nasmyth, M. B.*

#### HEALTH INVENTIONS AND APPLIANCES.

A NEW REMEDY FOR SKIN DISEASES is a continual bath the patient eating, drinking and sleeping there until cured. One patient has been kept in such a bath for 385 days. He is tied up always at night to prevent him from slipping so as not to be drowned. The palms and soles become much shriveled, but the rest of the skin is unchanged. The water is kept at 98 degs.

THE PERISTALT IS AN AUTOMATIC MACHINE which can be attached to the wall of any ordinary room. It is designed to put in exercise and give action to the stomach in every part. It hardens the muscles, kneads the food by its small revolving wheels in a most natural manner. The stomach is pressed upon five small wooden wheels which revolve, and the hollow cylinder is driven over a screw like shaft, returning again by automatic action; thus you repeat the movement, while the action is both magnetic and pleasing. As the small wheels revolve on the stomach, the sensation is so agreeable that the one using it is inclined to continue the movement. The peristalt is offered to the public for the treatment of constipation based upon the principle of muscular contraction (the force which nature uses) and thus takes the place of cathartics, immediately stimulating and strengthening the stomach, liver and vital organs. The principle on which the Peristalt acts is that of massage, moving automatically; each person simply by pressure upon the machine gets every benefit desired from an expensive piece of massage machinery.

AT THE MEETING OF SPECIALISTS for Ear Diseases, which takes place at intervals of four years, Baron Leon Lenval from Nice, has offered the sum of 3,000f for the invention of a small microphonic instrument, which easily attached to the ear and invisible, would considerably improve the hearing. At the last congress there was a large number of new inventions to be examined, but none were perfect enough to win the prize. Another period is fixed until the year 1892. Persons suffering from deafness must, therefore, have patience, or use the most inconvenient speaking tube, before spending their money for new instruments, from which they receive none, or but very little help.

AMONG NEW INVENTIONS we notice a Night Stove and Food Warmer, for keeping milk, beef tea, or any liquid food warm during the night, without heating it to the boiling point, or sensibly increasing the temperature of the room. The heat is supplied by a small wax taper floating in a cup of oil. One taper and one cup of oil will burn all night. Each stove is furnished with alcohol lamp—for producing a strong, quick heat when desired—oil cup and tapers, tin water vessel and china cup of one-half pint capacity, with cover.

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#### QUESTIONS AND ANSWERS.

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TRY HOT WATER.—*J. J. B., South Boston.*—Try hot water the first thing in the morning—a goblet full. This will in a short time relieve the trouble.

SULPHUR FOR DANDRUFF.—*F. F.*—In the last number I notice a hair wash of sulphur dissolved in water is recommended. Would there be any danger of injury from the daily use of such a wash, and is there danger of making the solution too strong? Is the use of Horsford's Acid Phosphate likely to turn the hair gray? The use of sulphur recipe referred to was given upon the recommendation of a correspondent. We always give recipes when furnished by our friends, without endorsing them in all cases. We would not advise sulphur for dandruff. Borax is the best for cleansing the scalp.

*Lettie Hunt, Springfield, Mass.*—Your article will appear in June issue.

DIABETES.—*Subscriber, Wilmington, Delaware.*—Air, baths, diet and rest give the best treatment for this disease. The patient should expose

himself to the fresh air and sunshine as much as possible. Bathe frequently, and thus keep the skin open and active. His diet should be vegetarian, principally of the best acid fruits and cereals, with a small allowance of milk. This answer has been given in substance before, but is cheerfully republished upon request. Two meals per day, we assure our correspondent, are better than three, provided the person who partakes of them is convinced that he can thrive upon that number.

ARTIFICIAL TEETH.—*C. H. C., Snowball, Arkansas.*—I see an article in your last issue on the care and management of the teeth, which, by the way, gives excellent advice to all such as may be so fortunate as to possess a complete set of masticators, but to that large class like myself, who simply have a "mouthful of stumps" no advice or information is given. Now then, in that case, what would you recommend? An artificial set; if so, what care of them would be necessary? Better have the stumps out and a set of artificial teeth made by a competent dentist, who will also give you information as to taking care of it. We do not remember the party you allude to. *Scientific Religion* by Laurance Oliphant, can be procured from C. A. Wenborne, Buffalo, N. Y. We do not know the price.

HOW TO DECREASE THE WEIGHT.—*Another Colorado Correspondent.*—Mr. Joseph Harass gives the following diet as a means of reducing weight:

Breakfast.—Vegetables, brown bread (toasted), water with lemon juice, and occasionally oatmeal.

Dinner.—Vegetables, brown bread, water and plain pudding.

Supper.—Brown bread (toasted), and stewed fruit and water.

No tea, coffee, cocoa or milk, except skimmed, and only a trifle of butter. Under this regimen, Mr. Harass reduced his weight in nine months, from 200 to 150 pounds, suffering, as he says, no serious discomfort from this diet, while his physical and mental strength were greatly increased.

A BISHOP'S REMEDY FOR INSOMNIA.—Suppose *M. F. G., Cairo, Ill.*, who complains of insomnia, tries the following, which we give for what it is worth: Dr. Theodore B. Lyman, Episcopal Bishop of North Carolina, has written the following letter to the *Raleigh Daily News and Courier*: "I think I have made a very valuable discovery, and I am anxious that others should also enjoy the benefit of it. For nearly two years I have been suffering greatly from sleeplessness at night, and frequently have not

been able to sleep more than one or two hours during the night. I have tried a great number of proposed remedies, some of which have helped me a little, but not for any length of time. A little more than a fortnight ago, while staying at the house of a friend in the country, my good hostess brought into the parlor, quite late in the evening, a bountiful supply of freshly-roasted peanuts. As I am very fond of them, when they are not too much cooked, I ate quite freely of them, and soon after retired to bed. I found the next morning that I had enjoyed the best sleep I had experienced for over a month. I attributed this at once to the peanuts, and determined to try them again the following evening. I did so, and also drank a glass of fresh sweet milk after I had finished the peanuts. That night I slept still better, and now for a fortnight I have partaken of the peanuts and milk every night, and have not only slept remarkably well, but have also fully recovered from a slight attack of indigestion which had troubled me before. I now find that peanuts, carefully roasted, and not overdone, so as to be at all burnt, are surely a remedy for sleeplessness, and also for that form of indigestion which produces sleeplessness.

BRAIN FOOD AND RHEUMATISM.—*Mrs. P. R. Everett, Mass.*—“What is the best food for a person to eat who has a great deal of brain work? What is good for rheumatism where it affects the bones?” The best food for brainworkers is oatmeal, fruits, wheat and fish. If meat must be eaten as a stimulant, mutton and beef-steak. But take as little meat as possible. It used to be an article of faith among some physicians, that fish was an excellent brain food, when used as an exclusive diet, but this idea is pretty well dispelled. In reply to second question, try the pack from which the best results have been obtained. If available, the Turkish bath is equally effective.

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PUBLISHER'S DEPARTMENT.

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THERE IS NOTHING SO DEPRESSING as a troublesome corn; it makes us petulant and cross, and unfits us for business or pleasure; but there is no longer any reason to suffer such tortures, as Messrs. W. T. Hanson & Co., of Schenectady, N. Y., have placed upon the market one of the best cures ever prepared; it causes no pain and completely removes the painful excrescence. See the card in our advertising columns.

EXPERIENCE HAS PROVED THE CELLULOID COLLAR AND CUFF to be a prime necessity, especially in hot weather. They never wilt, are soft and pliable, and can be worn without change for months. They are the most economical goods worn—no expense for laundering. If soiled, simply wash in soap and water, and they are ready again for use. Hand Sapolio is the best soap for cleaning goods. An assortment of these goods is sold by Geo. Clement & Co., 33 East 22d St., New York.

ON THE WART QUESTION.—The article in our April issue upon the superstition connected with the cure of warts has elicited many interesting replies from our readers. Some of these will be given in the June number, and are well worth reading.

SOCIAL PURITY LEAFLETS.—Social Vice and National Decay, by Rev. Dr. W. T. Sabine, of New York, is the title of a new Social Purity Leaflet, No. 20, of the Philanthropist Series. It is a most valuable contribution to social purity literature, and includes an important lesson for our time and country, drawn from the historic past of older European nationalities. Price by mail, 20 cents a dozen, \$1.00 a hundred. Address THE PHILANTHROPIST, P. O. Box 2554, New York.

## THE HERALD OF HEALTH.

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T H E  
H E R A L D O F H E A L T H .

Vol. XXXIX.

JUNE, 1899.

No. 6.

[Special for the HERALD OF HEALTH.]

NOTES ON HEALTH,

BY M. L. HOLBROOK, M. D.

RELIGION AND DISEASE.

THE New Testament tells us plainly, that pure religion and undefiled consists in "visiting the fatherless and widows in their affliction, and keeping ones self unspotted from the world"—and all know that religion in its highest form promotes health. But there are some things which go under this name that are not religion, and which do not promote health. They consist in the emotional excitement rather than love to God and to our fellow men. The tactics of many of the "religious" movements which have of late years sprung up in our midst, foster this class of mental and moral activities in a remarkable fashion. The person who screams out in a "revival" meeting that he has "found salvation," and the crowd of votaries that imitate him, represent the influence of unconscious sympathetic action induced by the energetic appeals of the speakers. It is no disparagement to anything which savors of the true religion of sober-minded persons to denounce in unmeasured terms much the hysterical religion of these latter days. The scenes enacted in "Glory Holes" and other places where such orgies are enacted, really imitate in the nineteenth century the dancing mania and other epidemics of the sixteenth. "Religion" in such cases is merely a passing hysterical emotion, which is either only recovered from leaving its subject exhausted and weak, or which lands the patient within the walls of a lunatic asylum.

THE HERALD OF HEALTH does not discountenance religious enthusiasm, but it would strongly urge the avoidance of that which can end only in feeling and not in religious growth.

## LEARNING TO RUN.

Running, wisely employed, is a valuable exercise for sedentary persons who are not too heavy. I have a friend who takes a run one mile every birthday to test his strength. This year he was 70 years old, though he looks about 55. He made his mile in  $8\frac{1}{2}$  minutes.

Mr. T. P. Conneff, a long distance runner, says : Learning to run is after all a simple process. If a man is addicted to drink, or dissipates in any way, he must, if he intends to excel in athletic contests, bid adieu to these. His next step should be to take as much rest as is commensurate with his business pursuits. Sleep nourishes mind and body, and the man who enjoys rest and quiet is invariably the good business man. The young athlete should next map out his dietary programme. Food for athletes ought to be simple, nourishing and substantial. Fresh meats, fowl, eggs, stale bread, milk, with a little fish at intervals, may be said to form the staple diets of athletes. A mutton chop is very good for breakfast, a joint of roast meat or a beefsteak for dinner, while a little fish with eggs and toast makes a very good supper. I wish to remark, however, that although I recommend the above, that most, if not all, of our best athletes never adopt a special diet when training, but take ordinary nourishing and substantial food. Salt meats, fresh bread and vegetables must be avoided as far as possible, but if the young athlete feels a strong desire for any description of food, he had better take it.

## ACTUAL WORK.

The young athlete should take regular practice daily. The evening is the best time—say from 6 to 8 p. m. The distances which he ought to run when training should vary from one-fifth to four-fifths of the actual distance of the contest which he determines to make his favorite distance. This will be sufficient for four evenings of the week. He ought to run the full distance once a week ; devote one evening to sprinting, so as to get up that valuable auxillary in running—speed ; and he should, after a month's training, take one trial per week, running as if he were actually competing against opponents and racing for a prize. He should be cautious as to when he takes his trial. No novice should run against time or test his powers if he does not feel inclined to do so. Above all, no trials should be taken during the first month's work. The athlete must bring himself into trim by a proper but gentle and judicious course of training. No pains should be spared to adopt a neat and proper style



of running. It is a very good plan to run two or three hundred yards on the toes daily and to exert every muscle in bringing the legs well in front. The novice should take a cold bath about three times each week, and it is better to take it immediately after exercise. Tender feet, strains and ruptures may be treated in the ordinary way. It may be observed, however, that athletes are always in danger of going to excess, and this is fatal to health and long life. The graduating class of Harvard University for 1872, was famous for the number of its athletes and the amount of work they did. Nineteen of this class are dead, and thirteen of these were among the athletes; a very excessive mortality, and no doubt the result of too much hard work. In athletics moderation is as important as in anything else.

#### INCREASE OF BAD EYES.

Defective eyes are on the increase in spite of all our hygienic teaching. The cause lies no doubt in too much study of books in early life and in badly lighted rooms. There should be at least one square foot of window to every five square feet of floor in our school rooms, and that the light should, if possible, be allowed to enter from the south or east, and preferably from the south. The quantity of light should, at least, be sufficient to enable ordinary print to be read with ease in the darkest corner of the room.

Then in addition to this, youth should have more out-of-door life to benefit the eyes. The eyes are greatly strengthened by a life in the open air. At least the eyes of students, and those who live much indoors, twice a day should be bathed in cold water and massaged carefully. This is as useful for them as for weakened muscles.

#### SPREADING CONSUMPTION.

Dr. Morse gives in the *New England Medical Monthly* an account of how he inoculated some guinea-pigs with consumption. He selected three healthy guinea-pigs and one was inoculated with consumptive matter and placed in a small box with one of the others. The third was confined in a box in an adjoining room. They were cared for alike and had similar food. In four weeks the first one died, and the examination showed tubercle in the lungs and a large cheesy gland near the point of inoculation. Three weeks after the second animal sickened and was killed. I found small granulations scattered through both lungs, at some points aggregated, and in the right lung were two nodules having a

soft, cheesy centre. The third guinea-pig, examined three months later, had no evidence of tubercle or other disease.

An argument of this kind is worth nothing until the experiment is tried in another way. Suppose he had inoculated the pig with non-consumptive matter, or matter in which there were present more of the germs which cause consumption and they had had the same disease as has happened in laboratories time and again; what would it have proved? I do not make this criticism to oppose the belief in the contagiousness of consumption, for I believe it is contagious, but to show how imperfect and unsatisfactory are many of the proofs brought forward to prove it.

#### HOPE FOR THE FUTURE.

Most people live in the present, and there are multitudes who think they do not owe posterity anything. This is a mistake born out of selfishness. We owe the past nothing, but the future everything; and as sanitarians we owe the future better health than we of this generation possess. If past generations had lived for us as we should for the future, this present age would be longer lived and healthier than it is. On this subject Dr. Richardson says: Our forefathers trained for short life, and succeeded in the most remarkable degree. We have commenced to train for long life, and we are succeeding in our way quite as completely as they in theirs. They, without intending it, trained for disease; we, fully intending it, train for health,—health that is pure, progressive, and persistent. Our labors in this direction cannot be too manifold, too earnest, too continuous; for in them, if they prove successful, we insure benefits extending beyond ourselves, our own lives, our own generation. There is not the minutest victory which we can win in our conflict with disease and death that is not stamped for ever on the revolving life that has to be made manifest through future organic forms. The vitality changes not; but the form it animates so changes, through the development it undergoes, that it is influenced throughout all the organic domain. To us it is not given to supplement vitality, whatever we do; for vitality in its essence is not under our command. But to us is given the whole possession of the organism by which the vitality is made manifest, and in which it is potential. We see each organism reproduceable after its kind; moulded to carry life on to a fixed duration, long or short according to the productive sample on which it is based. This sample we can debase or improve. When, therefore, we improve the sample, we improve the product of the sample, and our work becomes immortal in proportion as it reduces mortality.

## TYPHOID FEVER IN THE COUNTRY.

Typhoid fever is quite as common in the country as in the city. The causes are not far to seek. Impure water in wells and springs is more abundant in the small towns, and even on the farms, than in large cities. The sources of pollution are abundant about every farm house. The closets and privies, the pig-pens and the barn yards furnish the material, and then find their way into the water supply in a hundred ways. Here is one of them related by Dr. J. H. Girdner, who, a short time ago, had occasion to visit a small town in North Carolina, and while there was asked by a resident practitioner to see some cases of typhoid in the family of a farmer residing in a little settlement near by. The local medical man could not account for the outbreak, and had attributed it to a wave of the disease sweeping over the country. Dr. Girdner's first step was to look after the water-supply. This he found was from one source for the entire hamlet—a clear spring, situated at the base of a cliff, perhaps ten feet high, and at such a distance from any source of drainage or privy contamination as to exclude both. Above the spring the cliff levelled off on a stubble field from which a crop of some cereal had been cut and the ground ploughed and harrowed. The direction of the harrow-furrows and the pitch of the surface was toward the spring; a couple of hundred feet to one side, but on a lower level than spring or field, stood the farm-house. Dr. Girdner ascertained that the first case of the disease occurred in this house, and on asking the country physician how the dejecta were disinfected, was told that they were thrown away at a distance from the house, and disinfection was left to the sun and fresh air. As they entered the farm-house they met an old woman carrying a vessel under her apron. The country doctor was about to stop her, but was restrained by a gesture from Dr. Girdner. She walked to the stubble-field, proceeded until she reached a point just above the location of the spring, then she gave the contents of the vessel a toss, and walked calmly back to the house. Here was the cause of the epidemic. The rain washed the poison down the harrow-furrows into the spring. Another water-supply was obtained, careful disinfection of the stools practised, and no other cases occurred.

Thus by the worse than criminal ignorance of the doctor, who knew nothing of sanitary science, and the women who managed the dejecta, whoever drank of that polluted water was in danger of this filth disease. And yet some otherwise intelligent people think they can get along better without a health journal than their tobacco or beer.

## SLEEPLESSNESS AND ITS REMEDY.

(FROM A LECTURE TO NURSES BY DR. W. E. FORD.)

SLEEP is that condition of rest both of body and mind that seems necessary for the continuance of either pleasure or work, or of life itself. The phenomenon attending this condition of repose is most interesting and has engaged the attention of sages, philosophers and physicians of all ages. We do not know definitely what sleep consists in; whether it be a purely physical change in the brain brought about by an altered blood pressure, or whether it is a result of mental processes alone. Certain states of hypnotism or artificial sleep are so analogous to the state of natural sleep as to argue in favor of the latter hypothesis. Most persons who are willing to be put to sleep by hypnotism may be made to pass into this state of artificial sleep by the ordinary methods. And we know that is induced by the mental state of expectancy due to suggestion on the part of the operator. In many people, too, this state of expectancy is

SUFFICIENT ALONE TO INDUCE NATURAL SLEEP;

and the well known mental processes of counting, repeating poetry, etc., by which thousands of people induce sleep, are precisely the things which induce hypnotism. The withdrawal of the attention from external circumstances and surroundings and the concentration upon one monotonous unexciting line, with the expectation of attaining sleep, will produce natural sleep in many persons and a hypnotic condition when artificially induced.

It may be safely affirmed that no one can be hypnotized who resists the influence, and who does not expect to feel any influence. So, too, wakeful people will not go to sleep so long as they are in a state of apprehension that they will not sleep. Indeed, it is the frequent experience of physicians that such people who do not expect to go to sleep will withstand considerable narcotic medicine without effect. All this is to impress upon you that sleep is not wholly a matter of unaided natural process, but it may be promoted by judicious

MANAGEMENT OR LOST BY UNSKILLFUL ATTENDANTS.

When, therefore, you have a wakeful patient, see to it that she is fully impressed with the fact that she can sleep if she gives herself up to it. A patient of mine who had been for a long time wakeful, consulted a mind cure physician, who told her that every night at 10 o'clock she would

put her to sleep by thinking intently of her case, and she did it. Of course, the patient herself had firm faith and expected sleep to come at a certain period, and it did come. Now, if you can so arrange the sick room that nothing from the external world excites the patient, and when it is proper time for sleep, tell her that she will sleep, and impress upon her the necessity of wholly giving up to the influence of sleep, and

YOU WILL SECURE YOUR RESULT.

On the contrary, if you show some distress, and express some fear that she will have a bad night, and, above all, if you leave some depressing thought on the patient's mind, sleep will not come. As to the importance of sleep and the amount of sleep necessary in any given case, circumstances will vary greatly, but it is always desirable that a nurse should have the knack of putting her patient to sleep. If, therefore, you will bear in mind these few rules as to the methods of inducing sleep you will often be of inestimable value to your patient. A troubled sleep, filled with vivid dreams and accompanied by restlessness, is either due to fermentive changes going on

IN THE STOMACH OR INTESTINES.

If, in the care of children, you find this restless sleep accompanied by such vivid dreams as to cause sudden wakening with crying, you may be almost certain that digestion is at fault. You all know how frequently grown up people see their grandmothers every time they dine late. There are many devices for

PROMOTING SLEEP IN DISEASED CONDITIONS

which I must more minutely describe. A small cold compress to the nape of the neck in cases of hysterical sleeplessness, the hot sitz bath in the sleeplessness from internal disorder, the hot spinal sponging and rubbing in cases of sleeplessness, in cases of great muscular restlessness, the hot bath for the feet and legs in sleeplessness with a feeling of fullness about the head.

COMMON SENSE ABOUT THE BODY.

[For the HERALD of HEALTH.]

Is there any way of teaching people common sense;—and is it not appalling to see what ignorance prevails in regard to the human body, in all classes of society! I have lived in New England and in several Western States, and in both localities have visited much among the sick

and suffering. My heart has been in despair many a time over the cruelties practiced through ignorance. I have found utter disregard of the simplest hygienic laws and as much ignorance of the needs of the body among the rich as among the poor, and as many atrocities committed in the castle as in the cabin. Nature, which always tends toward a cure if let alone, has a sorry time of it in many a poor mistreated body. The majority of people do not understand their own anatomy, they do not know the position nor use of the liver. The intestines are a mystery. The lungs are situated somewhere in the body, but how constructed and how the blood is purified in them, they have no idea. They have no conception of the manifold uses of the skin or of the importance of its care. The poor, tortured stomach is called upon to perform herculean feats, and is interrupted in its wonderful chemical operations to take in new supplies just at the moment when it should be let alone. In fact, the whole machinery is more tormented and broken and weighted down than any other piece of machinery owned by mortal being. And with it all is expected to go along smoothly without troubling its owner.

Is it fair to so abuse the temple of an immortal soul? Is it right and justifiable?

A horse, a pig, a cow, will take better care of its body than will a human creature. And if a person can do nothing under ordinary circumstances to keep himself right, what can he do in illness? Why, send for the doctor and a nurse.

And if the doctor does not know his business?

Die, and call it a dispensation of Providence.

There are some things that even the most ignorant person could and should know. The value of healthful food regularly eaten, of abundance of sleep, of bathing, of ventilation, of exercise, and of keeping the bowels right, the feet warm and the teeth clean. How are the people to be taught?

There are two practical methods—in the public schools, and by lectures paid for with public funds. Practical physiology and hygiene should be one of the chief studies in the schools of a nation whose people are deteriorating and whose hospitals and asylums grow more crowded year by year.

A course of lectures, illustrated and made so plain that all could apply their lessons, could be given in every town and hamlet once a year, and paid for out of the public purse. The blessing to humanity would be invaluable.

MRS. GEO. W. OGILVIE.

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A NEW NAME SUGGESTED FOR VEGETARIANS.

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As one who is classed as a "vegetarian," I have always been dissatisfied with the name, on the ground that it is misleading. It is not accurately descriptive. Many very naturally conclude, from the incorrect definitions, as given by some lexicographers, that a "vegetarian" is one who lives solely on vegetables. This is erroneous.

The word "Fruiteater," or "Fruitarian" would be nearly accurate, and to my notion would be a much better name than "Vegetarian." Webster defines the word fruit as "that part of plants which contains the seed; especially the juicy, pulpy products of certain plants, covering and including their seeds, as the apple, plum, pear, peach, berries, figs, melons and others." Worcester defines fruit as "the product of a tree or plant in which the seeds are contained, or which is taken for food."

Now fruit and farinaceous food in their wonderful variety and in the multifarious combinations and preparations of which they are susceptible, constitute the great bulk of the food of the so-called vegetarians. And while we do not go to the Bible to determine physiological or other scientific questions, it is remarkable that the ancient writer in Genesis, in describing man's original food, uses these words: "Every herb yielding seed which is upon the face of all the earth, and every tree in which is the fruit of a tree yielding seed, to you it shall be for food." This harmonizes with the scientific decision of one of the highest authorities in comparative anatomy in modern times, that the whole anatomical structure of man shows him to be naturally a fruit-eating animal.

The wisdom of seeking truth directly from nature is well illustrated by the following story: An ingenious man had invented and put into operation a very complex machine for making a costly textile fabric. He alone could well manage and keep in order this valuable loom. He, however, took the precaution to write a book of directions to enable those, who should come after him, to run the machine and keep it in repair. Sometime after his death, the machine broke down, and those in charge at once referred to the book of directions to find out how to repair and set it in operation. But, on reading the book, no two persons understood it alike. No one could interpret the author's meaning clearly enough to put the works in running order. Finally, one man, wiser than the rest, threw aside the book and began to study the machine. He

soon learned therefrom the design of its author, and was thus enabled to put the machine again in motion. So, to find out the laws of man's being, we must study man.—SETH HUNT.—*Springfield, May 28.*

#### DANGERS OF HYPNOTISM.

VERNEUIL was called, in November last year, to a girl from 16 to 17 years old. She was constantly crying, screaming and gesticulating, uttering at the same time incoherent words. At last she fell asleep with complete relaxation of the limbs. When Dr. Verneuil arrived, the sleep had lasted about 45 minutes. This change in her condition had commenced a fortnight ago. Dr. Verneuil found finally that she had been made asleep by a student of medicine who was in the habit of hypnotizing his acquaintances. By blowing on the bulbs, she was awakened by Dr. Verneuil. After a few moments she again fell asleep and was awakened in the same way. The visit of a lady friend, who had been frequently hypnotized, like herself, induced a crisis. New fits made her relapse into the state of lethargy, once for 60 hours. She awoke from time to time, taking food. Since that, she had an anaesthesia of the right side. Recovery lasted for 8 days, then she had vomiting of blood and dyspnoea, which symptoms disappeared by the application of bromide of potassium. Verneuil considers these phenomena as a direct result of hypnosis. The girl until then had never presented any of the phenomena of hysterics. Verneuil is one of the numerous physicians who, with much reason, want hypnotic experiments to be prohibited without clinical instruction and medical treatment. Also in a 12-year-old girl who had been hypnotized on account of incontinentia urinæ, so as to cure the disease by suggestion, 2 or 3 hours after the second seance a violent hysterical access was observed, while apparently the child had never before been liable to similar accesses.—*Berl. Med. Wochenschrift.*

ANOTHER WART CURE.—Mr. G. E. J. Greene, of Wexford, recommends the fresh juice of *Euphorbia helioscopia*, the "sun spurge," as a cure for warts. The plant, he says, is common on waste places, and in kitchen gardens, where it varies in height from 2 inches to 2 feet, and bears, in July and August, comparatively large heads of greenish-yellow flowers. The *modus operandi* is described as follows:—Having pared away the upper strata of the growth, I nip a stem off the wart weed (pre-



ferably near the top of the plant, as that portion contains stronger juice, and more of it than any other portion), and apply it to the part; as it dries more is applied, and so on at least three or four times daily. When a scum forms, consisting of inspissated juice and disintegrated epithelium, it must be removed before again using the remedy. If the growth is recent or small, paring is unnecessary, in fact I merely use the knife when the patient desires a more rapid cure, as the process is otherwise rather slow (but sure). This treatment has the advantage of being painless, and further leaves no mark.

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### SOME MORE ABUSES OF THE CORSET.

(By A. Laphorn Smith, B. A., M. D., Bishop's College Montreal).

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A REACTION seems to be setting in against the corset, and it is becoming generally admitted that the great increase in abdominal pressure which it causes is to be blamed for a great many of the diseases to which women are victims. Loenfield (*Polyclinic*), in an interesting article lays great stress upon the injury which they do by interfering with respiration. It is clear that, if a woman is prevented from taking in sufficient oxygen for her needs, her blood must deteriorate. Poor blood means weak muscles and a flagging brain. It has been noticed, he says, that college women have largely given up the wearing of corsets. It is doubtless a custom that will become more and more widespread. It would seem strange that anyone should care to pour into herself intellectual food at the same time that she carefully shuts off the draft of her furnace and so prevents its utilization.

Marchand thinks they are a common cause of the formation of gall stones, from which women suffer more than men. Pressure exerted by this article of dress on the liver is transferred to the gall-bladder and its ducts.

This pressure is not uniform; it is more constant by day, but decreases at night or is exerted only when the form of the thorax is already altered by pressure. This pressure causes the retention of the bile in the gall-bladder. During the daytime the bladder tends to empty itself. In the intervals of digestion and during the night, it has a tendency to re-fill itself. If the daily evacuation of this organ is prevented or only imperfectly effected, there is a recurrence of stagnation or bile, and a consequent disposition to the formation of gall stones.

I do not think that women are alone to blame for wearing tight corsets. They only try to meet a demand. If men admired women of natural shape more than thin-waisted girls, the supply of the latter would soon cease to come on the market. So that we should educate our male acquaintances to understand the probable sickliness and costliness of corset-laced wives.

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#### ANOTHER METHOD FOR REDUCING CORPULENCE.

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“CORPULENCE is due to an excess of hydro-carbon in the system. All oleaginous food, as fat meat, butter, gravies, milk, nuts and Indian corn, is a direct contribution to obesity. In addition to these, the hydro-carbons are elaborated in the system by the starch and sugar of bread, potatoes, rice, tapioca, arrow-root, and various other vegetables, fruits and roots. Alcoholic stimulants are favorable to the deposit of fat, and the exact opposite—to wit: The free use of aqueous drinks—is still more conducive to corpulence. If a man could live wholly on a nitrogenous diet, confining himself to those azotized principles fibrine, albumen and caseine, which go to renew the waste of the tissue and are not convertible into fat, he would soon become as lean as he could desire. But these principles cannot be obtained in their purity in ordinary food, and if they could be, the diet closely maintained would, after a while, be fatal to the system. Some approach to it, however, may be made, and this is recommended to all who suffer from excessive corpulence. The normal diet of one in perfect health, would be one of the nitrogenous principles to five or six of the others. A reduction of the latter so that the proportion shall be one to three, will make a very perceptible change in the physical condition. To effect this, let the diet be lean meat (no pork), lean fish (no salmon), cheese, peas, beans, cabbage, turnips and acidulous fruit. Avoid farinaceous food, including bread, pastry and potatoes, and all fats (butter especially) and sweets, saccharines of all kinds being especially fattening. Drink claret (with little or no water) and other sour or light wines, and if flour is used at all, let it be in bread toasted very dry. A perseverance in this diet will inevitably reduce the avoirdupois of any human body.”—*Jour. of Commerce.*

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## EDITOR'S STUDY.

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### OUR RULES FOR GOOD HEALTH.

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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.

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A GIGANTIC BUT NOT HOPELESS TASK.—The most efficient means of improving the morality of the world lies in attempting to remove the causes which are ceaselessly at work creating and perpetuating disease. The improvement of the sanitary conditions of cities, the better feeding and housing of the laboring classes, the better care of children, instruction in the laws of health, the establishment of libraries and places of innocent amusement, are all so many steps taken for the restriction of immorality, and which do their work as effectually as the Sunday school or the church. It is time to recognize the importance of such things, remembering that the uplifting of humanity is a gigantic task, and that manifold agencies can be used to advantage in completing it. The average man of to-day is a different being, both in health and morals, from his progenitor who dwelt in caves only a few thousand years ago; and the coming man, if he does not reach the perfection of physical health and the moral sensitiveness of the ideal man, will have risen far superior to our present attainment.—*Providence Journal*.

THAT ACHES IN THE BACK.—An Albany physician, says a contemporary, declares that Americans suffer more generally from Bright's disease and nervous diseases than any other people, and he says the reason is that Americans sit down so persistently at their work. He says, "Americans are the greatest sitters I ever knew. While Englishmen, Germans and Frenchmen walk and exercise, an American business man will go to his office, take his seat in his chair and sit there all day without giving any relief to the tension of the muscles of the back. The result is that these muscles surrounding the kidneys become soft and flabby. They lose their vitality. The kidneys themselves soon become weak and debilitated. If Americans would exercise more, if they would stand at their desks rather than sit, we would hear less of Bright's disease. I knew of a New York man who had suffered for some years from nervous prostration until it was recommended to him that he have a desk at which he could stand to do his work. Within a year he was one of the healthiest men you ever saw. His dyspepsia and kidney trouble had disappeared, and he had an appetite like a paver."

NO HEALTH IN FAT.—Sir Henry Thompson, one of the most celebrated English physicians, takes very advanced grounds on the subject of the eating habits of modern life. He says that from facts coming constantly before him he is obliged to accept the conclusion that more mischief in the form of actual disease and of impaired vigor and shortened life accrues to civilized man from erroneous habits in eating than from the habitual use of alcoholic drinks, considerable as he freely acknowledges that evil to be. Indeed, he declares it to be his conviction that more than one-half of the diseases of the meridian and latter part of life among the middle and upper classes of society are due to easily avoidable errors in diet. He points with emphasis to the fallacy of the generally accepted idea that the growing stoutness of middle life is due to vigor, or an index of healthful conditions. The typical man of eighty or ninety years, still retaining a respectable amount of energy of body and mind, is lean and spare, and lives on slender rations.—*Helen Densmore.*

BEEF FOR HOT BLOOD.—The idea is beginning to gain vogue with others who have never considered the subject in the light that the vegetarians do, that our diet is altogether too strong in the matter of the more heating meats; so much is this the case that it is maintained that mild wines do really less harm to the general system than flesh that is loaded

with red blood. This strong meat, such, for instance, as beef, the eating of which, it is said, frequently generates too hot blood, gives us our reckless activity, our intensity, and many of our new diseases. White meats, vegetables, oils and fruits, in long-tried use among the ancients, are in this view a safer and wholesomer diet than that which we have so long considered the best to be had.—*Harper's Bazar*.

HEREDITARY TAINTS.—One result of the labors of physiologists has been the clearing of the mental vision, and the gradual comprehension of the great, pervasive and potential fact of "heredity." "The sins of the fathers shall be visited upon the children," said Moses, more than three thousand years ago. Probably he comprehended in but a very small measure the significance of his own utterance. "Not only," says a writer in the *Hospital*. "do parents transmit to children their mental peculiarities, their moral tendencies, the features of the face, the stoop of the shoulders, and the trick of the gait, but they pass on to them their blood, their brain, their glands, their very soul and life. The parent himself, as is well known, can modify and make worse or better both his constitution and his character. Similarly, the child's constitution and character may be changed, until, by the operation of the law of heredity itself, a not very remote descendant may be the antipodes of his early progenitors. The discovery of an existing inherited taint of disease or of vice in a child is not a cause for regret, but for thankfulness. The disease taint itself is, of course, to be deplored, and so is the inherited vice; but its early discovery is to be hailed with gratitude as pointing out lines of physical and moral treatment which may lead to the practical enfeeblement of the taint, or even to its eradication."

MODERN SURGICAL MARVELS.—A startling advance in surgical science has been made by Dr. Maximilian Klein, a German military surgeon. A man accidentally cut off his left great toe in the middle of the first joint. The severed piece remained hanging to the foot, but the connecting skin was scarcely thicker than a thread. Dr. Klein sewed on the fragment, dressed it with iodoform, and had the satisfaction in twenty-two days of finding the wound healed and the toe perfectly sound and flexible. Encouraged by the unexpected result in this case, Dr. Klein was induced to apply the same treatment again. A recruit, in order to disable himself and so escape from military service, deliberately cut off his forefinger with an axe at the second joint. The finger end was lost and could not be found until half an hour had elapsed. It was then cold and blue.

Nevertheless, Dr. Klein sewed it to the stump and applied a bandage of iodoform gauze. As early as the second day it was evident that circulation had been partly re-established throughout the finger, and in six weeks the man had not only left the hospital, but was doing the very rifle drill which he had hoped to shirk. The finger was, in fact, as serviceable as it had ever been. These stories read almost like extracts from the exploits of Baron Munchhausen. That they are chronicled in the professional journal *Memorabilien* is, however, evidence of their truth. American surgeons will not be so unwilling to credit them as they would have been in the days before the discovery of the properties of iodoform.

**BUTTERMILK AS A MEDICINE.**—With the rapid growth of reconstructive medicine, comes opportunely the re-introduction of old and well-known domestic remedies, among which buttermilk demands a respectable place. A young lady patient of the writer's was suffering from a severe consumptive cough. None of the usual anti-spasmodics, expectorants, etc., seemed to do any good, simply because her stomach was too weak to bear enough medicine to effect the purpose. Finally I suggested to her mother the use of hot buttermilk. It was adopted at once. Her first night's experience was one of comparative freedom from cough and pain, and a pleasant slumber for several hours. It was continued for a long time, with an unvarying relief of all her previous distressing symptoms and an almost perfect freedom from cough for several hours after each draught of the hot buttermilk. Lingered at one time for weeks from an attack of congestive fever, dosed with calomel and quinine almost beyond endurance, the writer began to desire buttermilk to drink. The physician "didn't believe in humoring the whims of patients," as he expressed it; besides, he contended that a single drink of the obnoxious fluid might produce death, as acids and calomel were incompatible dwellers in the same stomach. But I was a good persuader, and my mother was a susceptible subject. The buttermilk, "fresh from the churn," was procured and drank. No evil resulted; instead came a perspiration and speedy recovery.—*Dr. S. F. Landrey.*

**WINDOW VENTILATION.**—To obtain ventilation by a window, without a draft to strike the person, a direction to the following effect has been constantly repeated by every hygienist and hygienic publication, for a number of years past, without a suspicion of its fallacy, apparently, on the part of any one of the public's instructors: "Fit a strip of board into the window casing at the bottom, under the lower sash, so as to raise the

sash two or three inches, and the thin space between the panes, where the sashes lap over each other, will be open above and below, affording egress and ingress to the air in vertical directions, while the board excludes a horizontal draft that would strike a person near the window." The objection to this plan is that it is built exactly wrong side up, in defiance of the law of gravitation, and will not work. It contemplates the exit of the warm and rarefied air of the room downward through the colder air between the sashes, and expects the still colder and heavier air outside to climb upward through the lighter enclosed air and tumble over the top of the sash into the room. The amount of air exchanged between outside and inside in this way will be hardly perceptible, unless a strong breeze blows against the window. The way to get ventilation through this interspace, and a truly excellent way, is to push up the lower sash to the top of the casing, and pull the upper sash down within a few inches of the sill, stopping the gap at the bottom with the board above mentioned. The outer air will then find a downward entrance, and the lighter air within will escape upward.—*Sanitary Era.*

**DON'T WORRY.**—If you want a good appetite, don't worry. If you want a healthy body, don't worry. If you want things to go right in your homes or your business, don't worry. Women find a sea of trouble in their housekeeping. Someone says they often put as much worry and anxiety into a loaf of bread, a pie or a cake, into the weekly washing and ironing, as would suffice for much weightier matters. This accounts largely for the angularity of American women. Nervousness, which may be called the reservoir of worrying—its fountain and source—is the bane of the American race. It is not confined to the women by any means, but extends to the men as well. What good does fretting do? It only increases with indulgence, like anger, or appetite, or love, or any other human impulse. It deranges one's temper, excites unpleasant feelings toward everybody, and confuses the mind. It affects the whole person, unfits one for proper completion of the work whose trifling interruption or disturbance started the fretful fit. Suppose these things go wrong to-day, the to-morrows are coming, in which to try again, and the thing is not worth clouding your own spirit and those around you, injuring yourself and them physically—for the mind affects the body—and for such a trifle. Strive to cultivate a spirit of patience, both for your own good and the good of those about you. Suppose somebody makes a mistake, suppose you are crossed, or a trifling accident occurs; to fly into a fretful mood

will not mend, but help to hinder the attainment of what you wish. Then, when a thing is beyond repair, waste no useless regrets over it, and do no idle fretting. Strive for that serenity of spirit that will enable you to make the best of all things. That means contentment in its best sense; and contentment is the only true happiness of life. A pleasant disposition and good work will make the whole surroundings ring with cheerfulness.—*American Artisan*.

THE OLDEST MAN IN NEW ENGLAND.—On Jan. 26, 1788, Elihu Stevens was born in the State of Maine, town of Belgrade, known then as Dearborn Plantation, now as Readfield. At the age of 24 he enlisted in the War of 1812, and now draws the pension. In health he is a vigorous-looking man, and to a stranger would pass for about 75 years old. About nine months ago he walked two miles to visit a grandchild, returning the same day. He has been married three times and had twenty-one children by these marriages. Twenty of them lived to be men and women, thirteen are still living. One year ago his children, grandchildren, great-grandchildren and great great-grandchildren numbered 319. Five generations of the family are now living and his children are scattered between Maine and California. For the past twenty years Mr. Stevens has done scarcely any work, but previous to that his life had been spent in farming, and his good health is now attributable to the fact that he would always rest when he felt weary. He prides himself upon being born before the Constitution of the United States was adopted, and that he has lived under every president from Washington to Harrison. He is very temperate, shunning the use of liquor and tobacco, never having been intoxicated but once, and that was in the olden times when "rum and molasses" were domestic fixtures in every house. He speaks of that as the time when he was holding on to the ox bow and had to step high to keep the ground from hitting him in the face. A very retentive memory is his, and well he remembers the first land plowed in Readfield. To-day he is hale and hearty.

TEACHING CHILDREN.—Too many children never accomplish anything because they fear both their parents and their teachers. Too many never succeed because they are made to feel they never can. Many a child who is full of animation and life and fun and happiness is made to hate his school and school books, because his teacher does not take the time and trouble to study his disposition, and thus learn how to govern him.



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 WOMEN AND THE HOUSEHOLD.
 

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[CONDUCTED BY HELEN FLETCHER.]

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SHOW THIS TO YOUR HUSBANDS.--We copy a little sermon chock full of good suggestions :

“Text : ‘Husbands, love your wives.’

“1. Never find fault with her before others.

“2. *Per contra*, remember the counsel of the good book : ‘Her husband shall praise her in the gates,’ that is, before folks.

“3. Bear all the burdens for her, even then she’ll bear more than you do in spite of you.

“4. If you want her to submit to your judgment, never ask her to submit to your selfishness.

“5. A woman’s life is made up of little things. Make her life happy by little courtesies.

“6. Love is a wife’s wages. Don’t scrimp in your pay.”

DR. PECKHAM GIVES FOUR RULES that should be pasted above the favorite seat of every housewife:

“1. Do not regard every trifling ailment, or attack, or pain, as requiring immediate and instantaneous attention. Turn your thoughts to something else, and it is not at all unlikely that you will be surprised after a time to remember even that you had a pain.

“2. Instead of medication try the efficacy of hot or cold applications, poultices, mustard pastes, for pains which can be relieved in this way.

“3. Try simple remedies, if any, for the household ailments, such as peppermint, Jamaica ginger, aromatic ammonia.

“4. Ask your family physician, who knows you and your idiosyncrasies as well as those of your household, to give you some plain directions as to what you shall do in cases of the ordinary emergencies which arise in your family, such as constipation, diarrhoea, headache, sleeplessness, attacks of pain, and the like, and look to him, rather than to books and newspaper prescriptions, and the recommendations of friends, for advice for those occasions when you are not quite sure that there is sufficient warrant for sending for him.”

ARE LOST WOMEN INDIFFERENT TO REFORM?—That depraved, immoral women “laugh deep and long at the sentimental gush that is periodically indulged in at their expense,” I, for one refuse to believe. The little I

have seen of the world and know of the history of mankind, teaches me that man sunk below his natural level may effect to despise the height where he has walked, but woman fallen from her fair estate looks ever back to it with longing eyes. She regrets, admits her fault, and is glad that there are women so much better and more fortunate than she. Her heart bounds with hope at every voice that brings back to her her spotless past. And, my friend, were this not true? It must have occurred to you what a commentary upon our civilization are these lost women and the attitude of society toward them. If a little child strays from the home inclosure, the neighbors rush over with words of sympathy and the whole community is on the alert to find the wanderer and restore it to its mother's arms. When it is found, what rejoicings fill the air; glad shouts and hearty congratulations. The soiled shoes and stockings are removed from the poor tired feet, and there is no lack of kisses for the tear-stained face. But, oh! the pity of it. Let the girl be grown to womanhood; let her be led from home by the scourge of want, or it may be by the light of love, her footsteps stray far off into the forbidden paths of sin—what happens then? Do christian men and women go in quest of her? How many friends stretch forth tender hands to save her? Alas, they are few. At the first false step she is denounced as lost; lost, echo friends and society, and all relatives except the mother disown her. Mother never forgets, never. A story is told (and it was this story which led me to write this article,) of a mother who sent her daguerreotype to a "mid-night meeting" in London, hoping that her abandoned daughter might see it and repent. The picture was passed around in several meetings until at last it met the eye for which it was intended, and the guilty girl broke into tears and set out at once for the home of her childhood.—*Woman's Chronicle.*

ONE WAY OF DOING.—"How is it that you get on so well with your husband?" was asked by one lady of another, who had married a man notorious for his temper. "I feed the brute," she whispered, with a little laugh. "It isn't an æsthetic truth, but it is truth, that most every man can be won through his stomach. Look at Adam. If he hadn't had a stomach that craved the tempting fruit that Eve held up before him, where would we be now? "Send your husband to advertise for a kitchen girl, and he invariably puts in the words, 'Must be a good cook.' 'Did you have a good time during your visit, dear?' you ask when he returns home. 'Naw; that sister-in-law of mine can't cook fit for a pig,' he

growls." You are going to a picnic. "Be sure to have plenty and everything good," says your husband, peering into the lunch basket. How many husbands do you suppose have been won by smart women for their daughters by appealing to the stomachs of the young men? We all know that a man may be cajoled into doing almost anything after a good dinner, while a hungry man is as cross as two sticks. Now, because this is the case, my dear girl, about to marry, try to make the most of it. — *Wisconsin.*

HOW WOMEN WEAR THEIR SHOE HEELS.—Erect walkers, who are accustomed to take short, quick steps, do not usually wear away the heels unevenly. These can indulge a taste in high heels if they prefer them, without subjecting themselves to the inconvenience noted above. The heels of shoes worn by ladies, although invariably higher in proportion to size than men's, very seldom wear down either at the back or at the sides. The reason of this is that in walking their steps are shorter than those of a man of the same height, in consequence of which the foot, when it falls, is planted more evenly upon the ground, the wearing being thus more uniform on all parts.

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## MOTHERS AND THE NURSERY.

(CONDUCTED BY MRS. F. C. PRESSLER).

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THE BABIES.—The Development Academy of Anthropology was recently entertained by a paper on "The Baby's Mind; Studies in Infant Psychology," prepared and read by Dr. Elizabeth Stow Brown, of New York. Dr. Brown declared that the most poetic beauty of human life is to be found in infancy, and referred to painting, sculpture, music, and religion for evidence of the claim. She said that the inability of a baby to hold up its head was not due to the weakness of the neck, but to the lack of development of its will power. The act of standing was instinctive and initiative, while facial expression and gesture were due almost wholly to imitation. A baby's smile, she said, was the most misunderstood thing in infancy. A real smile must have an idea behind it, but the expression resembling a smile, which is so often seen on a very young baby's face, was without an idea and was due to the easy condition of the stomach or to some other physical satisfaction. The smile with an idea does not appear earlier than the fourth week. So, too, with the crying of a baby. The contortion of the features is due to physical causes. The baby sheds no tears, because the lachrymal glands are not

developed for several weeks after birth. The chief pleasure of all children is to change from one condition to another by their own efforts. This is the beginning of the development of the will power, and is often attested in what has been called the "imperative intention of tears." This is not disclosed until after the second or third month. A baby tests everything by its mouth, its sense of taste being the surest and most reliable guide it has. The attention of all young children is difficult to attract, and they must attain considerable age before they begin to notice. Then colors and sounds are most potential. Fear has been known to be manifested by a baby only three weeks old, and, in all cases, the sensation is produced by sound more than by sight. Children of luxurious and carefully guarded homes are almost wholly without fear, but the children of poor and exposed parents always manifest it. Curiosity next begins to develop and proves to be a self-feeder throughout childhood. A little later the Ego begins to appear and the baby has the first consciousness of itself. The Ego first appears as a muscular sense, and the infant gradually learns to distinguish itself from surrounding objects. It is first the hand that is distinguished, and then the foot, and finally the whole body. Memory does not appear before the child is two years of age. The most noticeable quality of baby babble is its flexible quality and its diminution with age. First, the vowels are spoken then the labials, palatals, and linguals in the order named. The use of the vowels is simply emotional. The baby's parents often discovered speech in the child's babble long before it has an idea of language, while the cherished "papa" and "mamma" are applied for weeks indiscriminately to all men and women. After twenty-two months the child begins to talk connectedly. It first employs substantives, then adjectives, and finally verbs.

**DO NOT WEAN BABIES JUST BEFORE HOT WEATHER.**—Stick to mothers' milk as long as possible. Bottle-fed children suffer disproportionately during the hot season. In Ottawa, Ont., last summer it was found that 70 per cent. of the infants placed in the foundling hospital, known as the House of Bethlehem, had died during the year. In 1882 the public was shocked at the announcement that during that year, out of 238 infants admitted to that institution, 199 had died.

**WARM BATHS, LEISURELY RUBBING AND GENTLE STROKING FOR CRYING BABIES.**—"I'm afraid of these crying babies," said a wise doctor to me one day. "I have several of them in my practice who cry for hours apparently without cause. I am always afraid of mischief with the brain in such cases." The treatment for such highflyers is, according to Shirley

Dare, not spanking, but a warm bath whenever the fits of crying come on, drying with soft, warm towels, and a long, leisurely rubbing or stroking as it lies in its one gown on a blanket. Let the baby lie undressed on a pillow in a perfectly warm room and sprawl like a frog to relieve his muscles and make them grow. It is good for the development of children to let them run about a warm nursery naked, half an hour at a time, after they can walk. You remember the lovely figures of children in Alma Tadema's classic interior, playing naked about the gynecæum and the bath. They were nobly built, because naked, or nearly so, the first year of their lives; and their houses, with their heating flues in the walls and under the floors, were better than anything we shall have in this generation. The constraint that bands and tapes and the weight of cloth are to a baby's pulpy form and butterfly strength can hardly be understood by us "grown ups," but they are quite enough to deform in frequent cases. Carrying a child too much on one arm will make it misshaped. Babies ought to be held with their breasts against their mother's, and an arm at their back, supporting the back of the head by a hand carefully, as it rests against the shoulder. They should lie on their stomachs a good deal, on a pillow or across the knees, for change of position and the ease given by warmth and pressure of the little abdomen. Babies' limbs are made symmetrical and vigorous by leisurely, tender stroking, and if they will get bow legged by dancing on their eager feet too soon, there is no need to torture them with surgical appliances and steel boots. The surgery for such cases is daily hourly stroking the legs with both hands, and gently molding them into straightness. Clever doctors discourage the use of appliances for straightening young children, preferring the gradual traction of the mother's hands, which will be found all efficient. You can do anything with a baby, except keep him still, when awake. And there is one rule which ought to be the Draconian code of nurseries, "Never wake a child for anything less than a fire or an Indian attack."

THINGS BOYS SHOULD LEARN.—To shut doors without slamming; to shut them in winter to keep the cold out; to do errands promptly and cheerfully; to get ready to go away without the united efforts of mother and sisters; to be gentle to his little sisters; to be kind to all animals; to have a dog, if possible, and make a companion of him; to ride, row, shoot and swim; to be manly and courageous; to let cigarettes alone; to tell the truth.

NEARLY THIRTY-SEVEN MILLIONS OF BABIES APPEAR EVERY YEAR.—It has been computed that between 36,000,000 and 37,000,000 of babies are born into the world each year. The rate of production is therefore about seventy a minute, or rather more than one for every beat of the clock. With the one-a-minute calculation every reader is familiar, but it is not every one who stops to calculate what this means when it comes to a year's supply. And it will probably, therefore, startle a good many persons to find on the authority of a writer in the hospital that could the infants of a year be ranged in a line in cradles seven deep they would go round the globe. The same writer looks at the matter in a still more picturesque light. He imagines the babies being carried past a given point in their mothers' charge one by one and the procession being kept up continuously night and day until the last comer in the twelvemonth has passed by. A sufficiently liberal rate of speed is allowed, but even with these babies-in-arms going past twenty a minute, the reviewing officer would only have seen a sixth part of the infantine host file onward by the time he had been a year at his post. In other words, the babe that had to be carried when the work began would be able to toddle onward itself when a mere fraction of its comrades had reached the saluting post; and when the year's supply of babies was tapering to a close, their would be a rear guard not of infants, but of romping boys and girls. They would have passed, in fact, out of the maternal arms into the hands of the school teacher. Every moment of nearly seven years would be required to complete this grand parade of these little ones that in the course of a twelvemonth begin to play their part in the first age of man.

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#### HEALTH INVENTIONS AND APPLIANCES.

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A SELF ACTING AND CONTINUOUS DISINFECTANT.—By all odds the best disinfecting device we have in a long experience come across is now engaging the attention of scientific men in this city. We allude to what is known as the Sherman "King" Vaporizer—an invention which for the purpose it is intended to fulfill is destined to supplant every system of the kind now in use. Within an iron case is a porous cup or reservoir, nearly the size of the case. This cup receives and absorbs, as a sponge absorbs water, sufficient of a volatile chemical to last three months. All are fully charged before they are sent out, and yet none of the charge can be seen

even if the machine is taken apart, and none is spilled if it be turned upside-down. The case is made of iron, galvanized and painted, and will last a lifetime. The volatile chemical with which it is replenished is inexpensive, costing in pound bottles (about a pint), thirty-five cents. One bottle will supply the machine one year, which is about three cents per month. This chemical is perfectly harmless, however handled, but must not be eaten. The compound is a secret, known only to the manufacturers. It is called "Carbol Cressol," and no substitute will do its work in the vaporizer. The medium sized machine (which costs \$5.00) will thoroughly disinfect a single *bad* privy or urinal in twenty-four hours, rendering the air wholesome and agreeable. It as promptly disinfects a sick room with equally beneficial results. Placed on the floor in the lower hall of an ordinary dwelling of ten rooms, the vapor permeates the entire premises,—within the ceilings, the nooks and crannies, clothes closets, drawers and bedding, rendering them fresh and sweet. The vapor which accomplishes all this is harmless, pervading, absolute and agreeable. It is nearly inodorous, and does not suppress one stench with another, but simply, by chemically changing the air, produces a new atmosphere which is wholesome. It is a recognized substitute for ventilation. In all "plague spots" it supersedes ventilation, because it does work which ventilation does not and cannot do. All are waiting the invention of an effective common-sense system of ventilation to render habitable our close, well warmed rooms. We may wait long. Meanwhile let us do what we can and all we can TO SAVE OUR CHILDREN and our work people, who are huddled in noisome places. The disinfecting device known as the Sherman "King" Vaporizer—since it is self-acting and continuous—is a solution of the problem, and should not be overlooked by those in charge of the provisions for health in our public and private institutions.

Since this vapor disinfects the air in a sick room, and arrests the ravages of the germs of disease, who can estimate its value as a safeguard to physicians, nurses, members of a family, and all who have occasion to be among the sick? No instance of the transmission of diseases from one to another has been known in a room where this vaporizer has been used, during an experience of two years. The uselessness of the disinfectants heretofore employed has been due to their spasmodic character requiring to be applied perhaps hourly. The Sherman "King" vaporizing disinfectant is constant, effective, and needs no care. It more than satisfies wherever it is used. The price of the medium sized vaporizer

is \$5.00. The writer has experimented with the Vaporizer for weeks and endorses the system as accomplishing under most crucial tests all that is claimed for it. Mr. Cyrus D. Foss is the General Agent of the Company in New York, and the HERALD OF HEALTH will cheerfully refer to him any communications or inquiries sent the editor on the subject.

#### PUBLISHER'S DEPARTMENT.

A GENTLE HINT.—Will those of our subscribers in arrears since December last kindly call to mind the fact that this is our June issue, and that no subscriptions should be allowed to run behind longer than six months?

THE PERISTALT.—We have received many queries as to the address of the inventor or manufacturer of the Peristalt, described in our May issue. The address was not given in the article sent us by a correspondent, extracted from a scientific journal, the name of which we have forgotten. We should like to hear from agent or manufacturer.

THE *Annals of Surgery* FOR MAY has as its leading article a report by Dr. Geo. R. Fowler, of Brooklyn, of a unique case of an air tumor of the neck caused by a hernia of the pleura in a case of pneumothorax. The editorial articles, which are always invaluable, take up the topics of injuries of the heart, the treatment of cerebral abscess, cancer of the larynx, and the treatment of enlarged prostate by electrolisis. The Department of Index of Surgical Progress contains an unusually copious and exhaustive series of classified abstracts of articles from foreign and domestic sources, under about forty different titles. The usual number of book reviews conclude the number. The *Annals* continues to maintain its position as a publication of the first scientific rank, one indispensable to every progressive practitioner.

EXPERIENCE HAS PROVED THE CELLULOID COLLAR AND CUFF to be a prime necessity, especially in hot weather. They never wilt, are soft and pliable, and can be worn without change for months. They are the most economical goods worn—no expense for laundering. If soiled, simply wash in soap and water and they are ready again for use. Hand Sapolio is the best soap for cleaning goods. See Advertisement Circular.

THE *Philadelphia Medical Times*, the *Medical Register*, and the *Dietetic Gazette*, have united, and will hereafter be published as a weekly, devoted to general medicine, with a quarterly devoted to dietetics. The journal



will be under the charge of Dr. William F. Waugh. It will be practical in character, and devoted to the interests of practitioners. Dr. Waugh has been in the editorial harness for over four years; first with the *Medical World*, then with the *Philadelphia Medical Times*, which he has edited since October, 1887. The editorial labors will be shared by the members of the American Medical Press Association, under whose auspices the journal is issued. The office is at No. 1,725 Arch Street, Philadelphia.

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#### QUESTIONS AND ANSWERS.

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**PIN WORMS.**—A Connecticut subscriber asks information as to the cause and cure of pin worms. The pin worm is about the size of a small sewing thread between a quarter and one-half inch in length, infecting the rectum and intestines, producing great irritation and distress in the arms. It breeds in great numbers and is a most tormenting pest, especially to children, irritation often producing in the little ones what is known as "worm fever." Pin worms may be exterminated by injections. Turpentine is good, but carbolic acid is perhaps better. The injections should be composed of carbolic acid, ten to twenty drops in proportion to a pint of warm water. Give these injections two or three times a day and especially before retiring. As the worms seek the arms for breeding it is advisable to keep them well oiled; use lard or anti-septic ointment, follow with a slight dose of calcined magnesia at night. See that sheets and night clothes are changed nightly after being thoroughly washed and boiled.

**ANOTHER ALLEGED REMEDY FOR HAY FEVER.**—*C. W. D., Boston.*—We give you the latest alleged remedy for hay fever. Try it and kindly report: Vapor of camphor and steam is recommended. The vapor is made to come in contact with the outer surfaces of the face, surrounding the nose by means of a paper cone placed with the narrow end downward in a vessel containing hot water and a drachm of coarsely powdered or shredded camphor. If this is continued ten or twenty minutes at a time, and repeated three or four times in as many hours, a cure is usually effected.

**FOR TIRED AND TENDER FEET.**—*Amateur Pedestrian, Chicago.*—A remedy for tender and tired feet, which causes so much suffering during the hot weather, is cold water, about two quarts, two tablespoonfuls of

amonia, 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.

APPARATUS FOR DISTILLING WATER.—The correspondent who enquires as to a practical apparatus for distilling water might address Whitall, Tatum & Co., 46 and 48 Barclay street, New York. In reply to another inquiry would state that the belief that if one gray hair is pulled out two will appear in its place is a mere feminine superstition.

TO WASH FINE BLANKETS.—*M. N. G.*—For washing fine blankets take two gallons of water, add a half cup each of alcohol and ammonia, mixed to a suds with castile soap. They should be sopped up and down in it, rinsed in tepid water, well shaken, and improved by carding with a comb while on the line drying.

CLEANSING KID GLOVES.—*Martha.*—For cleansing kid gloves, laces and ribbons, the following is recommended: To two quarts of deodorized benzine add two drams of sulphuric ether, two drams of chloroform, and four drams of alcohol. Pour the fluid in a bowl and wash the articles as if in water, rinsing in a fresh supply.

## THE HERALD OF HEALTH.

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THE  
HERALD OF HEALTH.

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Vol. XXXIX.

JULY, 1889.

No. 7.

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HEALTH NOTES.

(By M. L. Holbrook, M. D.)

DOES PERSONAL CARE OF THE HEALTH PAY?

THIS is a question constantly asked and often answered in the negative. Many seem to be possessed with the idea that a man cannot take care of his health without worrying about it, and making himself constantly unhappy for fear that he will do something he ought not to do. Never was there a more erroneous opinion. A person who takes rational care of his body does not necessarily become a crank or so notional that it makes everyone uncomfortable to live with him, but just the reverse. He should become more interesting, more intelligent and inspired by higher ideas, and be a more delightful companion.

AN EXAMPLE.

A good instance of what is meant by rational care of health is found in Mr. Gladstone, now 80 years old. A person who listened recently to a speech he made in Parliament says:—The honors of the debate were carried off by Mr. Gladstone, who made a truly amazing speech of two hours and a quarter in duration, full of animation, studded all over with sharp points against his adversaries, abounding with dramatic touches which the most consummate actor in the world might have envied.

It is wonderful that that man, in his eightieth year, should be able to endure the physical fatigue of delivering so elaborate a speech, not tak-

ing into account at all his marvelous faculty of composing extemporaneously over so long a time, for he used very few notes.

In the grand Parliamentary manner of old days there is no one to approach Mr. Gladstone. His face is as full of expression as his words. As a rule, too, there is a dignity in his bearing and manner which assuredly the new school can never hope to rival. Differ widely from him as some of us may, we must all feel that when he is gone we shall never see his like again.

#### A DINNER TO GLADSTONE.

The proprietors of *Punch* not long ago gave a dinner to The Grand Old Man. The *Punch* men were surprised at his amazing physical and mental virility which strikes every observer. In public life the only casual indication that he has entered his eightieth year are an increasing deafness and a slight huskiness in his voice, which wears off as he talks, and he talks with abounding freeness though, as some one observed, he is also a most attractive listener. One notable thing about his personal appearance is the brightness of his eyes. They are fuller and more unclouded than those of many a man under fifty.

#### BRIGHT VS. GLADSTONE.

Bright and Gladstone differed in one important particular. Bright never took any decent care of his body. On this subject Mr. G. says:—"Bright did nothing he should do to preserve his health, and everything he should not. If he had only been wise, and wise in time, there was no reason why he should not have been alive to-day, hale and strong, but he never would listen to advice about himself. I used to advise him as the one panacea for preserving his health of mind and body never to think of political matters in bed or on awakening in the morning.

"As for myself, in the most exciting political crisis I dismiss current matters entirely from my mind when I go to bed and I will not think of them till I get up in the morning. I told Bright this and he said 'that's all very well for you, but my way is exactly the reverse. I think over all my speeches when I am in bed, like Sancho Panza.'"

#### GLADSTONE'S HABITS.

Gladstone's habits are worth noting. First, he believes in plenty of sleep. "Seven hours I always take and often eight. The latter I much prefer. I hate getting up in the morning; I hate it the same every morning; but one can do everything by habit, and when I have had my seven or eight hours' sleep my habit is to get up."

## EXERCISE.

Mr. Gladstone believes in regular systematic exercise. Formerly he used to walk, to ride and to row to keep his muscles strong and his circulation vigorous, but for the last twenty-five years he has used the axe and chopped down many trees. I certainly hope he has not felled any except those that could be spared—the old decaying ones or those not needed. If we do not spare the trees on our mountain sides and elsewhere we shall continue to have more floods, such as at this time have destroyed so many lives in Johnstown and so much property there and elsewhere. Had not so much of the region about that fatal dam been denuded of wood, the soil would have held its water longer and it would not so speedily have filled the lake and broken the embankment that held it back. We may however be pretty sure that the small number of trees felled by the great English statesman would not be missed in his forest at his country home.

## ELDER EVANS, THE SHAKER.

Elder Evans, at the head of the Shaker Community at Mt. Lebanon, is a few years older than Mr. Gladstone, and he believes that rational care of the health pays. If I remember correctly he has been a rigid vegetarian for nearly or quite fifty years. Some friends who were visiting him recently found him high up on a ladder trimming apple trees. This he has done every year for many years. He does much work, both physical and mental, every day, and does not know what it is to lose a day from ill-health.

## TAPE WORMS EXPELLED BY COCOANUT MILK.

Professor Paresi, when in Abyssinia, discovered that the ordinary cocoon possesses worm-destroying qualities in a high degree. He took one day a quantity of the juice and pulp, and shortly afterwards felt some gastric disturbance, which passed off in a few hours. Subsequently he had diarrhoea, and was surprised to find in the motion a complete tænia, head and all, quite dead. He made a number of observations which were most satisfactory, the worm being always passed dead. In only one case was the head wanting. He orders the milk and the pulp of one cocoon to be taken early in the morning fasting, no purgative or confinement to the house being required. The cocoon has been used as a vermifuge in India for generations by the beef-eaters of the country, and is so well known there as a means of expelling the flat worm, that he cannot conceive how information of the fact has not reached us before. When properly prepared and intelligently administered, the cocoon is

equally efficacious with male fern oil, koussou, pomegranate root, or turpentine, while it is as pleasant to the palate as they are offensive, and in no way injurious.

#### GREEN CORN PUDDING.

As this is the season of green corn I want to introduce to my readers a green corn pudding made as follows :—Take 12 ears sweet green corn, grate the kernels from the cob, add two cups of milk, one tablespoonful sugar, rubbed up with one of butter, two tablespoonsful flour (even, not heaped), one teaspoonful salt. Mix thoroughly and bake one hour. Serve hot. This amount sufficient for six or eight persons.

#### REMOVING SUPERFLUOUS HAIRS.

Within a few years a new method of removing superfluous hairs from the face has been introduced, which seems to be much superior to others. It consists in the use of electricity. A very fine needle connected with the electrical battery is pierced into the hair sheath and destroys it, that is if it is well done. There is no pain and the wound soon heals. The hair is pulled out by means of a pair of delicate tweezers. Dr. P. H. Hays has just published a little book through W. T. Kurer & Co., of Chicago, giving full particulars of the process. I may say in passing that the operation needs to be repeated after a few months, as many of the hair bulbs are not killed at the first sitting.

#### PHYSICAL BASIS OF EDUCATION.

Mr. Morrison I. Swift, of California, has published his lecture on the Physical Basis of Education. Let me quote a passage. He says :—“The genius of Christ was health. No dyspeptic, no nervously shattered man, could have done his work. Mark the glorious vigor and beauty of the man as painters have, with sure instinct, delineated him.

It is in point to reflect that the consummate physical perfection entailed no intellectual loss upon the Greeks. It was wholly the reverse. The distinguished student of heredity, Mr. Francis Galton, in comparing the development of various peoples, places the Greeks higher by two gradations than any other race of ancient or modern times,—as much above us as we are beyond the African negro. Out of their physical splendor sprang their art, never equalled, perhaps never to be equalled in the world. The Greeks triumphantly taught this lesson : that fine intelligence and normal soul cannot thrive without the invigorating companionship of a well-cultured body.”

## CREMATION.

The horror at Johnstown brings up forcibly the subject of Cremation. The vigor with which it was opposed there when if ever it seemed necessary shows how deep seated is the feeling against it, nor can we wonder at this. It may, however, be worth while to notice that Canon Wilberforce, one of the greatest lights of the Church of England, has spoken in its favor. In dealing with the Resurrection he made some special references to the question of cremation, in the course of which he said that he did not regard the resurrection of the body as the return to flesh life. Holy Scripture did not tell him that that material body of his should ever rise again; but it did prove a moral resurrection of the people, the salvation of the individual from disintegration. His conscious being, his real man, would rise again, but that was not his body. Turning to another aspect of the question, Canon Wilberforce says, if notice is taken of the immense increase of the population of the world, it would at once be seen how great is the increasing difficulty of the disposal of the dead. They were distributing the germs of deadly disease, and encumbering the land with human remains in every stage of decay. Science showed that intense heat was the only thing that really destroyed germs of disease. He believed that if the body of every person who died of zymotic diseases were cremated, in twenty years zymotic diseases would almost pass out of the world. Most of their cemeteries were filled, and the great mass of semi-putrid corpses in the crowded burial places were a dishonor to the memory of the departed, and were a source of danger to the living. It could not be said that they were honoring a body they had known and loved in life in leaving it to fester a mass of corruption in a coffin rather than in consigning it to the clear, powerful purifying nature of fire. Concluding his remarks, Canon Wilberforce said he did not know of any reasonable objection to cremation, which he regarded as theologically valuable as crushing at once the religious materialism condemned by St. Paul.

## PREVENTION OF CONSUMPTION.

At least doctors and people are beginning to appreciate and in a feeble way to adopt the policy of the *HERALD OF HEALTH* and trying to prevent Consumption. Its almost incurable nature makes prevention a necessity. More than all other diseases it silently and quietly keeps on its steady course carrying off yearly more than any other malady. It is now pretty certain that it is in a degree a contagious disease, and not inherited,

though we may inherit feeble constitutions and render its attacks more certain. Dr. Chapen says :—“The contagion must be destroyed. Fortunately, in this disease there is no need of isolation ; disinfection is enough. The consumptive patient gives off the poison only in the sputum, or perchance the other excretia, if the disease extends beyond the lungs. The virus is not given off from these while moist. We must therefore disinfect all sputum at once with mercuric bichloride. Cloths must be used instead of handkerchiefs, and then burned ; or if the latter are used they should be often changed, and immediately put into a bichloride solution and boiled. Bed-linen should be treated in the same way. Frequently disinfection of the entire person, and fumigation of the apartment, would be safe additions to the preventive measures.” Of course, in addition to all this, a wise physical culture must be given to our boys and girls. Corsets must be abandoned and a love for out door life encouraged.

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#### VEGETARIANISM IN RELATION TO HEALTH.

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(EXTRACT FROM A PAPER BEFORE THE HASTINGS, ENGLAND, HEALTH CONGRESS).

BY JOSEPH KNIGHT.

WE may gather from the testimony of those who have resorted to Vegetarianism that the change of diet has proved in many cases decidedly advantageous. And in the experience of life-Vegetarians we find evidence of the sufficiency of their diet for maintaining good physical condition. The evidence, too, has relation to both sexes, to adults and children, to the healthy and the sickly, to mental workers and manual workers, to “all sorts and conditions of men.” The following extracts afford a few examples of testimony on the subject :—

Its benefits to the sickly, and its value to manual workers are shown by Mr. Thomas Mansell, a foreman at the Thames Iron Works, London. He says :—“The first thing that influenced me in the direction of Vegetarianism, was the beneficial effect which Vegetarianism produced on my wife’s health. She had long been a sufferer from varicose veins as well as from another and more serious disease ; and had it not been for her trying Vegetarianism, I believe she would have died. The results of the change of diet became evident at once, and she now enjoys health.... I thought it was right for me to give Vegetarianism a trial. I maintained



my health and strength on the new diet. . . . . When I took flesh-meat I used to suffer severely from indigestion, but since I became a Vegetarian, now thirteen years ago, I have not suffered from indigestion any more. I maintained my strength, and can do my work to-day far better than I could when I took a mixed diet. A change from the ordinary mixed diet to Vegetarianism gives one the ability to do the same amount of work, and that with less fatigue than formerly."

Again Mr. R. Jeffery, of the same works, said :—"He was a working man, and had to work very hard. He found from experience that he was better, and could do his work better than on a flesh diet. He did not start Vegetarianism when he was an invalid ; he started it when he was well, but as a Vegetarian he was still better."

BY MENTAL WORKERS EQUALLY FORCIBLE TESTIMONY

is given. A letter to the *Times* from Mr. Isaac Pittman early in 1879 contains a statement as of his dietic experience, an experience confirmed by an article in the *Pall Mall Gazette* for March 7, 1889, after the lapse of a further decade. In 1879 he writes :—"About forty years ago dyspepsia was carrying me to the grave. Medical advisers recommended animal food three times a day instead of once, and a glass of wine. On the regimen I was nothing bettered, but rather grew worse. I avoided the meat and the wine, gradually recovered my digestive power, and have never since known, by any pain, that I have a stomach. These forty years have been spent in continuous labor in connection with the invention and propagation of my system of phonetic shorthand and phonetic spelling, correspondence and the editorial duties of my weekly journal. . . . I attribute my health and power of endurance to abstinence from flesh-meat and alcoholic drinks. I can come to no other conclusion when I see the effect of such extended hours of labor on other men who eat meat and drink wine or beer." And in August, 1887, speaking at a meeting in Manchester, he said :—"At the age of seventy-four I am healthy and active, mainly by adopting a Vegetarian diet when I was a young man of twenty five."

Professor F. W. Newman has now been a Vegetarian more than twenty-one years. After ten years' experience he records :—"My digestion was always painful *until I became a Vegetarian ten years ago* . . . I regard abstinence from flesh-meat to be an advantage to an intellectual and sedentary person scarcely inferior to abstinence from wine, ale, &c."

The Rev. Prof. John E. B. Mayor, after making a severe trial of Vegetarianism, says :—"It left me convinced that flesh-meat is entirely unne-

essary for health and strength. I feel bound to make this conviction known to others, who now sacrifice health and comfort to the supposed necessity of supplying their families, out of limited means, with butchers' meat."

MR. WILLIAM E. A. AXONY,

than whom none have perhaps more severely tested the sufficiency of a Vegetarian diet to support mental work, addressing a meeting in Manchester said :—" He could not claim to have done any great amount of hand work in his time, but he thought that during the twenty-one years that he had been a Vegetarian he had done as much brain work as had ever fallen to individuals of his constitution and strength ; and he could certainly say of it that he did not believe that, with the claims upon his time and his strength of an exacting profession, he could without the help of Vegetarianism have given such an amount of labor to public work as he had been able to do in that, his native city. He was speaking there before many who knew him intimately, and they knew that what he said was not exaggeration, and if it was not for the testimony to Vegetarianism not a word about it would escape his lips. He could speak also from his own particular point of view of individual benefit gained from the Vegetarian system."

FOR TESTIMONY TOUCHING THE INFLUENCE OF THE DIET

upon life Vegetarians, we may listen to the Rev. James Clark, after about 35 years' experience of the system :—" He had tried it in the bringing up of a family ; and he was glad to say he had half a dozen sons and daughters who had never tasted animal food. He had also already three grandchildren who were being brought up in the same way. He mentioned those facts to show that when his children left the family roof and made a home for themselves they showed their appreciation of the system in which they had been brought up by continuing its use . . . He had had the great advantage of having a Vegetarian wife, who had been a Vegetarian all her life, whose mother was a Vegetarian all her life, and whose father was a Vegetarian for above forty years . . . It was possible for him to show the fifth generation of Vegetarians thriving and doing well. . . . In addition to his duties as a minister, he was a member of the Salford School Board and Chairman of the Board of Guardians, to all of which capacities he gave up a large amount of time. . . . He did not think that was a very bad state of things to be in when one was getting on to sixty years of age."

AND THE USEFULNESS OF THE DIETARY TO CHILDREN

might be judged from a letter written by Mr. J. W. C. Fegan, of the

Boy's Home, Southwark, London. In this he writes :—" Our system—for after three years' trial we can hardly continue the term experiment—of non-flesh diet has proved so successful that we never think for a moment of going back to the old regime. I am sure that if wisely and thoughtfully introduced into any institution for young people it will be found of advantage both physically and morally. We have never had anything like such good health before as in the last three years. Our medical officer has almost a sincere—this is wonderful considering the stock and antecedents of our boys."

This, then, is practical evidence, and if we appeal to the realms of theory it certainly appears reasonable that good results should follow the use of a Vegetarian dietary, and that fear of injury is groundless if common care be used in the choice and preparation of the foods. For if the teachings of science be considered we see that from vegetable growths all animal frames are formed, and that the food products of the vegetable kingdom contain all the elements required for supplying the needs of the human body.

#### ALBUMINOIDS FOR BUILDING UP

and for repairing waste of tissue ; carbon compounds for furnishing heat and force ; mineral matters for the osseous structures and other requirements ; and water—generally in a pure, one might almost say in a naturally distilled, condition. And, as one advantage possessed by vegetable foods over animal flesh, I think I am correct in stating that of the two sections of carbonaceous substances—the carbo-hydrates and the fats and oils—the one which is admitted to be required in larger proportion than the other (*viz.*, carbo-hydrates) is practically absent from animal flesh. The deficiency has to be made good by the combination of vegetable with animal foods. But a Vegetarian dietary need not be supplemented with animal flesh, having no chemical lack to make up.

#### AGAIN, THE DIGESTION OF ANIMAL FOOD

being almost entirely performed in the stomach, instead of being fairly distributed over the different portions of the digestive track, not only throws upon the much-abused stomach an excess of labor, but leaves other organs with an insufficiency of employment. Does it not seem probable that this interference with the natural balance of work of different portions of a mechanism so complex as the human body, and the stimulation produced thereby, may, through the course of many generations, have produced a condition of the digestive function which is calculated to be inimical to the highest physical welfare of the body generally? And this stimulative action is additional to such stimulating properties as may be contained in animal flesh.

## FROM THESE AND OTHER CONSIDERATIONS,

I cannot avoid the conclusion that the flesh of animals is not a natural food for man. And inferences drawn from analogy point in the same direction. In man the anatomical conformations and physiological operations are more closely allied to those of the anthropoid apes, a frugivorous class of animals, than to those of either the herbivora or carnivora. Whether the arrangements of the stomach, the extent and character of the intestinal canal, the action of the skin with respect to sweating, the motion of the jaws, the arrangement and formation of the teeth, or the character of the hands or claws be considered, there appears to be an absence of resemblance between man and the carnivora; while there are many points of similarity between man and the frugivorous apes. The most frequent and popular reason put forth for considering man carnivorous is that he possesses what are termed "canine" teeth. I am unable to agree with those who hold that the human cuspids are *tearing* teeth. But such examination as I have so far been able to make leads me to the conclusion that these teeth are far less prominent in man than in monkeys, while in relative size and prominence, correspondence to each other in the two jaws, and position as compared with other teeth they are altogether different from those in the true carnivora. Is it not then a misnomer to refer to them as "canine" teeth, seeing they are

## SO UNLIKE THE TEETH OF THE DOG?

Again, it may be argued that even supposing animal flesh is not naturally a food for man, that it is not a food for which he was originally *adapted* yet his wonderful *adaptability* has enabled him through long ages to use such food, and that he has thus modified his nature. But, if so, at what expense? Notwithstanding all the sanitary and other improvements that have been made there is still a lamentably large number of early deaths, and a vast amount of sickness and feebleness. The causes of this condition are many and various, but not improbably one of the prime factors is an erroneous dietary. And may it not be possible that one of the most important errors, perhaps the foundation mistake, consists in the use of an unnatural food in the form of animal flesh? Even had we to consider only the use of flesh from animals in good health, there seems sufficient reason for pressing the enquiry, but when it is remembered how great a majority of animals that are slaughtered for food are in a more or less diseased condition the question assumes intensified importance. And that seriously diseased flesh is sometimes sold and eaten no one can doubt, in the face of our newspaper records. The con-

sumption of four joints from animals affected with disease for every one joint from a healthy animal is not a pleasing prospect. Yet it may fairly be assumed that this is the

AVERAGE RISK RUN BY THE ENGLISH FLESH-EATER,

this assumption being based upon the evidence of an inspector of the Metropolitan Meat Market, as mentioned by Dr. A. Carpenter before a meeting of the Sanitary Congress, that 80 per cent. of the animals slaughtered for the market were more or less diseased. Indeed, for the bulk of the population the risk may be even worse, for the great care exercised in the exclusion of any diseased carcasses from the Jewish meat market must of necessity add to the proportion of diseased animals consumed by the Gentile populace.

Although the use of such diseased food must be prejudicial, it appears after all to be but an aggravation of prior mischief. For it is admitted that certain effete and injurious matters, decayed and decaying tissue cells in process of transition to the various excretory organs, are inseparable from the flesh of even the healthiest animals, the process of elimination being arrested at death. They are, therefore, consumed by the eaters of flesh food, and produce a stimulating effect. And it seems not unreasonable to suppose that, in addition to the recognized stimulating properties of these effete excrementitious particles, their habitual ingestion, by charging the blood with morbid matters, may tend to reduce the disease-resisting power of the body, and also to bring it into a greater or lesser degree of fitness for the reception and cultivation of any malady by which it may be attacked? And, conversely, a diminution in the frequency and severity of attacks of

GOUT, RHEUMATISM, AND KINDRED DISEASES

in the case of those who have abandoned the use of animal food; the comparative immunity—even under circumstances favorable to their development—from these and other diseases arising from a wrong state of the blood, which is enjoyed by many Vegetarians; their lessened liability to dyspepsia, to the contracting of colds, to irritability, to toothache, to inebriety, and to other serious or trivial derangements, seem to indicate that their power of resistance is increased, or that their bodies prove a less suitable soil for the establishment and growth of disease. Or not unlikely the two conditions may operate in combination. Is it not, then, probable that this advantage is due to the absence of these morbid substances which the flesh-eater cannot avoid taking into the system.—

(TO BE CONCLUDED IN AUGUST ISSUE.)

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### THE LATEST DRUG ABOMINATION.

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Anti-pyrine is the latest drug abomination, and its use by certain medical practitioners and by reckless women has become almost a craze. Ludwig Knorr, a Bavarian chemist, is responsible for the discovery of anti-pyrine, which is a product of coal tar, like aniline and hundreds of other chemicals. Chemically considered, it is an artificial alkaloid, obtained by the action of acetic ether on coal tar. Its effect is mostly directed on the nervous system, but it influences also the action of the heart and stomach. Frequently it produces fits of vomiting, and, if persisted in, will lead to dyspepsia. The dizziness which often seizes persons taking anti-pyrine is due to its

#### POWERFUL INFLUENCE ON THE NERVOUS SYSTEM.

If judiciously used, its friends claim, this new remedy is valuable in relieving fever and headaches of every description. The fever will return despite frequent doses of anti-pyrine, though it reduces the temperature and sufferings for the time being. It will drive away an attack of neuralgia or sick headache. It will be of momentary benefit in a number of complaints. But it will not permanently cure anything. It is a remedy, not a cure.

But admitting the benefits claimed, just see on the other hand what mischief this drug works. A St. Louis authority says: "Here in this city anti-pyrine is a new remedy. It is barely a year since it was first prescribed, and the experience with it is as yet too recent and incomplete to speak of its full effects authoritatively, but even within the limited experience we've had here it has been demonstrated without the shadow of a doubt that anti-pyrine is a dangerous thing, and that it is very

#### INJURIOUS TO THE GENERAL HEALTH

if taken habitually. And yet that is precisely what is done by thousands of people, especially ladies, in this city. One woman will complain to another of being much troubled with headache. 'Why don't you try anti-pyrine? It's helped me wonderfully.' And, of course, the woman will do it. Now, one of the peculiarities of anti-pyrine is that it has totally different effects on different persons. One doctor will find that a patient, after a strong dose of anti-pyrine—twenty-five grains, for instance—will be benefited and will not experience any unpleasant results, while another, often a very small dose—five grains or so—will be seized with dizziness, vomiting, etc.

#### ANOTHER TROUBLE WITH THIS DRUG

is that it is cumulative; that the dose has to be constantly increased—if taken frequently—to give the desired relief, very much like opium, cocaine, quinine and other popular panaceas. As I said before, what the

final effect of anti-pyrine, when taken frequently, will be it is as yet too early for us here to surmise. But medical journals elsewhere mention disastrous results."

#### THE ERA OF CRAZES.

A writer on medical topics of high reputation speaks of this era as one of fast succeeding crazes. He seems to have hit the nail on the head. De Quincy's vivid "confession" gave rise to a tidal wave of the opium habit in all English-speaking countries. Then came the short interregnum of chloral, which was soon driven out of the field by opium, which came into use again, after which nervous and irritable humanity took to quinine. That, together with opium, held the fort for another period, when suddenly the wonderful properties of cocaine became known to the general world. The cocaine craze which followed was of short duration, but it gathered into its deadly folds many victims of distinction and intellectual eminence. And

#### NOW IT IS ANTI PYRINE,

as yet an unknown foe, or rather one whose whole power for evil is but partially understood. There is not a drug store in any of our cities where anti-pyrine is not in constant demand. Even the small druggists have to keep it. There is an enormous consumption of the drug to-day—a consumption which is moving like an avalanche and carrying everything—common sense and medical warnings—before it, and this despite the fact that several reputable druggists rather discourage the sale, some of them absolutely refusing to sell it except on a doctor's prescription.

A Louisville physician says: "I have given very strong doses of anti-pyrine to relieve the fever in a bad case of typhoid. I've used twenty-five grains at a time, and with the most beneficial results. But there can be no doubt that in many cases anti-pyrine is never at any time good for the patient. Some constitutions seem to

#### HAVE A VIOLENT ANTIPATHY

to the remedy. I've had a case where as small a dose as five grains brought on a bad fit of vomiting and distressing dizziness. And there are cases on record in Europe, where they have used this remedy longer than here, where anti-pyrine brought on an eruption of the skin, lowering the action of the heart to a dangerous degree, and having a general effect of alkaloid poison on the whole system. Again, all persons who have certain organic troubles, like heart disease, ought never to use anti-pyrine."

## TWO CURES FOR INSOMNIA.

[Special for the HERALD OF HEALTH.]

I was much interested in the notes from Dr. Ford's lecture in the June number of the HERALD OF HEALTH, and wish that every woman as well as every nurse in the land could read them. Those of us who are at the heads of households may sometime need all the knowledge we can get upon the subject of insomnia. The trouble grows more common every year, especially in America, where we are apt to live upon "nerve" in all times of trial or excitement.

There is no doubt that personal magnetism is one of the best medicines for insomnia, the will of the nurse subjugating and calming that of the patient. Two very unhappy cases have come under my own personal supervision. One was my husband, who became so wretched that he would sleep about two hours and then get up to walk all over the place, and often for miles into the country. One night I began talking to him when he awakened, and finding that my voice quieted him, kept on, repeating poetry, and finally mixing my sentences up in a dreadful way, I was so sleepy myself. But he went to sleep, too, and did not awaken until near morning. It was remarkable, for he had not slept so much at night for two years. That day I learned to repeat *Paris Ronn*, knowing that my husband was very fond of it. So when he got wakeful the next night, I had something to say over to him, and to my delight, he fell asleep before I was half through the poem. And so we kept up our midnight conversations for three months, I telling all the fairy stories, the gossipy incidents, and repeating all the poems I knew. And little by little, so soon as he began to sleep every night, he was cured, and now a cannon fired in the room would hardly awaken him.

The other case was of a lady with whom I spent a year. I begged her to try the *Dalsorte* movements of the body—limbering herself, and swinging about until she began to feel drowsy. When she would grow restless in the night, she would arise and try the same exercise. It finally cured her, after a year of faithful practice. Her trouble was more physical, while my husband's was mental. He grew to depend upon me like a child, and if I happened to be away from the house, he could not sleep. So soon as a person so afflicted begins to sleep well, the general health improves and sleep is more easily induced. As Dr. Ford says, there is a knack of putting one to sleep, and each daughter of the family ought especially to learn the secret, if possible, for so much of the comfort and well-being of humanity depends upon women.

MRS. GEO. W. OGILVIE.



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## EDITOR'S STUDY.

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### OUR RULES FOR GOOD HEALTH.

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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.
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TESTING MAN'S SENSES.—Professor Cattell recently brought with him from Germany some quite remarkable instruments, principally of his own invention, which are to be hereafter employed in demonstrating his psychological lectures at the University of Pennsylvania. One of these instruments will calculate to a nicety the travelling speed of an impression. A chronoscope and a voltaic battery are the principal agents in the solution of this intricate problem. By their means registration is made of the exact time that elapses between the occurrence of an act and the sign given by the subject operated upon that he has perceived the act, says the *American Analyst*. By a process of subtraction the time is discovered which passes between the moment at which the impression reaches consciousness and the moment when the subject knows that he perceives. Professor Cattell has ascertained that one-tenth of a second suffices for him to perceive a color; one-eighth of a second is necessary for

the perception of a letter, and one-seventh of a second for a word. The strength of a person's memory is determined by a complicated machine which presents to the eye at intervals of a second flashes of light of varying degrees of intensity. The more subtle is a man's power of recognition, the more readily he distinguishes one light spot from another, and the longer he retains his impressions. In this way the mind's concentration and retentiveness are measured in fractions of a second. By means of the gravity chronometer the comparative ease or difficulty with which letters or words may be perceived is demonstrated. In a sliding screen moved by electricity a slit five inches wide is inserted, behind which an object is exposed to view for an infinitesimal space of time. In a series of experiments with the letters of the alphabet the time of the exposure was one-hundredth of a second. Out of 270 trials W was seen 241 times, while E appeared seen but 63 times. Of other capital letters Z, M, D and H ranked next in succession after in the quickness with which they were perceived, while V, F, U and J were observed only with great difficulty. Of the small letters d is the most easily recognized, and s least easily, the former being perceived three times as often as the latter. If the several colors are exposed to view in like manner for a fraction of a second, orange and yellow will be clearly perceived. Blue, red and green follow in the order named, violet being the least easily recognized and requiring two or three times as long exposure as the bright colors. This device is of great value in measuring the range or complexity of the mind.

NEARLY 100.—Amelie Beattle, a negro woman living at La Grange, Georgia, is remarkable for her great age. She says that she remembers distinctly the war of 1812, and at that time had several children running about. Notwithstanding her great age she is as active and spry as some of her sisters half a century younger, and seems good for several years yet. She does not know her exact age, but it is somewhere between 90 and 100.

BREATHE THROUGH THE NOSE.—Do not breathe through the mouth unless it is impossible to breathe through the nose. The nose was made for breathing, and air, passing through the long, moist, nasal passage, is purified, and leaves behind dust, disease germs and various impurities, while the air is warmed and tempered for the lungs. But when the mouth is left open, dust, dirt and disease rush down into the lungs, and fastening there, develop and destroy the whole system.—*Good House-keeping.*

NATURAL APERIENT BITTER WATERS.—For a number of years past the sale of natural aperient magnesian waters has been considerably increasing, and there is now a large variety of such waters at the disposal of the practitioner. These waters are generally sold in bottles, upon the labels of which in most analytical figures are printed, which allege to represent the composition of the contents, and are doubtless intended as a guide in fixing the dose of the water to be used. There are also generally directions on the bottles to the effect that a wineglassful is the average dose. It should be generally known that the waters in question, being obtained in the majority of cases from very shallow wells, are liable to very wide fluctuations in composition and consequently in therapeutical activity, and that it is impossible to represent, once for all, the composition of waters by a single analysis. True mineral waters, coming from great depths, may and do remain unchanged in composition for a long number of years, but magnesian bitter waters, as at present collected, fluctuate in strength from day to day; stronger waters collect at the bottom of the wells than in the upper strata, and it is possible, therefore, to obtain at will strongly or relatively slightly saline solutions from the same well.—*Otto Hebner.*

SYPHILIS MAY BE COMMUNICATED through the medium of a spoon, a pencil, a cane, a cigar, a kiss, the dentist's instruments. "Nine cases of syphilis of the finger I published several years since as occurring under my own observation, and I have seen others since that time. Besides this, I have seen at least double that number of cases of syphilis where no possible trace of the source of contagion could be ascertained. A tumbler, or any article in common use, defiled with the secretions of a mouth, harboring a mucous patch, coming in contact with a crack or abrasion of the lips of a healthy person, may communicate syphilis through a resulting lesion which may pass away unnoticed. Any similar contact with the blood of a person in the active stage of syphilis will communicate it."—*F. N. Otis, M. D.*

FRUIT AND BREAD THE MOST WHOLESOME FOOD OF MAN.—The food which is most enjoyed is the food we call bread and fruit. In my long medical career, extending over forty years, I have rarely known an instance in which a child has not preferred fruit to animal food. I have been many times called upon to treat children for stomachic disorders induced by pressing upon them animal to the exclusion of fruit diet, and have seen the best results occur from the practice of reverting to the use

of fruit in the dietary. I say it without the least prejudice, as a lesson learned from simple experience, that the most natural diet for the young, after the natural milk diet, is fruit and wholemeal bread, with milk and water for drink. The desire for this same mode of sustenance is often continued into after years, as if the resort to flesh were a forced and artificial feeding, which required long and persistent habit to establish a permanency as a part of the system of every-day life. How strongly this preference of taste for fruit over animal food prevails is shown by the simple fact of the retention of those foods in the mouth. Fruit is retained to be tasted and relished. Animal food, to use a common phrase, is "bolted." There is a natural desire to retain the delicious fruit for mastication; there is no such desire, except in the trained gourmand, for the retention of animal substance. One further fact which I have observed—and that too often to discard it, as a fact of great moment—is that when a person of mature years has, for a time, given up voluntarily the use of animal food in favor of vegetables, the sense of repugnance to animal food is soon so markedly developed that a return to it is overcome with the utmost difficulty. Neither is this a mere fancy or fad peculiar to sensitive men or over-sentimental women. I have been surprised to see it manifested in men who are the very reverse of sentimental, and who were in fact quite ashamed to admit themselves guilty of any such weakness. I have heard those who have gone over from a mixed diet of animal and vegetable food to a pure vegetable diet, speak of feeling low under the new system, and declare that they must needs give it up in consequence, but I have found even these (without exception) declare that they infinitely preferred the simpler, purer and, as it seemed to them, more natural, food plucked from the prime source of food, untainted by its passage through another animal body.—*Longman's Magazine.*

THE TIME OF YEAR HAS ARRIVED when the quack medicine men are soaking the labels off their bottles of "cough mixture," "sure for coughs and colds," and substituting bright new ones of "sure cure for diarrhœa."—*Kansas Med Journal.*

THE EAR DRUMS WHICH ARE SOLD and advertised so extensively to-day are for the most part a fraud. They are nothing more than a piece of rubber about three-eighths of an inch in diameter. They are of no value whatever, except in cases where there is perforation, and in such cases only very rarely, one in five hundred being benefited.—*Oliver V. Moore, Md.*

## WOMEN AND THE HOUSEHOLD.

[CONDUCTED BY HELEN FLETCHER.]

THE TRUE WIFE. — Oftentimes I have seen a tall ship glide by against the tide as if drawn by some invisible bowline, with a hundred strong arms pulling it. Her sails were unfilled, her streamers drooping, she had neither side-wheel nor stern-wheel; still she moved on stately in serene triumph, as with her own life. But I knew on the other side of the ship, hidden beneath the great bulk that swam so majestically, there was a little toilsome steam tug, with a heart of fire and arms of iron, that was tugging it bravely on; and I knew if the little steam tug untwined her arm and left the ship it would wallow and roll about, and drift hither and thither, and go off with the reflux tide, no man knows whither. And so I have known more than one genius, high-decked, full-freighted, full-sailed, gay-pennoned, but that for the bare, toiling arms, and brave warm-beating heart of the faithful little wife that nestles close to him, so that no wind or wave could part them, would have gone down with the stream, and have been heard of no more. — *O. W. Holmes.*

WASHING MADE EASY. — Before I betray my secret I want you to promise you will follow my instructions, which are as follows: Procure one ounce of muriate ammonia, one ounce of salts of tartar and one pound of potash. Dissolve each one separately, putting the potash into some large earthen vessel, pouring boiling water over it; it may require to stand some time, for it is so hard. When it is dissolved, put all three into one gallon of water, set away in something that can be closed tightly— a jug or something of that kind. When you wish it for washing put a boiler on the stove, into which pour three large pailsful of water and two-thirds of a cupful of the liquid. Have the clothes wet—soaking over night is a good way—soap well the soiled places, then put in the boiler, cover and let them boil twenty or thirty minutes; take out, sud well, rubbing any places with the hand that may need it, rinse thoroughly, and you will be surprised to see how clean and white they will be. Before hanging out the white clothes put the colored ones into the boiler and set off the stove and let them soak, with the water not too hot, until you are through with the others. This recipe does away with the endless rubbing.—*Exchange.*

INDEPENDENT TRAVELLERS.—There are very few women among Americans who travel at all who are not capable of taking care of themselves on a journey of a few hundred miles by rail. They are as speedily served with tickets as the average man, and more readily disposed of than many of the latter and ask fewer questions as to when the train will depart, where it can be found, how often they will be compelled to change cars, etc. The age is progressive, and in railroad traveling the women are keeping right up with the procession.

TO DETECT ARSENIC IN WALLPAPER.—The manufacturers of this dangerous agent have recently renewed their activity, on finding that the public had ceased to be on the alert, from being led to believe that poisonous colors were no longer used in the manufacture of wall papers. As a simple test for arsenic in wall paper, an ordinary gas jet is turned down until the flame is wholly blue. A narrow strip of the paper suspected is cut, and the edge brought in contact with the outer edge of the gas flame, when a gray coloration, due to arsenic, will be seen in the flame if arsenic be present. If the paper is burned a little, the fumes that are given off will have a strong garlic-like odor, due to the vapor of arsenious acid. At the charred end the carbon will most probably be colored a bronze red. This is copper reduced by the carbon. The copper is next slightly oxidized by the air, and on placing the charred end a second time not too far into the flame, the flame will now be colored green by copper, for copper arseniate is commonly used in preparing wall papers.—*British Medical Journal*.

HEALTH FOR WOMEN.—I have at least three personal acquaintances who owe much to old Dame Nature for renewed youth and new beauty of face and form gained by work in the garden. One is a lady of ample fortune, who loves her lawn, with its trees and vines and flowers as things of beauty. I doubt if the thought of health occurs to her, but the effect is patent to all her friends. Another is a lovely little woman who has been in ill-health for years. This season, moving to a new home where her friends and acquaintances were scarce, sheer loneliness drove her to a garden. There the needs of the growing things appealed to her, and day by day her visits were repeated, until at last all her morning hours were spent among them, planting, training, weeding, thinning and digging. The result is the renewal of health and strength unknown before for years, and new happiness and greater contentment. The third is a lone woman, whose sorrows seemed piled mountain high through the loss by death

within a few months of her husband and child, and of property as well. Trained to no work as a girl, she seemed helpless. But her little garden demanded attention, and her very losses compelled her to work with her hands. Here, too, the soothing balm of pure air, exercise and occupation worked its marvels in recovered health, contentment and a spirit of self-helpfulness.—*Selected.*

HAPPY HUSBANDS.—It is a man's own fault if he is unhappy with his wife, in nine cases out of ten. It is a very exceptional woman who will not be all she can be to an attentive husband, and a more exceptional one will not be very disagreeable if she finds herself wilfully neglected. It would be very easy to hate a man, who, having bound a woman to him, made no effort to make her happy; hard not to love one who was constant and tender; and when a woman loves she always tries to please. The great men of this world have often been wretched in their domestic relations, while mean and common men have been exceedingly happy. The reason is very plain. Absorbed in themselves, those who desire the world's applause were careless of the little world at home, while those who had none of that egotism strove to keep the hearts that were their own, and were happy in their tenderness. No woman will love a man better for being renowned or prominent. Though he be the first among men, she will only be prouder, not fonder; and if she loses him through this renown, as is often the case, she will not even be proud. But give her love, appreciation, kindness, and there is no sacrifice she would not make for his content and comfort. The man who loves her well is her hero and her king. No less a hero to her though he is not one to any other; no less a king though his only kingdom is her heart and home.

THE SCIENCE OF GOOD HOUSEKEEPING in these days, when we can buy so many conveniences, is not so much superiority in any one thing as a general excellence in every thing. We do not need cooking schools for girls so much as schools where all branches of home-making are taught, in order to preserve the balance of usefulness in the girl's mind. A man does not want to marry a chef de cuisine, and it is no wonder the papers make fun of cooking-schools. To learn one department of house-keeping to the neglect of every thing else is ruinous. If a woman is to marry, there is nothing so much to be valued as good health and good sense and a very loving heart, and then it will follow that she will adapt herself to the calls upon her ability. When a woman marries for a life of ease and doesn't get it, there is certainly no remedy in her case so long

as she forgets that life is a struggle anywhere, and feels that she should be excused from helping to carry the burdens of those by whom she may be surrounded. The mutual bearance and forbearance of life is as greatly the secret of happiness in marriage as in anything else. We have to tolerate unpleasant things in our companions in any relations of life, and why try to build up a law of marriage in any other way?—*Inter Ocean*.

### MOTHERS AND THE NURSERY.

(CONDUCTED BY MRS. F. C. PRESSLER).

IN THE NURSERY MUST BEGIN the culture of the mind. Even toys may be made the means of conveying right ideas of form, a correct notion of and taste for color, and a knowledge of the elements of all learning. No nursery should be without its box of large, carefully-printed letter blocks, with which the elder children will soon teach the last new-comer its alphabet—indeed, long before one would suppose that it is capable of acquiring it. A box of geometrical bricks of wood will give a child an early notion of forms, such as the circle, triangle and square, and the combinations that may be formed by putting together several regular angular figures, such as the two last named. Good pictures of common objects and incidents in every-day life should be found on the nursery walls, and a card exhibiting primary tints, and their secondary and tertiary combinations; and, if the last can be procured in the form of a strong and durable puzzle, so much the better. The abacus, or calculating frame, with its colored beads strung on stout wire, may be called into action to teach even a child of very tender years to count, while a slate and a blunt slate pencil will do no harm, but be useful to call forth the child's power of imitating the shape and form of simple letters and figures. Such, in judicious hands, may be made the means of teaching a young child the bare rudiments of knowledge, so that, to use the words of an old grammarian: "He may be brought past the bitterness of his learning, even before he is conscious that lessons have begun."—*Woman's Work*.

CARE OF THE EYES.—The following rules for the protection of the eyes are given by the Philadelphia *Call*:

Shades on lamp or gas burners should be of "milk" or ground glass; never of colored glass.

Never sleep opposite a window which will throw a flood of strong light on your eyes when you wake in the morning.



When bathing the face do not open the eyes under the water, as this is apt to be injurious to the epithelial covering of the eye.

In all institutions, particularly for children, where the eyes are required to do close work, the proportion of the square surface of the windows to the square surface of the floor should never fall below one to four.

The short-sighted eye is essentially a diseased eye and should be treated as such. It affects by preference those who use their eyes constantly for fine or neat work, and is almost unknown among the uncivilized nations.

When children work by light which falls in their faces they are apt to bend the body forward so as to shade the eyes by the head or else twist it around so that the light shall fall on the page. Both of these positions are pernicious. There is great danger of the chest becoming narrow and contracted and of the spine becoming curved.

JUVENILE DRUNKARDS IN AUSTRIA.—The British Medical Journal has this to say about the intemperance of boys and girls in Austria: So serious and widespread has inebriety been of recent years among school children that the Vienna school board have, though hitherto ineffectually, been making strenuous efforts for the prohibition of the sale of intoxicating drinks to children. The board has just resolved to invoke the intervention of the government, and a bill is to be laid before parliament during the present session to prohibit the selling of intoxicants to boys and girls under 15 years of age. So alarming is the present state of matters that the appearance of a boy at school in a state of drunkenness is by no means a rare sight. During the winter poor children are often sent to school with only a glass of the cheapest spirits for breakfast, partly to allay hunger and partly to 'keep out the cold'—that venerable delusion which still lingers in England."

SLEEP, BATHING AND FOOD FOR INFANTS.—In *Hygiene of the Nursery* Dr. Louis Starr says: From birth to the end of the sixth or eighth month the Infant should sleep as many hours as nature demands. The last feeding should be at 11 P. M. From eight months to the end of two and a half years the child should remain in bed from 7 P. M. to 7 A. M., besides taking a morning nap and occasionally a nap in the afternoon. From two and a half to four years a child may or may not take an hour's sleep in the morning, but it should invariably be put to bed at 7 P. M., and not be permitted to rise until about twelve hours afterward. After the fourth or fifth year children should be allowed to sleep at least ten hours. A later retiring hour than 9 P. M. ought not to be permitted until after the twelfth year. With respect to ablutions, one bath a day should

be the rule from birth until the completion of the third year. Water for the child's bath should be *soft*, and if only *hard* water is procurable from the ordinary sources of supply, measures must be taken to obtain a provision of rain water. The water should not be cold; 95° F. in winter and from 85° to 92° in summer are the proper temperatures. A bath thermometer should be an inseparable appliance of the bathroom. Unscented castile or glycerine soaps are the best to use. After the third year three full baths a week are quite sufficient. An evening hour is now to be preferred, but the same temperatures should be preserved. The child should, in addition, be sponged every day. As the child approaches puberty he should be encouraged to form the habit of bathing every day. At this period water may be used as it flows from the faucet, provided the bathroom is warm. Not more than fifteen minutes should ever be occupied in the whole process of bathing and drying. Touching the nourishment of infants, Dr. Starr admits that there is no artificial food equal to the milk of a robust woman. But thoroughly healthful and trustworthy wet nurses are so hard to find, and the Doctor has met with such good results from carefully managed bottle feeding, that he prefers to regulate the child's nourishment himself by recourse to the latter expedient rather than allow an ignorant woman to privily supplement her deficient supply of breast milk by an unskilfully proportioned food—a proceeding, it seems, of no uncommon occurrence. Asses' milk resembles that of women a little more closely than does that of the cow, goat, or ewe. It is, Dr. Starr says, a mistake to suppose that condensed milk is more readily digested than cow's milk. The counter impression has become current because condensed milk is always dissolved in a large proportion of water, whereas cows' milk is too often insufficiently diluted. Farinaeous food, as such, is never permissible before the fourth month, except where it is employed solely for its mechanical action.

BLACKBOARD EXERCISES AT SCHOOL CONDEMNED.—A mother sends the following wise words to the Philadelphia *Press* :—“Allow me to say a few words in regard to the children's eyes. Years ago when children studied their lessons from books we did not hear very much about their eyes giving out. Let us consult our blackboards and see what they can tell us about this world-wide subject. Dear parents and guardians, all over this broad land, how many hours through the day are your little children sitting in school, staring at a blackboard, upon which are placed by the teacher most of the lessons for the day, many times the lines being so fine and pale they could not be easily read more than half or two-

thirds the way across the room, but the children are required to see them all the way across and from the remotest corners. Many of the children when first looking at the board do not see much of anything, but by looking very sharp for a few seconds, the lines reveal themselves. This, my friends, means strained eyes, and strained eyes mean weakened or diseased optic nerves, possibly no eyes at all, it all depending upon the severity of the strain. Even when the work is quite distinct, for children who have naturally weak eyes the distance many times is so great that the air waves, coming between the poor tired eyes and the board, causes the lines to wave and flicker, and especially is this the case when the light is poor and the ventilation bad. Anything put on the board for children to see, whether young or old, should have large proportions and broad clear lines throughout, so no extra effort will have to be made to discover it. There is a great difference in eyes; one child will readily see what another could not without the fatal strain. I know whereof I speak, for my own eyes were nearly destroyed through this same practice, and I know others who have suffered a like fate."

BABY'S SLEEPING TIME.—I wonder if all mothers know that baby likes to be turned over after he has slept for an hour or two on one side? When he stretches and wriggles, and finally, perhaps, cries out, try turning him on his other side, or almost on his back, and see if he does not relapse into another sound nap without further effort on your part. Do not forget to turn the pillow over also sometimes. The one or two-year-old who wakes up in the night and sits up in bed, rubbing his little fists into his sleepy eyes, feels, perhaps, hot and uncomfortable. Try turning the pillow. If he is like some children the writer knows of he will wait for the sound of the turning pillow, and then drop back into a renewed sleep. Remember also to keep a child's clothes smooth under him. Drawing down the rumpled night clothes and smoothing the cover has much to do with quieting the restless tossings of the little sleeper.—*Babyhood.*

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PUBLISHER'S DEPARTMENT.

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THOSE ABOUT TO PURCHASE A NEW TOOTH BRUSH would do well to try the Ideal Felt Tooth Polisher. It is made of felt (the brush part) fitting nicely into a handle. The face of this compact felt is covered to conform to the curve of the gums, and cleanses the teeth more perfectly than the ordinary tooth brush.

“WIDE AWAKE” FOR JULY comes to us laden with good things for the juveniles. The best publication of the kind in the country. *Wide Awake* more than maintains its past reputation.—*D. Lathrop Co., Boston.*

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NON-RECEIPT OF MAGAZINE. Subscribers will favor the publishers if they will notify them when the paper fails to come promptly. No publisher has yet found an infallible mailing clerk, or a post office where mistakes never occur in forwarding and delivery of second-class matter. We are always anxious to rectify errors, and willing to send duplicates of misdirected or miscarried copies free of charge.

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APPRECIATES THE HERALD.—“Enclosed please find the dollar and ten cents for HERALD OF HEALTH, 1889. Have taken your ‘Gentle Hint.’ Don’t think we will ever need it again, as we don’t intend to do without the HERALD, and the dollar for the same is so small, it is only carelessness to let it run.”

THE DOCTORS WERE ASTONISHED.—From the time Minister Rice was taken sick up to within a few hours of his death, the presumedly best medical authorities of New York, in the persons of three eminent physicians, insisted that his case was not dangerous, and that he would speedily recover. The diseased parts were plainly in sight, and it was not claimed that the case was an unusual one. Yet a \$10,000,000 patient slipped over the silent river and left them in as great astonishment as were those wholly ignorant of medicine.—*Boston Globe.*

## QUESTIONS AND ANSWERS.

*Mr. H. L. A.*—An article on tonics and phosphates in our next.

THE DRY PROCESS OF HEATING DEAD BODIES.—In reply to a question of an old subscriber, we would state that Dr. C. H. Harvey explained his dry process for the treatment of dead bodies at the recent International Congress of Medical Jurisprudence in New York. In his proposed mausoleum decomposition is brought about by currents of dry air which absorb the gases and liquids of the body. These gases are afterward destroyed by fire, but the body itself remains for an indefinite period in dry and perfect preservation. A company has been organized on a large scale to introduce it in the cities of this country. Dr. Harvey's paper more particularly referred to the preservation of medico-legal evidence in criminal cases by this disposition of the dead. Such evidence was retained by this method of burial, he said, more completely than by any other disposition of the body. The method also avoids the loathsome features of earth burial. It is freer from such features than cremation. The sepulchres are to be constructed on a massive scale, to last for many years, and they can be placed within the limits of populous cities, it is said, without detriment to health.

ARTIFICIAL HONEY.—*W. E. C., Springfield, Mass.*—Artificial honey, which is more common in the market than consumers know, is made of potato-starch and oil of vitriol. Some rash optimists think that they are sure of getting the genuine product of bees and flowers by purchasing honey in the comb. They do not know that the exquisite white comb that pleases them is often made of paraffin wax.

SURF BATHING INJURES THE HEARING.—*H. F. C., Mobile.*—People who dive or who indulge during the hot summer weather in surf bathing are apt to injure their hearing, the danger not being so much the taking in of water through the canal of the ear as through the mouth and nose. People very often involuntarily take water into the mouth while bathing, which is transmitted from the mouth into the ear, producing virulent inflammation, so much so that death has been known to occur as the result of this ear trouble.

CONSUMPTION CAUSED BY CORSETS.—*Mrs. J. F. M., St. Louis.*—The following from *Good Health* answers the question from this correspondent whether corsets cause consumption: "The corset, with its inflexible stays

and hour-glass shape, grasps the expanding lungs in their lower part like an iron vise, and prevents their proper filling with air. The lungs are shut crowded up into the upper part of the chest, and pressed against the projecting edges of the first ribs, upon which they move to and fro with the act of breathing. The friction thus produced occasions a constant irritation of the upper portion of the lung, which induces a deposit of tuberculous matter, and the individual becomes a prey to that dread disease, consumption—a sacrifice to a practice as absurd as it is pernicious. The lower part of the chest being narrowed, thus preventing proper expansion of the lungs, the amount of air inhaled is insufficient to properly purify the blood by removing from it the poisonous carbonic acid which gives to impure blood its dark color, and is so fatal to the life of all animals. In consequence of this defective purification of the blood, the whole body suffers. None of the tissues are properly kept in repair. They are all poisoned. Particles of gross, carbonaceous matter are deposited in the skin, causing it to lose its healthy color and acquire a dead, leathery appearance and a dusky hue. The delicate nerve tissues are poisoned, and the individual is tormented with “nerves,” sleeplessness, and fits of melancholy. Continuous pressure upon these parts may cause such a degree of degeneration of the muscles of the chest as to seriously impair the breathing capacity. Unused muscles waste away, and when pressure is applied in addition, the wasting and degeneration become still more marked. This is exactly what happens with those who wear their clothing tight about the waist.”

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THE  
HERALD OF HEALTH.

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Vol. XXXIX.

AUGUST 1889.

No. 8.

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NOTES CONCERNING HEALTH.

(BY M. L. HOLBROOK, M. D.)

THE CARE OF THE VOICE.

Singers and those who use their voices much professionally, usually take good care of them, but those who only use their vocal organs for ordinary conversation do not seem to care whether their voices have any attention or not. There is something so attractive in a fine voice that we listen to it with delight. There are some rules for the care of the voice that are worth knowing. One is not to speak or sing when it is hoarse or much fatigued. If one has a great oratorical effort to make, let him reserve himself for it. Dr. Makenzie says: "Tobacco, alcohol, and fiery condiments of all kinds are best avoided by those who have to speak much. I feel bound to warn speakers addicted to the 'herb nicotian' against cigarettes. Like tipping, the effect of cigarette smoking is cumulative, and the slight but constant absorption of tobacco juice and smoke makes the practice noxious in the long run. The old jest about the slowness of the poison may seem applicable here, but though the process may be slow there can be little doubt that it is sure. Even if it does not kill the body, it too often kills or greatly impairs the victim's working efficiency and usefulness in life. The local effects of cigarettes in the mouth must also be taken into account by those whose work lies in the

direction of public speech. The white spots on the tongue and inside of the cheeks, known as "smoker's patches," are believed by some doctors with special experience to be more common in devotees of the cigarette than in other smokers; this unhealthy condition of the mouth may not only make speaking troublesome, or even painful, but it is now proved to be a predisposing cause of cancer. All fiery or pungent foods, condiments, or drinks, tend to cause congestion of the throat, and if this condition becomes chronic it may lead to impairment if not complete loss of voice."

Indeed, the use of tobacco is far worse for the voice than alcohol, though both are bad enough.

But to preserve the voice it must be cultivated. The training of the vocal organs is as essential to a complete education as the training of the mind. Our educators are so slow in learning this. They train, and even over-train, some of our organs and faculties and let the others become dwarfed.

#### BERNHARDT NEVER WEARS CORSETS.

Some of the lady readers of the *HERALD* have asked if there are any women who do not wear corsets. To which we reply: plenty of them, and their number is increasing every year. In my lectures last winter at the Woman's Medical College I gave five or six on clothing, and, at the request of the class, two on the corset. I did not say a word against corsets, but showed as fully as I could their effects. Quite a number of the class decided to try the experiment of going without theirs as soon as warm weather should come.

Bernhardt, the actress, has never fastened a pair of stays around her in her life, which accounts for her suppleness and wonderful grace. When she goes to the dressmaker she wears a smooth, but not tight, waist of heavy white linen, which the dressmaker fills out in hollow places with a few folds of cotton batting, fitting the waist of the gown over it. But this is only worn for smoothness and not to reduce her waist. On the stage she does not wear even that, which accounts for her long, smooth strides and the ease of her poses, that rather melt and dissolve into each other than change. In the winter she wears to the theatre a long, full gown of heavy Chinese crêpe, of which the sleeves are tight-fitting and come only to the elbow, while it hangs loose from throat to ankles. Over this dress she slips on her costumes, never removing it unless the toilet is decollété. This China crêpe gown keeps her warm and adds the requisite fulness to her



figure without in the slightest degree impeding the freedom of her movements. It is this fact which permits that exquisite equipoise of bodily movement and the long, sweeping motion of her arms. Not only actors, but artists and sculptors, sat in the front row during the Bernhardt season endeavoring to learn the secret of her cat-like, sinuous grace. Much of it is natural, of course, and would be noticeable in any dress and under any circumstances, but much of it is also due to the fact that the muscles of her back, hips and waist have never been enfeebled and stiffened by the use of stays.

#### FEAR IN HIGH PLACES.

Everybody knows something of the effect of being in high places on the mind and through it on the body. This fear is named "acrophobia," or fear in high places.

Dr. Verga has recently described the phenomena in his own case: Though by nature not at all timid, all his courage leaves him when above ground. He complains of palpitations in mounting a step-ladder, for instance; finds it extremely unpleasant to ride on the top of a coach or even look out of a first-story window. This idiosyncrasy forbids him the use of an elevator, and the mere thought of those who have cast themselves down from high places causes tingling all over his person. His acrophobia even goes so far that the thought of the earth spinning through space is enough to cause discomfort.

It is not a disease, but a weakness, and in some so strong it cannot be overcome, but I believe, if taken in youth, in a majority of cases it might be completely cured.

#### BETTER REMAIN BARBARIANS.

The Hays Valley *Advertiser* is down on civilization of one sort at least; it says:

"Better for the many to remain rude, independent, fighting barbarians, than to be civilized into mill hands and factory people, if they must work in stifling rooms day after day all their lives, live in squalor and wretchedness, hopeless of improvement either for themselves or their children—and yet in constant dread of having their miserable existence cut short by accident or disease, or rendered still more miserable by a discharge or the "shutting down" of the mill or factory, and without the spirit to resent wrong or even seek to better their condition."

#### THE SCIENCE NEEDED.

The more one thinks of it, all the more clear it seems, that the one

science wanted is the science of life—a knowledge of the best means of making people healthy and happy. The saddest thing we have to contemplate is the waste of power in misdirected effort in this direction, but little by little we are learning how to live, and in a few centuries the art will be so well known that a majority of people will live a century—perhaps.

## RECIPES.

Some of my vegetarian friends in England have sent me some recipes which ought to prove useful to the readers of this journal. Here they are:

## MASHED POTATOES AND ONIONS.

Wash and peel the potatoes, peel the onions, and set both on to boil in separate saucepans. The onions will take longer to boil than the potatoes. When cooked, strain and mash—first separately, then together—with a little warm milk, butter, pepper, and salt. Arrange nicely on a dish, score with a fork, cover, and serve immediately; or, if time permits, put into the oven, and brown lightly.

## MASHED POTATOES AND DRIED PEAS.

Soak the peas over night; boil three hours in the morning, or until soft. Wash, peel the potatoes, and boil. Strain both, and mash together the same way as for potatoes and onions. The quantity used must depend on the size of family, but a teacupful of peas will do for  $1\frac{1}{2}$  lbs. of potatoes.

## MASHED POTATOES AND CABBAGE OR GREENS.

Soak the cabbage in plenty of salt and water; then cut in half, or four if very large, and well wash. Put into *boiling* water, with a little salt and soda. Boil with the lid off until tender, then drain in a colander. Cut up fine, and mix with the potatoes previously cooked and mashed, as before stated.—Note: Any vegetables, such as turnip, carrot, beans, etc., may be cooked and mashed with potatoes in the same way. Old potatoes should be used instead of new ones, as the new ones are not so suitable for mashing. The above dishes may be eaten with bread, or with onion, or white or brown sauce, according to taste.

## MASHED POTATOES AND EGGS.

Boil the eggs hard, remove the shells, chop moderately fine, and mix with the potatoes mashed, as described elsewhere. Allow an egg to each person. Serve with white sauce.

I have tried several of them and pronounce them excellent. The mixture of onions with peas I have also found a capital idea. In the first place the smell and strong taste of the onion is lost; next, the reds are greatly improved and rendered more digestible. Peas by themselves are too concentrated food for digestion, and the mixture of some vegetable reduces their concentration. Potatoes and onions are both suitable for this purpose.

## SUMMER DRINKS.

I ought to have published something about summer drinks in June, but I forgot it. We all know how refreshing fruit syrups, added to water with sugar, are. The following will come in play during the remainder of the year, and be suitable in years to come.

1. Currant Syrup.—Take two quarts of red currants; mash them, and add one quart of water; let them stand till next day, then run through a jelly-bag, and to every pint of juice add one pound of loaf sugar. Put into a skillet, or preserving pan, place this on the fire, and let it boil gently for twenty minutes, removing all the scum as it rises—and, when cold, bottle. To make a current or any other fresh fruit drink, put a small wine glass of the syrup to a tumbler of iced water. In all cases the best fresh fruit, free from stalks, etc., should be used, and then crushed with a *wooden* (not metal) instrument. All these syrups should be tightly corked when bottled.

2. Cherry Syrup.—Pick two pounds of Kentish cherries from the stalks; put all into a mortar, and pound the fruit, shells and kernels. Add the juice of one lemon, then two quarts of water, and boil for twenty minutes; now strain through a jelly-bag. To every quart of juice add two pounds of sugar. Again boil for twenty minutes, and, when cold, bottle. If the cherries are stoned, then add essence of almond. 3. Morella Cherry Syrup.—This is made the same way. 4. Raspberry Syrup.—Mash the raspberries, and to every quart add one pint of water. Let them remain till the next day; then run through the bag, and to every pint of juice add one pound and three-quarters of sugar. Boil for twenty minutes, and, when cold, bottle.

5. Strawberry Syrup.—This is done the same way. 6. Raspberry or Strawberry Syrup (another way)—Take two quarts of fresh ripe raspberries or strawberries, five pounds of powdered loaf sugar, and add two pints and a half of water. Spread the powdered sugar over the fruit, and let it stand for four or five hours; then express the juice, strain, put on the fire

to rise to boiling point, and again strain. When cold, bottle. 7. Raspberry or Strawberry Syrup (another way)—Mash the fresh fruit; express and strain the juice; and to every quart of it add three pounds and a half of powdered sugar. Then heat to boiling point. When cold, bottle.

8. Pine-apple Syrup.—Pare a West India or English pine of the outward skin, then cut it up and put it into a mortar and pound it—adding a pint of water by degrees to every pound of pulp; strain, and then add one pound of sugar to every pint of juice; boil for twenty minutes, and, when cold, bottle. 9. Nectarine or Peach Syrup.—Take one pound of nectarines or peaches free from stones, and mash them in a mortar. Now add one quart of water, and strain all through a bag. Put in two pounds of sugar, and bring this pulp to the boil. Add a small quantity of essence of almond, and, when cold, bottle.

10. Grape Syrup.—Mash a pound of grapes (black or white), and add one quart of water. Then run them all through a bag, add two pounds of sugar, and bring to a boil. When cold, bottle. 11. Melon Syrup.—Put one pound of melon into a mortar, and pound it fine. Throw in one quart of water and the juice of two lemons; run through a bag, and then add two pounds of sugar. Now bring to the boil, and, when cold, bottle.

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### VEGETARIANISM IN RELATION TO HEALTH.

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(CONCLUDING EXTRACT FROM A PAPER BEFORE THE HASTINGS, ENGLAND,  
HEALTH CONGRESS).

BY JOSEPH KNIGHT.

ALLOWING then, that such benefits have been and are being derived by some who have been for different periods accustomed to the use of animal food, and who have abandoned it and adopted a Vegetarian diet, how much more decided and permanent might we fairly anticipate would be the benefit realized after the lapse of a few generations of general and habitual Vegetarian practice! It is a common experience, not only in relation to food, but also to other habits of life, that a change from one habit to another that is better is often followed by a period of disturbance, more or less marked according to the extent of the change, the duration of the first habit, or other circumstances. And only when the body has become accustomed to the better, and has overcome, at least in some measure, the condition induced by the worse habit, are the beneficial effects realized, and the looked for improvement established. Now, I am disposed

to think that what is thus observed in the individual would be equally the case with a country or nation, or with a succession of generations. Presuming that this is so, we might expect that if during many generations some injurious habit had been practised, the substitution for it of a better habit would probably result in various disturbing experiences during the immediately succeeding generations. But when this transition period had passed, the full value of the change would be

REALIZED BY THE LATER GENERATIONS.

Similarly, a national practice of detrimental character being abandoned in favor of another in itself good, might result in disturbances until the members of the community or the body politic had become accustomed to the new and improved conditions. On this hypothesis it may be assumed that a full realization of the benefits of Vegetarianism cannot be obtained until the practice has very greatly extended, and been continued for a sufficient period and on a sufficiently wide scale for a tolerably complete transition to be effected from the effects of flesh eating. But taking an illustration from the experience of individual Vegetarians what a bright future that would be! Clearer intellects; purer blood, stronger muscles, healthier bodies, would be general possessions. For it is frequently testified by Vegetarians that their entrance into the practice is attended with unpleasant features. A feeling of weakness; a depletion of corporeal bulk with decrease in the weight; a sense of being unsatisfied; a faint or "used-up" feeling, and other symptoms are by no means rare in the experience of the tyro in Vegetarianism, while occasionally more alarming troubles accompany the change of diet. Usually these are merely results of an unwise selection of foods, and may be speedily remedied on rectification of the error. Often they arise only from fancy, but in some cases they are apparently due directly to the change from a mixed to a Vegetarian diet, from an inferior to a superior regime. But in the majority of cases a wise perseverance produces marked improvement upon the condition which prevailed anterior to the change of dietary.

AMONG OTHER HEALTH ADVANTAGES OF VEGETARIANISM

are those which arise through the pocket and the conscience. To bring these two—apparently so diverse in character—into juxtaposition may seem strange, yet they both converge to one centre in their influence upon mental anxiety. The effects of worry are often in themselves more serious than those of disease, and frequently also worry leads directly or indirectly

to sickness, and unfitness for the duties of life. A Vegetarian dietary is much less costly than a mixed dietary provided on a similar scale, and in many instances the knowledge of this fact, and the application of that knowledge in practice would save much anxiety as to "ways and means," especially for the heads of families. Such knowledge, however, to be effectively applied needs to be accompanied by a knowledge of the dietic value of foods, and this the spread of Vegetarianism is helping to disseminate.

ONE OF THE STRONGEST ARGUMENTS AGAINST FLESH-EATING, and therefore in favor of Vegetarianism, is that which appeals to the higher sentiments, the unselfish impulses, the better nature of man. How many are constantly chiding themselves on account of the sufferings of the non-human species, the horrors which are so intimately connected with the animal food supply. For evidence of this we need only remember the discussions which have taken place in the endeavor to secure a less cruel method of taking the life of animals for food. It is needless to enter into this question at any length; the concomitants of the rearing, transit, and slaughter of animals are sufficiently well known. But to such as feel strongly upon this subject, the acquirement of information by which they learn of the non-necessity for such food often comes as a great relief. Instead of being compelled to crush down the thoughts that would sometimes arise respecting the food they were taking, or by the depressing influence of their thoughts, and the non enjoyment of the food to lose the benefits which under happier conditions they would derive from it; the conscience is at ease; there is a satisfaction in knowing that not for supplying their meal has any needless cruelty been perpetrated or suffering endured, and the thoughts that arise about the food they are eating can be freely permitted. Not alone is the better digestion of food advantageous, but the mental quietude and restfulness arising from the consciousness that their practice is in harmony with the promptings of conscience, are of the highest value in promoting physical health.

WHEN WE CONSIDER THE CONDITIONS OF LIFE

at the present time we are forced to recognize that they are generally conditions of high pressure. Although the causes of this state of things are numerous and complex, it is evident that the use of stimulating foods and drinks has an influence in it. The high pressure craves stimulant, the stimulant encourages the high pressure, and thus the two act and re-act on each other. One result or accompaniment of this is the multiplication

of wants, which have grown to such an extent that retrenchment and reform are loudly called for. Where can they begin better than at the table, by the disuse of that section of food which, while being the most costly, has been shown by science and experience to be unnecessary?

What the result would be on the increase of population cannot very well be asserted. Different views are held on this point, both among Vegetarians and non-Vegetarians. But there seem to be many reasons for the opinion that the disciples of Malthus should hail with pleasure the spread of Vegetarianism, while those, if there be any, who are anxious that the Registrar-General should return a high birth rate, and who care not what may be the reverse side of the picture, would be justified in looking with very doubtful eyes upon an accession to the number of intelligent Vegetarians. It is generally held that the higher the scale of life, the smaller, as a rule, is the proportional reproduction, and *vice versa*. In regard to human kind it appears that among the more intellectual, refined, gentle, and cultivated, the average family is smaller than among the coarser, ruder, more animalized section. And this seems to apply equally to all classes in the social scale, the rule being, like all other rules, subject to exceptions.

#### IN THE AVOIDANCE OF GROSS FOODS

an important step is taken in checking or reducing grossness of body. Undoubtedly there is much of grossness in animal flesh, and especially in some of the forms in which it is used, *e. g.* game, the viscera of various animals, birds, etc., and many minced and prepared foods of the sausage tribe. And so extensively are the latter articles now used, that, not inaptly, this has been termed the "sausage-eating generation." Animal flesh is not only gross, but is also stimulating. In abstinence from stimulating, exciting food, a feverish condition of body is not fostered, and the passional nature becomes less difficult to control. One feature of the flesh-eating system is the constant exposure to view of the carcasses, or portions of carcasses, of slain animals. If it be true not only that,

"A thing of beauty is a joy forever,"

but also that the common acquaintance with sights of beauty and sounds of sweetness, has a refining influence, what must be thought of the educational tendency of the sights and sounds connected with the procurement, supply and preparation of animal food? Is there room for doubt that the tendency is the opposite of refining? On the other hand the avoidance of these sights and sounds by the discontinuance of the system which gives them birth, must necessarily have an elevating influence.

## WITH THE DISUSE OF ANIMAL FOOD

there will be found a change of occupation for that large class of men who are at present vicariously engaged in the work of butchering; taking the lives of animals on behalf of those whose innate tenderness recoils from a task so degrading, so brutalizing, so repulsive to all the noblest instincts and sentiments of man as the slaughter of innocent victims. And others who are engaged in the rearing, transit, etc., of animals for the food market, and in trades connected with this branch of food supply will also find other and less demoralizing employment. It needs no words from me to make it clear that the work of slaughter is brutalizing.

## THEN TOO THE SUBSTITUTION OF THE JUICES

of "the kindly fruits of the earth," for the emanations from the fruits of the shambles, will help to keep in a pure and healthful condition the blood of the user, and tend to the building up of sounder tissue more capable of enduring the wear and tear of life, and better able to withstand both the onslaught of disease and the ravages of time. Again, the increasing demand for fruits and other products of the earth, and the reduction in the number of cattle would on the one hand require, and on the other set at liberty, much of the land that is at present used as pasture. And here would be found the needed employment for butchers, drovers, the unemployed, and others who, being drafted from our overcrowded cities where they are not wanted, where for many of them good health is simply an impossibility, and where their conditions and surroundings too often debase them not only below the level of a man, but beneath that of the brute; and being placed in the country where they would be wanted, and where health would be their normal condition, would make life easier for those still remaining in the towns.

## THAT VEGETARIANISM DESERVES SUCH CONSIDERATION

will be freely admitted. Its claims are so many and so varied that they must appeal to all who possess thoughtful minds. Its humanity and justice to the races of animals subject to man; its value as an auxiliary to the work of temperance reform; its influence—direct and indirect—upon the character; its aid in substituting healthful and humanizing employment for that which is unwholesome and degrading, its adaptation to the physical requirements, and its harmony with the structure and functions of man; the chemical accuracy of the foods found in the vegetable kingdom; its reduction of the risks of disease, and benefit in promoting health; its economy and consequent service in enabling all to be fed with a suf-



ficiency of nourishing food; its value to the owners and occupiers of land, and to those who might find employment thereon in exchange for present idleness; the removal from woman's work of many unpleasant and even revolting details that are inseparable from the preparation of animal food; the enjoyableness of the diet; the generally elevating, refining, ennobling, influence which may be expected to accompany or follow its wider adoption; and its influence in adding to the sum, not only of human health, but of human happiness and usefulness. These and other considerations justify the appeal which is made for a fair and full examination of the principles of Vegetarianism.

### HEALTH INVENTIONS AND METHODS.

#### TO GET BACK YOUR WAIST.

Within the last few years a new way of reducing weight has become popular, and the process is described at length in the *New York Sun*. This does not so much reduce a man's total weight as it prevents the increase of weight in the stomach, which is what most men want most. A man who is growing stout would not care if the increased figure which appears every time he steps on the scales were to show that he had larger arm and leg muscles, that his chest had increased in size, and that he had a bigger frame; but when he sees the evidence before him that the more pounds do not mean these things, but an increased waist measure, he thinks of methods to reduce his weight. The thing is to take off the fat about the waist. A simple way is to sweat. Sweating a man

#### REDUCES HIS WEIGHT.

If the total sweating could be taken from the stomach and the loins, the weight of the stomach and the loins would be decreased, while the plump shoulders and round arms and legs would be retained. The simplest way of sweating the stomach and the loins is to wrap enough flannel around them and then take some exercise. It is not necessary to take violent exercise, though violent exercise will do it. With enough flannel around his stomach a man can sweat his stomach without sweating the rest of his body. A man can wear a flannel stomach bandage without anyone knowing it. Perhaps the best is the kind that a man has especially made for him, though it costs a little more than the others. He can buy

#### EIGHT OR TEN YARDS OF THE BEST

and most porous flannel, and the man who makes his shirts will make the bandage for him. He is measured for it, and when it is done it is shaped

like an hour glass, though the top circumference is smaller than the hip circumference. It should cover a man from his hips to the lower part of his breast bone. Button-holes are made in one end of the bandages, and buttons set back a few inches from the other end. The bandage should not be tight, but easy fitting.

#### THE BANDAGE SHOULD BE WORN

next the skin, and over it a flannel shirt—no undershirt is needed. A man can wear this bandage on a walk through the streets to his business, or he can walk around with it on in the park. It works quicker if he rides horseback with it on and bounces around in the saddle; or he can put it on and go to a gymnasium and bounce on a spring-board. The object is to take some form of exercise which will move the whole body and make the stomach sweat. The flannel bandage absorbs the sweat. After the exercise it should be removed, and a cold bath should be taken. After the bath it is a good thing to rub the stomach and loins with alcohol to prevent the possibility of taking cold. The flannel bandage works well. It decreases the circumference of the waist. It takes off the fat from the places where a fat man wants the fat to be taken off most. To mention only one case, it reduced a man's waist one and one-half inches in a three day's ride. The *HERALD OF HEALTH* gives the foregoing for what it may be worth.

#### PATENT MEDICINE AND DRUGS PRODUCING THE OPIUM HABIT.

THERE are those who, through the use of certain patent medicines, have become most deplorable objects, (victims of the opium habit), and so long as the legislature allows nostrums to be sold with formulæ concealed, just so long will these uncontrollable and abominable impositions lead to production of this growing habit. \* \* \*

Dr. D. F. Lucas tells me of a case in which the mother fed her babe on T. opii. camph. daily from birth, beginning with 5 ms. at intervals during the day. Finding the dose growing too small, as the little one would be restless and crying, she gradually increased the dose so that when the child reached the age of six years, it was taking one drachm of gum opium daily. As it increased in years, it did not grow in bodily weight, and when it reached the age of maturity it was stunted, beardless, and were it not for the development of its mental faculties, one would suppose it to be a child of ten rather than twenty-one years.—F. C. BARBER, M. D.

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## EDITOR'S STUDY.

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### OUR RULES FOR GOOD HEALTH.

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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.

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THROUGH A PAIR OF EARRINGS.—Dr. Von Duhring reports to the *British Medical Journal* a case of tuberculosis which was contracted by wearing a pair of earrings. The patient, a girl of 14 years, removed the earrings from the ears of a young girl who died from consumption, and wore them in her own ears. Soon after an ulcer formed in the left ear, the discharge from which, when examined, was found to contain tubercle bacilli, and a gland in the neck also enlarged and ulcerated. The patient developed pulmonary consumption, and at the date of the report was sinking rapidly.

THE DURATION OF HUMAN LIFE.—The French naturalist, Buffon, says a writer in the *Fortnightly Review*, believed that, if accidental causes could be excluded, the normal duration of human life would be between ninety and one hundred years, and he suggested that it might be measured (in animals as well as in man) by the period of growth, to which it stood in a certain proportion. He imagined that every animal might

live for six or seven times as many years as were requisite for the completion of its growth. But this calculation is not in harmony with facts, so far, at least, as man is concerned. His period of growth cannot be estimated at less than twenty years, and, if we take the lower of the two multipliers, we get a number which, in the light of modern evidence, cannot be accepted as attainable. If the period of growth be multiplied by five, the result will in all probability not be far from the truth. If we seek historical evidence, and from it attempt to discover the extreme limit of human life, we are puzzled at the differences in the ages said to have been attained. The longevity of the antediluvian patriarchs, when contrasted with our modern experience, seems incredible. When we look at an individual, say ninety years of age, taking even the most favorable specimen, a prolongation of life to ten times that number of years would appear too absurd even to dream about. There is certainly no physiological reason why the ages assigned to the patriarchs should not have been attained, and it is useless to discuss the subject, for we know very little of the conditions under which they lived. It is interesting to notice that after the flood there was a gradual decrease in the duration of life. Abraham is recorded to have died at 175; Joshua, some five hundred years later, "waxed old and stricken in age" shortly before his death at 110 years, and his predecessor, Moses, to whom 120 years are assigned, is believed to have estimated the life of man at threescore years and ten—a measure nowadays pretty generally accepted. With regard to sex, Hufeland's opinion was that women were more likely than men to become old, but that instances of extreme longevity were more frequent among men. This opinion is to some extent borne out by Dr. Humphry's statistics; of his fifty-two centenarians thirty-six were women. Marriage would appear to be conducive to longevity. A well-known French savant, Dr. Bertillon, states that a bachelor of 25 is not a better life than a married man of 45, and he attributes the difference in favor of married people to the fact that they take more care of themselves and lead more regular lives than those who have no such tie.

HOW TO WALK UP STAIRS.—A professional athlete says that there is a knack in climbing stairs easily. To throw the body forward, bending at the hips, more than doubles the work. The weight of the body is a load that the muscles of the legs and back must carry, and they can carry it easiest if the center of gravity is kept directly above. Bending forward imposes on the muscles of the trunk the unnecessary task of keeping the

load from pitching forward, and is like carrying it at arms length, instead of on the shoulder, or on the head, as many Europeans carry burdens. The gentleman gives this advice to stair climbers: "Do not lean forward; do not hurry; do not spring from stair to stair. Step firmly, leisurely, and stand erect."—*Good Health*.

DYING FOR LACK OF EXERCISE.—The fact is recalled, says the *New York Sun*, that at the time of the fatal illness of Lord Beaconsfield, in March, 1881, a question of professional usage arose between his two physicians, Dr. Kidd, a homœopath, and Dr. Quain, an allopath, but the difficulty was amicably settled and both physicians attended him. Dr. Kidd, who was the elder, has recently published in the *Nineteenth Century* a short history of the case, calling attention to the circumstance that in all probability Lord Beaconsfield would have lived many years more but for his refusal to follow the instructions of his physician on the question of outdoor exercise. Beaconsfield was 76 years of age when he died, but, according to Dr. Kidd, "for many years his life had been sedentary; presuming on his hardy constitution and the fact of his father's great age without open-air exercise, he considered it a matter optional in his case." The greatest difficulty which the physician encountered was to get his patient to take any exercise at all. Disraeli used to say, "My grandfather lived to ninety years; he took open-air exercise. My father lived to eighty, yet he never took any." It seems that the utmost which he could be persuaded to do was to take "a short walk two or three times a week if Lord Rowton and some other pleasant friend called to accompany him; otherwise he easily found an excuse for not going out. His slow pace in walking prevented him from getting much benefit from it." In this country, the mortuary record contains almost every week the name of some distinguished professional man, judge, politician, lawyer, or inventor, whose demise is directly attributed to the failure to take proper exercise. On the other hand, we find that a vigorous and systematic deference to the laws of health in this regard has been the means of prolonging life among professional and literary men whose strength of lungs and of tissue enables them to resist and overcome ailments which would prove fatal to the debilitated.

EFFECT OF SUNLIGHT ON HEALTH.—The potent influence of sunlight upon health can hardly be exaggerated. Dr. Weir Mitchell, in his interesting researches on snake poisons, found that the poison of the deadly cobra, if exposed to sunlight for a brief time, became harmless. Professor

Huxley has shown that yeast increases indefinitely in volume amid darkness and damp, while in sunlight just the reverse is the case. Sunless houses are the natural creators of sickness. The prevalence of goitre in Siberia, which attacks 12 and often 25 per cent. of the people in some villages, is ascribed to the accumulation of filth in deep narrow valleys and the habit of Russian peasants of keeping their houses tightly closed. Free access of light favors nutrition and regularity of development, and contributes to beautify the countenance; while deficiency of light is usually characterized by ugliness, rickets and deformity, and is a fruitful source of scrofula and consumption in any climate. It is probable that one of the chief benefits derived by invalids from a winter sojourn at Alpine or tropical resorts is due to the larger amount of sunlight enjoyed.

**LIFE LENGTHENING.**—Human life is estimated to have lengthened 25 per cent. during the last half century. "The average of human life in Rome, under Cæsar, was eighteen years," says Dr. Todd, of Georgia; "now it is forty. The average in France fifty years ago was twenty-eight; the mean duration in 1867 was forty-five and one-half years. In Geneva during the thirteenth century a generation played its part upon the stage and disappeared in fourteen years; now the drama requires forty years before the curtain falls. During the golden reign of good Queen Bess, in London and all the large cities of merry old England, fifty out of every one thousand paid the last debt to nature yearly, which means, instead of three score and ten, they averaged but one score. Now, in the city of London, the average is forty seven years."

**"FACIAL PERCEPTION."**—Mr. W. H. Levy, who is blind, says in his book, "Blindness and the Blind," that he can tell when he is opposite an object, and can perceive whether it be a solitary object or a continuous fence; whether a close fence or an open one, and sometimes whether a wooden fence, a stone wall, or a hedge. None of the five senses have anything to do with this perceptive power, but the impressions are made on the skin of his face, and by it transmitted to the brain. He therefore names this unrecognized sense Facial Perception.

**MARRIED FIVE TIMES.**—Dr. Burke, of Walton county, Florida, who is ninety-six years old, is the father of thirty-nine children, five of them being girls. He has been married five times. One of his wives was an Indian, of whom six of his children were born. The old gentleman, who is humpbacked, carries himself well for his years, and says that he is at all times ready to go, having done his duty by his country. His residence is near De Funlak Springs.

THE VIRTUES OF VEGETABLES.—Celery acts upon the nervous system, and it is a cure for rheumatism and neuralgia. Tomatoes stimulate the liver, and spinach and common dandelion prepared in the same way have a direct effect on diseases of the kidney. Onions, garlic and olives promote digestion by stimulating the circulatory system, with the consequent increase of the saliva and gastric juice. Raw onions are also regarded as a remedy for sleeplessness, and the French believe that onion soup is an excellent tonic in cases of debility of the digestive organs.

GERMAN SANITARY REGULATIONS TO CHECK CONSUMPTION.—The minute sanitary regulations enforced by the German police seem rather curious to American readers. But whatever may be thought of them as police orders, they are always interesting and valuable because they embody the practical application of the most modern scientific observations. It is this fact that gives importance to the notification lately issued by the president of police at Berlin announcing prophylactic regulations against the spread of phthisis or tubercular consumption. This paper is as follows:

“By means of Dr. George Cornet’s researches regarding the spread of tuberculosis—made under the guidance of Dr. Robert Koch—it has now been proven, beyond doubt, that only the dried sputum of consumptives, or those suspected of having the disease, may be injurious to man. The sputum being dried becomes powdered, and may then become mixed with the air, thus possibly causing infection of the human body. In order to prevent the spread of tubercle bacilli, which undoubtedly are the cause of tuberculosis, consumptives should be required not to expectorate into a handkerchief, on the floors or against walls, but to use exclusively a spittoon or spit-cup, the latter being especially recommended, as it prevents any soiling of the floor. Disinfection of the sputum is considered unnecessary by Dr. Cornet, as sublimate does not sterilize it, and carbolic acid is only valuable when used with great precaution. The spitting-cups should be washed in boiling water and their contents thrown into drains. Spittoons containing sand or sawdust should not be used, as they only facilitate the drying and pulverization of the sputa. A small amount of water should always be kept in the spit-cup.

“On the ground of public health it is directed by the president of the police board that the following regulations shall in future always be enforced in private institutions, insane asylums (as among the insane tuberculosis is frequently observed), and by practitioners to whose care consumptives are committed:

"1. Unquestionable consumptives are to be isolated, as far as possible, from patients suffering from other diseases.

"2. All patients suffering from this disease, as well as those in whom the disease is suspected, are hereby required to expectorate into tin cups containing a small quantity of water. These vessels are to be washed out with boiling water at least once a day and their contents to be emptied into the drain. Any soiling of the floors, walls, beds, etc., should be immediately cleaned with boiling water or by other equally effective measures. Soiled clothing and bedding should also be boiled.

"3. Beds, mattresses, quilts, etc., as well as all other utensils and furniture used by the patients, must be disinfected in accordance with the police regulations regarding contagious diseases. Articles that cannot be disinfected by boiling must be brought to the city disinfecting institute and there undergo thorough disinfection.

"4. The rooms occupied by consumptives must, after their death, be disinfected in accordance with the regulations referred to in the preceding paragraph."

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### WOMEN AND THE HOUSEHOLD.

[CONDUCTED BY HELEN FLETCHER.]

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SOME PLAIN TRUTHS.—Mrs. Emma P. Ewing's racy and entertaining talk on "Household Economy" attracted a large audience at the Chatauqua Assembly, including several men, from whom her strictures on the methods of the average American housewife drew hearty applause. She proved the alarming facts that over \$5,000,000 is spent uselessly for bluing in this country every year, and that a million families throw away from \$25 to \$100 in soap grease apiece in the same period. Twenty million dollars would not cover the amount paid annually to men for baking bread in New York alone, which any bright housewife might bake better herself at home, and \$200,000,000 would be saved if all the matrons in the United States would combine to drive men out of this particular industry, for which neither nature nor training fitted them. Mrs. Ewing acknowledged her impatience of methods whose only virtue is that they have come down from our grandmothers. Draining dishes, for instance, was a better way of cleaning them than washing them, and no sensible bread-maker could afford to shut her eyes to the advantages



of compressed yeast. A Chicago man once said: "If my wife could only crochet dinners, what lovely dinners I should get." She offered the hint to those who neglected cookery for useless needlework, and assured them that by proper management six or seven people could be fed on the fat of the land at a weekly cost of from \$1.75 to \$2 each. Animated discussion followed the lecture. Some of Mrs. Ewing's hearers attempted to dispute the accuracy of her statistics; but she stood her ground, maintaining that bad management alone was responsible for the trouble in American households, and proving by a rising vote that three-fourths of the audience kept no proper record of their expenditures. The troublesome servant-girl problem, she declared, would be solved just as soon as proper training-schools were established.

IT IS A MISTAKE TO TEMPT THE APPETITE of a sick person. As soon as a person becomes sick it is quite common for kind but mistaken friends to bring to the sick one some tempting article of food, when perhaps the real cause of the illness is due to over-eating, and wise nature has taken away the appetite so the overworked digestive organs may have an opportunity to unburden themselves. A little fasting in any acute diseases is no disadvantage.

SWEET CASSAVA. — Of recent additions to the food plants of this country perhaps none deserves as much notice as the sweet cassava (*Manihot Aipi*). It seems to have been proved beyond question that on the southern border of the United States there are considerable areas admirably adapted to growing this remarkable plant as a staple article of home consumption, while in Florida, at least, its manufacture into starch, tapioca and glucose ought to become a leading industry. The cassava plant is closely related to the ricinus or castor bean, which it resembles in general appearance. It is a handsomer plant, not having the coarse, rank aspect of the ricinus. The uses to which cassava may be put are almost too numerous to mention. By manufacture it may be converted, with scarcely any waste, into starch, tapioca and glucose. In the tropics cassava flour is used extensively for making a large wafer or cracker, which is quite palatable and keeps without injury for months. Florida housewives have used it for making bread, puddings, custards, fritters, jellies, etc.; also as a vegetable it is used in all ways in which Irish potatoes are used. It is as food for stock, however, that cassava has excited most interest. It is greatly relished by cattle, horses, hogs and poultry, and is claimed to be a very wholesome article of food.

**LENTILS AS FOOD.**—In all ages and countries farinaceous foods have formed the principal part of human diet. Lentils contain nearly as much heat food as wheat, and twice as much flesh food. Although they have been used extensively in other countries for thousands of years, they are not so well known here as they deserve to be. One quart of lentils when cooked furnishes four pounds of hearty food. Of the two varieties in the market the little flat brown seed is called lentil a la reine; the other variety is about the size of a pea and of a greenish color. Lentils boiled plain should be well washed—say about a pound—and put over the fire in two quarts of cold water, with a half tablespoonful of salt, and a salt-spoonful of pepper; boil for three hours and drain off the water, which will make a nice foundation for soup; put one ounce of butter in a frying-pan, add the lentils, season with a teaspoonful of sugar and chopped parsley, and more salt and pepper if necessary. Shake until hot and well mixed, and serve. They are also very savory stewed. After boiling and draining put them in a saucepan and nearly cover with any kind of broth, add two tablespoonfuls of chopped onions and two of butter, some minced parsley and seasoning, and stew twenty minutes. They may be fried as well. Fry two tablespoonfuls of onions minced very fine in a little hot dripping, add the boiled and seasoned lentils and fry brown.—*Detroit Free Press.*

**TAKE REST WHEN YOUR HEAD ACHES.**—There are many kinds of headaches, but in these days the nervous headache is a very distinct variety. It is generally located in front of the head, across the forehead over the eyes. It may be in other parts, though—at the top of the head, at one or both sides, at the back, or all over. It is painful, depressing, disabling. Physic by itself is of no use. There is not a single drug known to medical science which will of itself at once and permanently cure a nervous headache. On the other hand drugs are not always needed. A complete change of air and circumstances will usually take away the pain in ten or twelve hours. Perfect rest of a duration proportioned to the severity and long continuance of the symptoms will make the cure permanent. There are, of course, methods of relieving and diminishing the pain until such time as it may be possible to obtain the complete rest. But the rest is the thing to be secured at all costs. A nervous headache is a danger signal; if it be frequent the danger is increased, and, if continuous, a catastrophe is imminent. Rest immediate and sufficient is the sovereign remedy. Two weeks at once may be better than a year very soon.

## MOTHERS AND THE NURSERY.

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(CONDUCTED BY MRS. F. C. PRESSLER.)

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ON THE PROPER DIET OF BABIES.—A healthy baby up to a twelve-month, says an authority, should live entirely on sweetened milk, diluted with water. If it is to get any extra nourishment it should be a little beef juice mixed with warm water and salted, a little mutton broth with the grease entirely removed and a very hard crust of bread, or a round chicken bone from which the meat is taken—the two latter to help harden its gums. If a child is delicate, a physician should prescribe a diet. No fruit, cake, meat, pastry and vegetables, with the exception of potatoes, should ever be given a baby under eighteen months old. They are poison to it. A single cherry or grape will often cause the death of a baby. A small roasted potato mixed with a little butter and salt may be eaten once a day or once in two days by a child of fourteen months or over—that is if the child has any teeth. A daily diet upon which children just weaned or between one and two years old may be fed in Summer has been used by a noted children's physician for years. Of course, it may not suit a sick child, but it has the needed variety and has been tested so often that it is probably as near perfect as it can be made. When the child wakes in the morning it is at once taken up, and in ten minutes, sometimes less, its breakfast is ready. This consists of two gills of fresh milk, mixed with one gill of boiling water, a quarter of a teaspoonful of salt and a quarter of a gill of lime water. These little gill measures may be purchased for two or three cents, and are better than "guessing." It is dangerous to guess much where a baby is concerned. This is put into a bottle, and the baby takes it with relish after its long fast and sleep. Sometimes it again goes to sleep, but if it does not, it will sit up in bed or on its little chair until its mamma is dressed, and often until breakfast is ready. If possible baby's clothes should be slipped on, its little hands and face washed, put into its carriage and wheeled out to enjoy the early morning air. Two hours after its first meal it should be bathed and dressed, and by that time it is sleepy and hungry and should be provided with another meal just like the first. After its nap, if it is a good long one, baby should be taken up, and three or four hours from the second meal it should have its third, a half gill of mutton broth or beef tea, taken from a cup, and a half soda cracker soaked in hot water and seasoned

with a little butter and salt, or a half of a small roasted potato seasoned the same way. A tiny drink of water and a very hard crust of bread for dessert. In three and a half or four hours baby enjoys its fourth meal—two gills of milk, one-half a gill of strained oatmeal gruel, a gill of hot water and a half teaspoonful of sugar—and at bed time it has a fifth meal like the first, and falls off to sleep before the meal is completed. If it has its first meal at 5 in the morning, its last one will come about 7 or 8 at night, and it should sleep all night, only waking for a little drink of cool water. Not a particle of food except a drink of water is given between meals. The lime water keeps the stomach sweet and makes the teeth healthy; the oatmeal keeps the bowels free. Over one hundred babies have been successfully nourished through their second year under this diet, says a correspondent, and it is worthy a trial by mothers just weaning their babies.

GROWTH AND DEVELOPMENT OF INFANTS.—The growth of a child in length and weight ought to progress according to certain definite rules. At birth the length varies between sixteen and twenty-two inches, and the weight between six and eight pounds. Length increases most rapidly during the first week of life; afterward the progress is almost uniform up to the fifth month, and then it becomes less rapid, though still uniform until the end of the twelfth month. During the second year the increase is from three to five inches; in the third, from two to three and a half inches; in the fourth, from two to three inches; from this age up to the sixteenth year the average annual gain is from one and two-thirds to two inches. As to weight there is always a loss during the first three days of life, but by the seventh day the babe should be as heavy as at birth. The period of most rapid gain in weight is during the first five months of life. The maximum of increase is attained during the second month, being then from four to seven ounces every week. From the first to the tenth year there should be a yearly gain of at least four or five pounds, and afterward to the sixteenth year of about eight pounds. Parents usually overestimate the weight of children by placing them on the scales when completely dressed. Another test of development is the increase in the girth of the chest. In the case of an infant weighing seven pounds and measuring nineteen and a half inches at birth, the chest should be a little more than thirteen inches round. By the fourth month the girth should be increased to fifteen inches; by the twelfth month to about seventeen; by the fifth year to twenty-one inches. The head can usually be held erect by the end of the third month, and the body maintained in the sitting

posture a month later. By the sixth month the infant should sit up with ease; by the eighth month it should be able to creep; by the eleventh to walk with assistance; by the fourteenth to walk alone, and by the eighteenth to run. Backwardness in walking may be due to general feebleness, or to paralysis of the muscles of one or both legs. A limping gait, with pain in the knee, suggests disease of the hip joint—*Louis Starr, M. D.*

MRS. MCKEE'S IDEAS ABOUT BRINGING UP CHILDREN.—About the care of her little ones Mrs. McKee (President Harrison's daughter) has her own methods, which may not be uninteresting at this season of the year when above all others most concern is felt for the welfare of the little ones. "I do not believe in the amphibiousness of children. A little water, in my mind, is a great sufficiency for child health. One bath is all any healthy child should be subjected to, and I think even then it should be administered as a recreation and not a punishment. I teach my nurse girls to woo the children, and make a wash rag and a basin of water as enticing as a new game. We never have any aquatic warfare, and a struggle with a comb and brush is an unknown evil. In the morning both children are fed as soon as they manifest a desire for food and always before they get ready to cry. Crying is bad. It not only jars on the nerves of the household, but disturbs the amiability of the child, whose whole existence for the first dozen years or so should be as near perfect happiness as the gods allow the children of mortals to be. Before breakfast the babes are given a little cat wash and about 10 o'clock the bath is prepared. The tub is partially filled, never half, as so much water is apt to terrify the little one, and the temperature is warm enough to make the bath an attraction. I have always contended that the child should have fun, and so I let the little one splash about, throw the water round in any or all directions for exercise before attempting to have it washed. As soon as the novelty of flying water wears off, the nurse will be able to do all the scrubbing needed, and after drying and rubbing down the little creature, she is usually ready for a nap. During the day an effort is made to keep clean faces, and just before putting them to bed for the night we bathe their hands and feet. Sleep is largely a matter of habit. Infants sleep most of the time, but young children—that is, runabouts—can be trained to nap at noon and sleep all night. Like all mothers I am fond of seeing children prettily dressed, but I do not believe in punishing them for the sake of effect. I will not let my children wear any clothes that are too nice to tumble about in. Whatever the

style or texture it must have comfort and service as well as beauty. I want them also to fit loosely, and I insist on having plenty of room in the shoes. Neither of the children has long hair. I am opposed to it on general principles. No matter how careful the nurse may try to be, she is almost certain to punish the child by torturing it with a comb and brush. Long hair is very pretty and very much admired, I know, but it is a form of vanity that the parents purchase at the expense of the child's sweetness of disposition."

AGE OF PARENTS AND THE VITAL POWER OF CHILDREN.—Professor J. Korosi has made interesting statistical communications on this subject in one of the last meetings of the Hungarian Academy. With regard to the influence of the age of fathers, it results from them that children of fathers under 25 years of age are weaker, children of fathers of 25-40 years of age are healthiest, children of fathers over 40 years of age are again weaker. With regard to the age of mothers, children born up to the 35th year of the mothers are healthiest, those born from the 35th to the 40th year are weaker by about 8 per cent., those born after the 40th year of the mothers are weaker by about 10 per cent. Children of a father who is older and a mother who is younger are healthiest, children of parents of the same age are somewhat weaker.

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#### PUBLISHER'S DEPARTMENT.

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OUR SPECIAL PREMIUM. AN EXTRAORDINARY OFFER.—We call special attention to the extraordinary premium offer published in the first and second pages of the cover of this issue. For only Two Dollars we will send the HERALD OF HEALTH for one year and a complete set of either Dickens' Works or Walter Scott's Waverley Novels. The works of Dickens are in fifteen volumes, and the Waverley series in twelve (comprising twenty-five novels). All these books are well printed from clear cut type. The binding is paper and substantial. By all odds, this is the most liberal offer ever made by any publisher in the United States. The HERALD OF HEALTH, it is true, needs no premium, and it commands its large circulation solely upon its merits. An opportunity has been afforded us to obtain these standard works, however, at a low price, and we are anxious to give our friends the benefit.

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Read the announcement elsewhere, and send us as many names as possible. The books are now in the hands of the binder, and will be ready for delivery in September.

THE ST. LOUIS HYGIENIC COLLEGE.—We are extremely gratified at learning of the prosperity and bright prospects of the St. Louis Hygienic College, the announcement of which appeared in our July issue and which also appears elsewhere in this number. The College has become one of the institutions of St. Louis and has achieved an enviable reputation for its liberal principles and thorough course of instruction. The third annual term begins early in October next. The College educates men and women for practice in Hygeio-Therapy, or curing the sick by strictly hygienic agents. This school is legally chartered and officered. It has annually a full course of lectures of six months each, there being three courses in all. Thorough instruction is given in Anatomy, Surgery, Chemistry, Physiology, Pathology, Hygeio-Therapy, Sanitary Engineering, Physical Culture, and all other branches pertaining to a good medical education.

For information, address S. W. Dodds, M.D., 2826 Washington Ave., St. Louis, Mo.

DO YOU SHARE THE RESULTS?—Why not use other people's brains as well as your own in order to lessen life's work, and especially so when the coming hot weather will make life a burden to those who have to do laborious house work? The very word "Pearline" sounds clean and sweet enough to recommend even a poorer article. But "Pearline" does as clean and as sweet work as its name implies. Now if there be a housekeeper among the thousands of *Witness* readers who has hitherto lived so far beneath her privileges as not to have used "Pearline," surely she will at once purchase a packet and test what it will do for her. "Pearline" represents brains. That is, it is the product of long and hard processes of thought, investigation and experiment. You are invited to share the results.—*From New York Witness, June 12th, 1889.*

## QUESTIONS AND ANSWERS.

A HANDY TEST FOR SEWER GAS.—*Enquirer, New York.*—It is not generally known that silverware furnishes one of the most reliable means of detecting defective drainage. If it is covered with a black coating, or tarnish, soon after being cleaned, and after a second or third cleaning again becomes darkened, one may be certain that there is some trouble with the drainage system of the house. The agent which furnishes the tarnishing is not sewer gas itself, as is commonly supposed, but a gas which always accompanies it, called sulphuretted hydrogen. It is the same gas which is generated in decaying eggs and other putrifying animal and vegetable matters.

HOW TO PRESERVE MILK.—If milk is put into bottles just after being drawn from the cow and the bottles sealed, and the milk cooled quickly by submerging the bottles in ice water, and the milk kept continually on ice, it will remain sweet and palatable for ten days. Pitchers of milk should never be allowed to stand after they are taken from the table, unless placed at once in a refrigerator containing only milk and cream and sweet butter. Rancid butter will communicate its odor and flavor to milk or cream.

A CHEAP FUMIGATOR.—*Sick Nurse, Atlanta, Ga.*—The following will be found to be a cheap and pleasant fumigator for sick rooms, and diffusing a healthful, agreeable and highly penetrating disinfectant odor in close apartments or wherever the air is deteriorated. Pour common vinegar on powdered chalk until effervescence ceases, leave the whole to settle, and pour off the liquid. Dry the sediment and place it in a shallow earthen or glass dish, and pour into it sulphuric acid until white fumes commence arising. This vapor quickly spreads, is very agreeably pungent, and acts as a powerful purifier of vitiated air.

HOW TO KEEP THE EYES BRIGHT.—*C. W. F., Richmond, Va.*—You want to make your eyes bright, clear, have them get rid of a feeling that they are wearing out? Very well, then. You must observe all the laws of health. You must be careful not to read either in a dim or a glaring light. If you don't rest enough your eyes will look colorless, listless and expressionless. When you bathe them as if they were made of cast iron they will revenge themselves on you by making you feel as if there were small lumps in them and as if they were full of tears that were only waiting for a cause to be shed. You never ought to let your eyes get tired



out, but when you do, sponge them with very warm water, and if possible go to bed. There is nothing that is so grateful for care shown it as the human body, and the thought given to your health will cause it to express its thanks in bright eyes and a skin that is white, clear and firm.

CAUSE AND CURE OF NIGHTMARE. —*Sleepless, Indianapolis.*—Nightmare is the result of a condition of the nervous system in which the cerebrum is active, but in which there is no control of the lower part of the brain,—that part which controls muscular action. A person can think and feel, but cannot move. It seems to be a sort of temporary paralysis of the muscles of motion. It is sometimes caused by overheating of the spinal cord (feather beds are not entirely out of fashion yet), and also by pressure of the stomach upon the aorta. Perhaps the stomach is distended by a late supper of various indigestible viands, and lying upon the back this great load impels the circulation of the blood to the lower part of the body. Sometimes nightmare is due to purely nervous causes, and can be cured by curing the nervous disorder which has brought it on.

EASY AND SIMPLE DISINFECTION —*Wide Awake, New York.*—Professor Allison, of London, on this subject says: "Allow me to draw attention to a very simple means for destroying disease-germs in clothes, either as soon as they are removed from the body, or before they are sent to the wash or laundry. The researches of Tyndall on germs have shown that these animalcules cannot live in a temperature of 212 Fah., *i. e.*, of boiling water. We also know that thorough boiling will kill trichinæ and other parasites in meat. In the country, in summer, people always boil the milk; they find it keeps longer; it really kills any germs which have fallen in it. The dairymaid also knows from experience that scalding her cans—*i. e.*, killing the germs—allows her milk to keep longer. Preserved meats, &c., are always boiled, and then sealed up whilst hot. These and other well-known facts are the basis for my theme—*i. e.*, that boiling water is a sure mode of destroying any poison germs clinging to the linen of fever patients. As soon as the body-linen of fever patients is removed, or the bed-linen from typhoid and diphtheria cases, it should be plunged into boiling water, and even boiled for a few minutes to allow the hot water to thoroughly penetrate. This will destroy all the germs, and so prevent the spread of disease. In the same way the stools of fever patients might be received in boiling water, and the germs killed. Curtains, dresses of attendants, &c., might all be put through the process, as it is very simple and does no harm. The water then could be thrown on the ground or down the closet without fear of infection. Thus we have a

very simple means for the destruction of fever germs, and which, if carried out, will greatly tend to lessen cases of fever. This simple and easily applied remedy does away at once with carbolic acid and other equally useless things."

**HOT WEATHER MAXIMS.**—*H. W. G., Charleston, S. C.*—The following, from the *Boston Transcript*, will answer your query: "Loose, comfortable clothing is no longer regarded a disgrace either to man or woman. Time was, to be sure, a good while ago, when men wore complete linen suits in summer and looked cool in them, and probably were cool. But immaculate white linen coat, waistcoat and trousers came to be regarded as an eccentricity, and we passed through a period when a man's summer attire was hardly to be distinguished from his winter garb; but now the epoch of light flannel, serge and cheviot, and of the inoffensive mohair and alpaca has come in. Devices for mitigating the effects of the hot weather are endless, and most of them useless. Here are three tried and trustworthy maxims for hot weather conduct, and outside of them there is no trick or device by means of which the dog star can be circumvented. These maxims are: Wear as light and loose clothing as you dare. Take plenty of exercise, but in a calm way. Drink no alcoholic or effervescent beverages. In exercising, the great point is not to be afraid of the heat, but not, at the same time, to choose violent diversions. As to beverages, of course, personal experiences always vary, and one man's refreshment is another man's bane; but as a general principle it is safe to shun about nine-tenths of all the summer drinks. Soda-water in any form is a delusion and a snare."

**FOR TANNED COMPLEXION.**—*A. F. G., Jersey City.*—The following is a good remedy for tanned complexion: New milk, half a pint; lemon juice, one-fourth of an ounce; white brandy, half an ounce. Boil and skim clear. Use night and morning.

## THE HERALD OF HEALTH.

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THE  
HERALD OF HEALTH.

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Vol. XXXIX.

SEPTEMBER 1889.

No. 9.

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NOTES CONCERNING HEALTH.

(BY M. L. HOLBROOK, M. D.)

LOW DEATH RATE IN LONDON.

It is quite remarkable how low the death rate for London has been for April, May and June of this year. We find it was only 16 per 1,000 persons, 3.3 lower than the average for the past 10 years of the corresponding months.

Considering that London is the largest city in the world and contains between 4 and 5 million persons the inhabitants may congratulate themselves on the great gain brought about by sanitary science and personal hygiene. Two hundred years ago the death rate in London was over 50 per thousand annually.

Although London is a much larger city and has a more unfavorable climate and surroundings than New York and there is more poverty there, yet it is a healthier city, for here the death rate is about 26 per 1,000 annually but here sanitary science has only begun to do its work.

LEAD IN WATER.

The *National Druggist* tells us that the minutest quantities of lead in potable waters may be detected by two perfectly bright and clean knitting needles. Fill the glass nearly full of the water to be tested and add eight or ten drops of acetic acid, or a teaspoonful of vinegar. If the water be quite turbid, double or even treble this quantity may be used. The

needles should be carefully revolved occasionally. If lead be present in the minutest quantity, in the course of a short time dark or black spots will appear upon the needles, and in the course of six or eight hours the entire surface in contact with the water will be covered with a gray coating, the depth of color of which will depend upon the amount of lead in the fluid. From time to time a needle should be withdrawn and examined with a magnifying glass, to determine whether or not a deposit is being formed. The same needle should be withdrawn each time, and one needle should be left in contact with the fluid three or four hours longer than the other. After removal they should be placed in a dust-free box and left for twenty-four hours, as in cases where the amount of lead is exceedingly small a deposit may be formed which cannot be immediately detected, but which after standing becomes perceptible, the color being a yellow or reddish-yellow.

#### PATTI AT HOME.

The great singer, Patti, whose home is in Wales, takes good care of her health, which is phenomenal. To a friend she said: "You have no idea what a dear haven of rest my Welsh place is. It is delight to be in it, and when I am roving over the world, I delight to think that I am to return to it. Everything has been arranged to suit us. We have a lot of strong, useful horses—for the roads about are heavy—quantities of flowers, heaps of dear, affectionate dogs—spaniels, setters, retrievers, collies. The brooklets about are nature's music." And how does the long sea voyage affect you? "It is just what does me good. I am only sick in very rough weather, and then I lie by in a long ocean passage. Those ocean trips help to keep me strong." Patti, without being clumsily formed, is very strongly built. The neck, shoulders, and chest are powerful. I asked her how she kept the velvet in the throat from being rubbed away and the timbre of the voice so true and clear. She said: "I keep at home so much when I am not on the stage." Patti lives now entirely for those whom she loves.

#### THE CHEMISTRY OF A LEMON.

I have noticed many times that people like to have information on the chemistry of foods, and I give here something on that of lemons. Say what we will, lemonade is one of the most delicious, refreshing and healthful of drinks. This we rightly attribute largely to its acid, but Dr. Garrod has largely called attention to the predominance of potash in the ash of the lemon, and to the fact that this constituent was the source of its rem-

edial agency in scurvy, etc. The Chemical Society, at one of their meetings, discussed lemon juice, and it was then proved that 44 per cent. of the ash of lemons was potash. There has been published in "A Dictionary of Hygiene and Public Health," by A. W. Blyth, a later analysis. We give it here:—

Sulphuric Acid.....	10.59	POTASH.....	47.84
Carbonic Acid.....	16.33	Soda.....	3.32
Chlorine.....	0.81	Silica.....	0.70
Phosphoric Acid.....	6.74	Loss.....	.42
Ferric Phosphate.....	1.32		—
Lime.....	8.89		100.00
Magnesia.....	3.02		

## FARING SUMPTUOUSLY.

Dr. Crichton Brown, in his excellent paper on Brain Growth, says:

To fare sumptuously every day, to bask in luxury and idleness, is to court decay of the noblest of the tissues, for moth and rust do corrupt even the greatest of man's treasures—his intellect—when it is laid by in uselessness and lavender; and thieves will surely break through and steal away his brains, unless they are zealously guarded and diligently exercised.

To which the *Lancet* adds :

This is a practical point of the highest value and moment, and one that cannot be too strongly or constantly expounded. The brain grows by use individually and socially. If it is not habitually employed in a class or family it will sink into subordinate importance.

## FRUIT AND DIARRHŒA.

The superstition that fruits are prolific sources of diarrhœa in summer is largely outgrown. Mr. E. S. Hyatt, however, writes a word on this subject in the *Dietetic Reformer* which is very interesting. He says:

At this time of the year, deaths from diarrhœa are frequent, and the outcry against fruit is loud; for fruit in particular is charged with being a principal cause of this mortality. But people will eat fruit and will not be frightened out of doing so. Is the charge, then, true? The public do not seem to be aware that fruit is a food, not merely a medicine or a luxury—a food, too, upon which it is possible to live entirely, and with the highest degree of health and strength. It is not unknown among us for individuals to live on fruit for months at a time, and get through an incredible amount of both sedentary and physical work. I have myself

tested it in a small way by walking from Liverpool through Chester, Hereford, Ross, Gloucester, down to Bath, thence to London, and back through Bedford, Leicester, Derby, Buxton, and Manchester, to Liverpool, a distance of above 500 miles, being an average of 35 miles a day for fifteen days, in hot weather, without taking anything to eat or drink except raw fruit. During this time I was three nights without going to bed, two of which were in succession, making three days and two nights tramping at a spell. And yet I did not feel jaded, but fresh, so much so that the last day's walk (from Manchester to Liverpool) I did right off without a rest. It was from the confinement of an office, and more than ordinarily sedentary habits. I ask, therefore, must there not be more nourishment, and that of the best kind, in fruit, than it generally takes credit for.

#### IT'S INDOORS THAT KILLS.

The gamekeeper at home utters some timely hints about the evil effects of indoor life. He says:

It's indoor, sir, as kills half the people; being indoors three parts of the day, and next to that taking too much drink and vittals. Eating's as bad as drinking; and there ain't nothing like fresh air and the smell of the woods. You should come out here in the spring, when the oak timber is thrown, and just sit down on a stick fresh peeled—I means a trunk, you know—and sniff up the scent of that there oak bark. It goes right down your throat, and preserves your lungs as the tan do leather. And I've heard say as folk who work in the tan yards never have no illness. There's always a smell from trees, dead or living—I could tell what wood a log was in the dark by my nose; and the air is better where the woods be. . . . I never eat but two meals a day—breakfast and supper; what you would call dinner—and maybe in the middle of the day a hunch of dry bread and an apple. I take a deal for breakfast, and I be rather lear (hungry) at supper; but you may lay your oath that's why I'm what I am in the way of health. People stuff themselves, and by consequence it breaks out, you see. It's the same with cattle; they're overfed, tied up in stalls and stuffed, and never no exercise, and mostly oily food, too. It stands to reason they must get bad, and that's the real cause of these here rinderpests and pleuro-pneumonia and what-nots—at least that is my notion. . . . I never put no great coat on this thirty year. These here woods be as good as a top coat in cold weather. Come off the open field with the east wind cutting into you, and get inside the firs, and you'll feel warm in a minute!" Fresh air, exercise, frugal

food and drink, the odor of the earth and of the trees ; these have given him, as he nears his sixtieth year, the strength and vitality of early manhood.

#### MUSICAL OVERSTRAINS.

The London *Lancet* gives some very good suggestions on musical overstrains, which are condensed below :

The weariness of long continued study is proverbial. One portion of the body is almost exclusively occupied, and the monotony constitutes principally the cause of exhaustion. Relief must be sought in the exercise of other functions, or in variation of the form of mental exertion. Such change enters into all well-ordered plans of education. There is, however, in every study a stage at which persistent concentration is indispensable to high development. Reiteration, though tedious, is necessary to full instruction. No better illustration of this fact could be found than is evident in the cultivation of music. One could hardly conceive of anything more monotonous than a continuance of patient piano practice. Inclination and inborn faculty may do much to create an interest, but the most enthusiastic learner will sometimes rebel against the exactions of musical cram. It has been stated by a German observer that much of the nervous delicacy so common among girls is traceable to excessive diligence at the piano. The limit of moderation, indeed, may not be capable of definition, for a longer or shorter period would naturally suit the capacity of different persons. One or two hours of practice would rarely prove excessive. When six or eight hours are daily absorbed in repeating a humdrum series of manipulations, the wonder is that nature endures the drudgery. The coveted perfection is often approximately reached, but the nervous overstrain will suggest a doubt whether such excellence is altogether desirable. At all events, it is but reason to allow that proficiency so dearly purchased is not a social necessity, especially if they be also void of any special artistic aptitude. Nay, even for those whose health and energy permit them to enjoy, if they choose, the privilege of musical hard labor, a frequent interlude of rest and recreation is needful.

#### DANGER OF GRAVITY.

Socrates himself knew the danger of too much gravity, and frequently took occasion to sink some of it in the gay tide of merriment. "Myrth," says an old writer, "purgeth the blood, confirms health, causeth a fresh, pleasing and fine color, whets the wit, and maketh the body young, lively and fit for any manner of employment." And if we

need further proof of its life-giving properties, we can find it in the Bible in unmistakable words :—“ A merry heart is the life of the flesh,” saith the Proverbs; and in Ecclesiastes that “ gladness prolongs a man’s days.” In the plodding days of the present we have too little time to think of much else than “ business, serious business;” and it is a serious business to have our lives shortened with cares and labors—cares and labors that would be a great deal more palatable and far less death-dealing if seasoned with a little mirth and nonsense. Let us reform this altogether, and take profitably to heart Shakespeare’s advice:—

“ Frame your mind for mirth and merriment,  
Which bars a thousand harms.”

#### CISTERNS OR CAUSES OF DISEASE.

Dr. De la Roche believes that diphtheria can be transmitted from animals to man. He has had under his care two women suffering from diphtheria, which he thinks he has traced to the contamination of drinking water from a cistern by the excrement of pigeons, which had been washed down by the rain from the roof on which these birds had perched. Admitting the possibility of the transmission of diphtheria in this manner, the means of combating it are simple. In places where spring-water and well-water are not available, or where the supply consists of rain-water collected in cisterns, it is well to prohibit pigeon-breeding. As to the construction of cisterns, they should be built according to the rules of public hygiene laid down by Gania in his work entitled *Utilité des Cisternes*.

#### ONIONS AND POTATOES.

Prof. F. W. Newman, now past 80 years, gives us a hint concerning the food which he finds most strengthening. He says:

I have never been a convert to oatmeal porridge, but I find I never tire of yesterday’s potatoes fried up with a little *finely* sliced onion. I can eat it any number of days without needing change: though sometimes any other bit of conformable vegetable may be added in. Without the onion I should not permanently get on. In omelet with herbs, chives are more delicate than onions. My friends admire this much.

#### A GOOD DRINK.

Mr. J. Nugent furnishes the following receipt for a good drink.

A teaspoonful of fine oatmeal, half a teaspoonful of Epps’s Cocoa, moisten with cold water, pour on a breakfast cup of boiling water. Boil one minute.



## SHOULD THE MARRIAGE OF CONSUMPTIVES BE PROHIBITED?

PHILADELPHIA physicians are discussing, says the *Record* of that city, with more or less interest the proposition made to the New York Board of Health a few days ago by Dr. Segnitz, who sought to induce the Board to recommend the passage of a law prohibiting the marriage of consumptives. The Health officials only smiled at the doctor's proposed short cut to the fountain of life. "We may as well pronounce marriage a failure straightway," said one, "and prohibit it entirely forever. Scarcely one family can be found that will not show a case of disease within two or three generations. Therefore nearly all mankind is to some extent predisposed to consumption, and if we expect reform on Dr. Segnitz's lines, a total abolition of the marriage tie is our only course."

In order to render his law efficient Dr. Segnitz proposes that all persons who contemplate marriage should be subjected to a medical examination, and if one or the other of the contracting parties be found consumptive, marriage be forbidden. "Would such an enactment amount to anything?" said a prominent Philadelphia physician. "A crisp \$5 bill could buy a certificate of sound health for death itself. Moreover, if such a law should be passed in New York 6 cents would pay for a couple of ferry tickets into Jersey, and Cupid's captives would there find some gentleman of the cloth to tie them even if they were tottering on the brink of the grave."

## RATHER CONTAGIOUS THAN HEREDITARY.

"While it is true that a large number of consumptives acquire the disease by heredity," said Dr. Parish, "the number of contagious cases, I believe, is much greater. A husband will frequently transmit the disease to his wife or a mother to her child. Anyone who is in attendance upon, or who inhales the breath of a consumptive, is liable to attract the disease to himself. A consumptive will refrain from marriage if he has any wisdom. If the unfortunate marriages that take place too frequently between a strong man and a weak-lunged woman, or vice versa, could be prevented the quota of consumptives would be in time appreciably reduced, but consumption could never be exterminated thus. There are too many other causes that play their part in perpetuating the disease.

## A BAN NEEDED UPON SALIVA.

A number of other physicians expressed views on the subject quite

similar to those of Dr. Parish. To all of them a legislative enactment regarding marriage seemed quite impracticable. "If we could resurrect the law of ancient Rome that made spitting a penal offense, then legislation might be worth our while," said Dr. Githens. "A consumptive's saliva is one of the most prolific means of propagating the disease. On the horse cars, in the steam cars and in the street the consumptive does a vast and unnecessary amount of hawking and spitting. His saliva is impregnated with tiny microbes or tubercles that fly upward with the dust and are inhaled by the invalid's fellows. If their condition is favorable to growth the germs take root and the traveling companion goes into a decline. A great number of cases are bred in this way. Tuberculosis in milk and beef is another mode of contagion."

AS AN ILLUSTRATION

of the power of perseverance over heredity may be cited the case of a well-known Spruce street physician who is one of seven brothers, five of whom died of lung trouble. He is 62 years old and in excellent health. "It may be because I am a physician's seventh son," said he, in relating the incident, "and that I, therefore, lead a charmed life; but I choose to believe that my immunity from lung disease is due to my own obedience to the rules of health which my brothers neglected. Consumption was a heritage from my mother, but good hours, good food and lots of exercise freed me from its grip."

[Special to the HERALD of HEALTH.]

THE WATER WE DRINK.

A BLESSED boon to the thirsty is a draught of water, crystal clear and ice cold, yet there may be "death" even in the delicious beverage, drawn from the "deep old well" in the "old oaken bucket." We would have man's best "drink" freed from all filth and contaminations, that the free gift might indeed be the blessing intended for thirsty humanity.

Agreeable tasting water is not always good, pure water, and the constant using for drinking and culinary purposes of contaminated water is the source often of much disease and suffering, and the sufferers do not dream that the "old well" is the beginning of their trouble.

FOR SEVERAL SEASONS,

in an old, thickly-settled part of a southern state, there was every autumn

almost an epidemic of fevers in several forms. The "Ridge" folks living in the afflicted settlement became objects of pity with more healthful communities not far away.

The country grave-yard filled fast, neighbors spoke with an awe when referring to the "visitations of Providence" and "heavy chastening" of the "Ridge" folks. By the road-side of a much-traveled road there was the "oldest well" in the country, famed for its ice-cold water. Thirsty travelers sought it and always pitied the sole survivor of the family of ten who drew from that old rock-walled well generous draughts. Gray and bent, silent and shy, she seldom spoke of that row of eight sons and daughters and the husband of her youth, all resting in the grave-yard across the way.

#### THE LAST TO GO

had been a stalwart son, apparently "built for strength and endurance," but as "Aunt Nellie" said, "The fever tuk hold o' him, an' no mortal power could save him."

For several years the fever visited regularly the "Ridge" neighborhood, until a young physician full of "new-fangled" notions came among them, urging better drainage and the abandonment of several old wells so moss-grown as to be slimy-walled, and urged the digging of cisterns and using filters. His efforts were at first scornfully laughed at, the country "folk" saying "only city folks had the need to bother with filters and water pipes." In the country, where there was such an abundance of pure water, air and sunshine, there was no need to question its purity. Slowly by patient, untiring work he succeeded in making a number of converts, who began to see that even in the country bad drainage and foul gases could corrupt the water in those old wells, making it unfit, even dangerous, for use. Several years have gone by

#### WITHOUT A "RUN OF FEVER"

in the "Ridge neighborhood," and people cease to speak of it as a "doomed" spot. "Aunt Nellie" still lives to pay daily visits to that long row of mounds covering the ashes of her loved ones, though she no longer draws from the well water for the traveler. The old bucket has fallen into staves, and the sweep become too ancient for use.

In a western town (four years old) several new comers suffered severe illnesses, which did not lessen as time wore on. Near neighbors to the attacked families kept in their usual health, escaping, being acclimated. One mother who was compelled, though ill, to work in her small, hot

kitchen daily through the hot months said to us: "I can't quench my thirst. Even in the night I must get up, go to the well and drink such quantities of water. It is cold, but does not cool me. I really am ill all the time, and we have only been West three months. I never was so poorly before now."

#### SEVERAL OF THE NEW COMERS DIED.

Finally, when an intelligent woman noticed that she could not cook soft beans or hominy in the water from their well, while that of her neighbor's soon softened the driest soup beans, she sent samples of both waters to be analyzed, finding that there was a vast difference between the two, and that it was small wonder that sickness and death had ensued from the using of the one unfit for use.

Several years since, when cholera scourged this country, in a southwestern State it raged with great severity, and carried off many victims in limestone portions of the country. When the plague attacked a family surrounded by limestone land there seemed little that could be done to avert death. An old colored woman who had been in the habit of carrying water from a certain place, because "it made the soiled clothes come clean with less rubbing," continued to get water during the plague at this place. It was distilled water.

#### SHE ONLY KNEW THAT THIS WATER

was "mouty pleasant ter use 'bout the cookin' an' washin', an' was willin' ter walk a good piece ter git it." All about her were the afflicted; death was indeed busy, but old "Aunt Whitehead" with her family escaped "scot free," a circumstance which led to an investigation, and proved that limestone water was "mouty bad in some diseases." In a small village a certain old well which had for twenty years been almost a public well suddenly became bad tasting, a greasy looking vapor forming over the top. It was repeatedly cleaned out, newly walled, the pump taken out and a box built over it, that air might get to the water, but it grew fouler. The father of the family who used the water grew ill. Another well was dug not far away, water in abundance was "struck," but it was filthy. Both wells were abandoned, but the drainage was not looked after. A large stable and other buildings stood entirely too near, but thirsty souls had gone on drinking from that foul well to their hurt.

#### SOMEBODY ARGUES

that "much ado about nothing is made over the water question, and there isn't half the danger that fanatics prophesy in drinking water of

doubtful purity." Facts speak for themselves. We have seen the evil effects resulting from the using of tainted water.

In the words of an intelligent friend, who believes "one ounce of prevention better than one pound of cure," I mean to look into the water question. Our family use a great quantity of it, both internally and externally. If it is a little trouble and expense to secure good drainage, and find out just what is in it, I shall go to that trouble, as I do not care to do as friends are doing who, doubting the purity of drinking water, dash it with stimulants to deaden all possible danger.

A GOOD FRIEND, WHEN THE HOT DAYS COME,

uses, in quantities I should consider hurtful, cordials, etc., in the water from strange wells. I want water that doesn't need doctoring to make it safe. One's surroundings must be looked into when examining the water supply. In our household, the very first question asked (if a change of houses is to be made) by every member of the family, "What about the water supply? Is there plenty? Is it pure?" Those who are so fortunate as to have at all seasons of the year an abundance of good water cannot realize that much discomfort, sickness and suffering can come from not having "plenty of water," or from the using of "tainted water." We take a friend's warning, and industriously seek out all information concerning our water supply, desiring to not invite typhoid, etc., into our home.

ELLA GUERNSEY.

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#### THE ARTICLE ON VACCINATION IN THE ENCYCLOPÆDIA BRITANNICA.

To Editor HERALD OF HEALTH:—A feeling of surprise, not to say consternation, has been produced in medical circles by the article on vaccination in the new volume of the *Encyclopædia Britannica*. In standard works of reference the authors of contributions on medical and scientific questions have seldom ventured beyond the orthodox theories which reflect the current ideas of the so-called heads of the profession. The editor of the *Encyclopædia Britannica* has not, however, felt himself bound by this mode of procedure, and has inserted a remarkable treatise by Dr. Charles Creighton, which is the result of serious independent and patient research. While doing justice to Dr. Creighton's eminent qualifications as a student of pathology, and acknowledging the ability and skill which he has devoted to the article, the *Lancet* is amazed at the inclusion of such heterodox views in a work which it says should "serve as a standard

of reference for a generation." The *Lancet* considers, and has for several years paradoxically maintained, that smallpox epidemics afford conclusive proof of the benefits of vaccination, and is not pleased with Dr. Creighton for regarding them as striking evidences of its disastrous failure. Vaccination is held by Dr. Creighton to be responsible for communicating erysipelas, jaundice, skin eruptions and vaccinal ulcers, and he attributes a part of the great increase in what is described as infantine syphilis, but is really cowpox, to the Jennerian process. It is rather curious that while the incriminated article in the *Encyclopædia Britannica* comprises about seven tersely written and closely printed pages, and supports his contention by a multitude of authorities, the *Lancet*, like other medical critics, should prefer a general attack to a critical exposition of its alleged fallacies. It may be mentioned that Dr. Creighton's article was submitted by the editor of the *Encyclopædia Britannica*, before acceptance; to several eminent medical and scientific vaccine experts who failed to detect any palpable errors either in the facts or conclusions. Yours faithfully,

WILLIAM TEBB.

Devonshire Club, St. James, London.

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#### WHO SINNED—THIS MAN OR HIS PARENTS?

EDITOR HERALD OF HEALTH:—God made and meant us to be well and not sick. His Health Decalogue is as binding as the Ten Commandments. When a human being is not well and strong, the only question in order is, "Who did sin—this man or his parents?" There is no more common sense in the invalidism of men and women than there would be in that of birds and buffaloes. The fact that domestic animals are ever sick results wholly from their keeping the bad company of man. We are a poisoned race—poisoned by tobacco and alcohol and drugs; by bad air, bad food and raiment.

FRANCIS E. WILLARD.

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SPOILED BY A HABIT.—Many of the badly-shaped mouths that are the sorrows of the young women of to-day result from their being permitted when they were children to suck their fingers. One of the prettiest women in New York has coarse, thick lips, that come from having been allowed, when she was going to sleep, to put her thumb in her mouth; while another, whose lips protrude in the centre and whose mouth is large, now blames her mother for allowing her to find consolation in her two forefingers.

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## EDITOR'S STUDY.

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### OUR RULES FOR GOOD HEALTH.

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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.

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BROWN-SEQUARD'S SO-CALLED ELIXIR OF LIFE. — "What fools these mortals be," and thousands of otherwise intelligent people eagerly credit the ridiculous claim of Brown-Sequard that he has indeed discovered the long sought elixir which will rejuvenate old age. An American doctor, who is always heard of in print when opportunity offers, follows in the same track by braying portions of lamb in a mortar and injecting the clean juice obtained from the animal matter and a little natural water into the veins of decrepit patients. Now look out for quack and patent "Elixirs of Life," warranted to make youths out of centenarians, and to put vitality into a twenty-four hours' corpse, "Only One Dollar a Bottle, or Six for Five Dollars." Man ought to live a hundred years, and he will do so when he attains and practices the proper system of living; in the meantime the credulous and ignorant will continue to swallow oceans of "Elixirs" and "Rejuvenators," and die long before even their present restricted space is reached.

HEALTHIEST EUROPEAN COUNTRY.—Authorities seem to differ as to whether this distinction rests with Sweden or England, the registrar-general having given his opinion in favor of England, while that great health authority, Mr. Ed. Chadwick, in his "Health of Nations," says "that with continued attention to sanitary science England might be made as healthy as Sweden." Mulhall gives the death rates of Sweden and the United Kingdom in the decade of 1871-80 as 18.4 and 21.0 respectively. The death rate for England and Wales was 20.5 per 1,000 in 1881, and in 1887 it was reduced to 18.8, which seems to bear out Mr. Chadwick's views, and to show that England, if not so at present, soon will be the healthiest in Europe. The "sick" population of the United Kingdom is estimated at 5.6 per cent., that of Sweden 4.9 per cent., these two countries showing lower percentages than any others in Europe. Sir Robert Christison, a distinguished consulting physician, is reported to have once said that the healthiest place in the world was the prison at Perth, in Scotland.

DOCTORS' WRITING BLAMED.—"I wish physicians would take a little more pains with their chirography," said a prominent pharmacist. "A carelessly written prescription contains the seeds of death, yet many of the most prominent doctors scratch off their directions as if they didn't care a rush how they were interpreted. A few days ago a phial of atropine was substituted for antipyrine through a learned M. D.'s stumbling pen. The first drug is deadly poison, and in consequence of the error death was only averted with great difficulty. There are countless instances of such errors. The blame is always laid upon incompetent drug clerks, but it has no right to rest there. With all due respect, I don't believe there is any class of men whose penmanship is so universally poor as is that of doctors. Druggists' clerks are generally a shrewd, intelligent class of men, but it requires something deeper than mere human intelligence to decipher the letters and numerals that embellish some prescriptions. In spite of the typical doctor's reputation for extreme carefulness, he is really just about the most careless, go-as-you-please individual that may be found anywhere between the dawning and the sunset."—*Philadelphia Record*.

COMMON SENSE WHEN IN THE WATER.—"There is no knack in swimming," says *The Family Doctor*, "albeit few of us swim by instinct. Remember that the one indispensable requisite is a confident belief that you cannot sink while you keep your hands under water and your legs the



least in motion. Every person should know that his or her body is specifically lighter than the water. Plain swimming is a perfectly easy and simple operation. Keep your hands open, with the palms rather concave, and the fingers close together so that no water can pass between them. Lean with your chest on the water, and as you throw your arms forward your body will assume a horizontal position just beneath the surface. With slow and steady action let the legs follow the motion of the arms, or rather act simultaneously with them. Then spread the hands so as to describe a half circle, the elbows coming close to the body and the hands to the chest. A few yards is all you will accomplish at first. Keep up your head in all cases, and if you feel any inconvenience by the water entering your mouth, close your lips and it cannot get in. In getting ready for each successive stroke draw back your legs by a simultaneous motion, keep the feet wide apart with the toes well turned out, and as you send out the arms kick the legs backwards and sideways to the full extent, keeping them separate until they have described as wide a circle as possible, the legs closing together at the end of each stroke. Press against the water with the sole of the foot, and not with the toes, and you will make more easy and rapid progress."

TO CURE SNORING.—Only the man or woman chained to that rest-destroying angel, a snoring partner, can appreciate its sinfulness. The wicked emotions aroused in the soul of the sufferer against the sleeper cannot be transferred to paper. Could a man or woman preserve their night thoughts of the innocent offender during the entire twenty-four hours married life would be a bleak, treeless, unwatered waste. For this sort of affliction, if made public, a man or woman gets only the same class of sympathy accorded to malaria—a grinning "That's too bad." There is a remedy for ague; quinine is bitter, but it breaks up chills. There is a remedy for snoring, and that is bitter, too. Scientists have discovered that snorers are invariably great laughers and talkers, who exist principally with their mouths wide open, thereby clogging the breathing apparatus with dust and roughening the delicate cords by contact with crude air. To these good natured and loquacious sleep killers science says: "Shut up; keep your mouth closed; better deprive the world of your cackle and chatter than turn honey into gall and make marriage a failure." If this does not cure snoring, then Bob Burdette's remedy for dandruff is the only recourse—chop the head off.—*Washington Critic*.

OUR FAST LIVING.—A correspondent of a New York paper writes: “An English woman at forty-five looks younger and more wholesome than an American of thirty. Americans eat, drink and live too fast. Ice cream and ice water give them enormous corporations. Tight lacing to keep down the stomach ruins their digestions and complexions, and powder, paint and cosmetics complete the wreck. In many parts of the country, no doubt, the dreadful extremes of temperature, as compared to the comparatively equable climate the Englishman is always complaining about, have a great deal to do with this early decay, but probably plenty of ill-cooked food and the great American pie, with ice cream and ice water, should bear most of the blame.”

RELATIONS OF THE SENSES.—Dr. Urbanschitsch, of Vienna, has for some time past been engaged in a series of experiments on the mutual action of the sense organs, and the results he has obtained are most curious. The senses of sight and hearing were shown by these experiments to be to some extent dependent on each other. Colored plates were placed at a distance where the colors could scarcely be distinguished, but on the production of various sounds the colors were more readily recognised, the colors becoming the more distinct the higher the pitch of the same. Printed matter could also be read in a dimly lighted room much better if the ears were simultaneously employed in receiving sounds than in complete silence. In like manner the activity of the eyes aid in the recognition of sounds. The ticking of a watch was found to be more easily heard in the light with the eyes open than in the dark with the eyes closed. Various colors of light were found to vary in their effects upon the auditory organs, red and green strengthening and blue and green weakening them. In the case of taste and smell corresponding effects were observed. Light in general, and particularly red and green, heightens their sensitiveness, while blue and yellow, and still more darkness, reduce it. If a person is exposed to red or green light he can taste, not merely with the anterior edges of the tongue, but with its whole surface. There is a curious reciprocal action between the sense of touch and the heat sense, which, though they have not distinct organs, are certainly not identical. If the skin is tickled with a hair, and the hand is then plunged into hot water, the sensation ceases. If, on the other hand, any part of the body is tickled, and the hand or foot is thrust into cold water, the chilly feeling is intensified.

ARSENIC IN INDIAN MUSLINS.—What may prove to be a very serious

blow has been administered to the reputation of Indian muslins by Dr. McClure in the columns of the *Lancet*. A patient of his suffered from arsenical poisoning, and all attempts to trace how the poison entered her system failed, until it was found that for nearly two years she had been working among Indian muslins, tearing them up and making them into covers for sofa cushions, curtains, and many kinds of home draperies. The muslins were examined, and found to contain arsenic. The patient was removed from her muslins, and rapidly recovered. Every one is familiar with arsenical poisoning by wall-papers, and some two years ago there was an alarm raised concerning arsenic in the muslins used as curtains and draperies at Cooper's Hill College, but the scare subsided, and people have gone on using Indian muslin as if poison did not lurk in their folds. If Dr. McClure be correct, it will soon be difficult to sell Indian muslins unless they are accompanied with a doctor's certificate to the effect that they are free from arsenic —*Pall Mall Gazette*.

DOCTORS' BILLS IN CHINA.—We have hardly begun to realize how much we have yet to learn from the Chinese in science and general economy. Chinese economy, even to the figures written on a laundry package, often works back handed, on the theory that the converse of every great truth must itself be true. But the inverted method is often the soundest. We Occidentals only pay our doctors when we are sick, and sometimes not even then. The Celestial method, as shown by the example of the emperor of China, is to pay the doctor only when one is well. As soon as the emperor is sick it is a notification to his physicians that their salary is cut off till he is perfectly well again. The passionate zeal with which the regulars go to work to get his majesty back where their salaries will begin again is said to be something astounding. The result is that the emperor is about the healthiest man standing on this planet, and his physicians seldom lose a day's salary. With us, unfortunately, our interests and those of our physicians are diametrically opposed. Were the latter to act on purely business principles, and adopt the well-worn motto that "business is business," we should none of us see a well day from January to December. The Chinese method is worth studying. We recommend a statute providing that all regular physicians shall be compelled to practice on the Chinese plan, which has worked such marvelous results in the land of Wun Lung. —*Boston Herald*.

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## WOMEN AND THE HOUSEHOLD.

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CONDUCTED BY HELEN FLETCHER.

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**POISON IN WEARING APPAREL.**—The Berlin Medical Society at a recent meeting discussed at length the effects upon the skin of dyes used to color wearing apparel. Dr. Weyl, a general practitioner of high repute, told about his examination of a dress waist which had caused an obstinate and painful skin disease to the woman wearing it. He found the red cotton goods with which the collar and cuffs were lined saturated with a poisonous red dye, which came off whenever brought in contact with perspiring skin. Another woman of Dr. Weyl's acquaintance poisoned her skin by wearing blue stockings which she herself knit. The first day she wore the stockings her feet began to swell, the second day the inflammation extended to the calf, and the third day to the knee. When Dr. Weyl was called the woman was in bed with large swellings and eruptions on both legs. She recovered after being treated for two weeks. Dr. Weyl said that much of the velvet which, for instance, is often worn around the neck by young women, causes irritation of the skin and roughness of the whole face. One piece, which he procured directly from a dyer and manufacturer, produced eruptions after it had been worn but a few hours. Every bit of cotton or woollen underclothing, according to Dr. Weyl, should be thoroughly boiled, soaped and rubbed before it is put on for the first time. Colored silk underwear is not so dangerous as other colored underwear, because the fibre of silk holds the dye much more firmly than the fibres of other goods. Dr. Weyl also described the case of a young man in Munich who had been poisoned by the yellow dyeing matter used in coloring russet shoes. After wearing these shoes for one week the young man's feet were covered with small yellow blisters, which, in the middle of the second week, began to spread to his ankles. His doctor had him give up the shoes, and cured the eruptions in ten days. The yellow leather was subsequently examined at the Munich Hygienic Institute, and was found to be saturated with a dangerous yellow dye. Dr. Weyl's advice to his colleagues was, "Don't wear russet shoes."

**THE DUENNA IN FRANCE.**—The relations of the sexes in France have been deranged ever since the French race was formed. Mr. Shackelford, our Consul at Nantes, says that the enforced separation of the sexes before marriage works the greatest evil to the young men. As they cannot visit respectable girls under the jealous custody of parents or duennas, the

youths go to the licensed bordals or pick of the peasants and working class females, and thus are made false to the marriages they subsequently make. An unmarried French woman or virgin over forty years of age dare not walk the streets in daytime lest the tender young thing should be spoken to by a bold man. She still walks out with a duenna and looks down, as if glances might be her demolition. I sat before the café of the Hotel de France, looking at the old French duennas accompanying the French old maids across the square—tittering things, with low-quartered shoes, who would not now recognize a husband's tones, so battered have they become in preparation, so low the oil in their lamps—foolish, unnatural virgins, who faint at the cry, "Behold, the bridegroom!" That is to say, they faint on false claims, for he does not mean to come. Family suspicion, the result of the false-heartedness of French marriage, regards the heart of man and woman not to be trusted. Hence they do not meet with the freedom of innocence. The girls, kept in a dungeon at the time they dream of "keeping house," like other children, marry any man presented, that they may get out of jail; then they regard the marriage as not binding on the heart or habits. The constraint of systems poisons nature at the fountain; love is the mighty tide of life, bearing on its bosom the passion and destiny of species, and false is the man or king to nature and her sway who reduces it to a bondage that gives the heart no choice and the birds of the air not the affinities of selection. France is a suspected country, and it suspects everybody else; it is a country where the maids are not permitted to know from without what they learn from within, and the wives do not inform within what they learn without. The worst of it is that this corrupt condition, being in the hands of a restless, artistic, vivacious people, is contaminating the surrounding nations. Thus hypocrisy, the formal verisimilitude of conformity of one faith and innocence in one marriage, has devoured France.

—*Geo. Alfred Townsend.*

A WISE GIRL SHOWS NO PREFERENCES.—A wise girl shows no preferences. So long as her heart and hand are free she will do well to treat all those gentlemen admitted to her society with an air of well-bred ease, which at once gives them to understand that she expects nothing of them but courtesy, and which not infrequently piques them into a stronger feeling. A great beauty of my acquaintance made herself unpopular and neglected by an air of insolent indifference amounting to rudeness. This is never good form and never pays, unless one wishes to wound and

antagonize. I have known two young ladies to lose possible husbands by trying to monopolize the attentions of young men whom they had met. One of the greatest mistakes a young lady can make is to expect her gentlemen friends to entertain and amuse her constantly, while she poses as a beautiful and admired object, from whom nothing is expected. Men tire quickly of this sort of woman. They are willing to exert themselves for a time, but they invariably demand *to be amused* finally. I have often seen plain girls, who knew how to amuse and entertain, walk off with the most desirable lovers of the season, while beauties sat as reserved wall flowers, "willing to be entertained." After marriage, if not before, you will find my words true; so learn to *amuse*, for it is of more value in keeping a lover than all the fine dresses, all the fashionable accomplishments and all the beauty in the world.—*Ella Wheeler Wilcox.*

FAINING AS A FINE ART.—"How does a woman faint?" asked a lawyer after adjournment of court. "We had a young woman on the stand who declared she had seen a hundred women faint, and that they all fainted with outstretched arms. Now; how does a woman faint? I declare I don't know. I have seen the interesting phenomenon a few times, but the trouble is there's so much excitement that a man forgets to take observations. I think it would be an interesting question for the court to sift to the bottom. We would probably be deluged with contradictory testimony. In the first place, does a woman faint with outstretched arms? Are outstretched arms a sure sign of a faint? I believe it must depend a great deal upon what she faints for. Why does a woman faint, and what does she do when she faints? On the stage we have seen, for instance, Cecelia faint with Modus, but as I have seen it represented she held his hands tight in hers, and then on his shoulders and then half way around his neck. I have seen the Mountain Maid faint. She begins deliberately to say, 'I am fainting;' then she repeats, 'I must faint,' and finally declares she 'will just be real down sick if she doesn't faint.' Are these true reflections of feminine fainting off the stage? I am afraid the resources of testimony will be exhausted before giving us any rules for a genuine faint. There is such an infinite variety of phases that codification of laws of fainting is impossible. I confess I don't know when a faint is a natural phenomenon and when it is a fine art."—*Philadelphia Inquirer.*

FOR FAT LADIES.—Once dressed the fleshy woman must learn to walk. It is rare to see a fat woman who carries herself with physical refinement.

Between bad dress and standing on the heels the abdomen is forced into prominence. Take an erect position, then by a muscular effort lift the chest up and draw in the abdomen. You will find that the chin will go back in place, the hips will turn inward, and the spine will straighten itself, and with the one motion. Now poise forward in walking, so that the weight will come on the balls of the feet, and so that a line from the chest would touch the toes, and with a month's practice you can make yourself, not more slender, but a far more dignified and seemly figure, rid of protuberances.

THE ATTRACTION OF A SOFT VOICE.—We agree with that old poet who said that a low, soft voice was an excellent thing in woman. Indeed, we feel inclined to go much further than he has on the subject and call it one of her crowning charms. No matter what other attractions she may have; she may be as fair as the Trojan Helen, and as learned as the famous Hypathia, of ancient times; she may have all the accomplishments considered requisite at the present day and every advantage that wealth may procure, and yet if she lacks a low, sweet voice she can never be really fascinating. How often the spell of beauty is broken by loud, coarse talking. How often you are irresistibly drawn to a plain, unassuming woman, whose soft, silvery tones render her positively attractive. Besides, we fancy we can judge of the character by the voice; the bland, smooth, fawning tone seems to us to betoken deceit and hypocrisy as invariably as the musical, subdued voice indicates a genuine refinement. In the social circle how pleasant it is to hear a woman talk in that low key which always characterizes the true lady. In the sanctuary of home how such a voice soothes the fretful temper and cheers the weary husband. How sweetly such cadences float through the sick chamber and around the dying bed; with what a solemn melody do they breathe a prayer for a departing soul.

FULL OF THOUGHT.—Full of thought and suggestion is the remark made to me the other day by a dressmaker of wide experience: "I have had many school girls among my customers, but I never yet fitted one who was not more or less deformed." To my questions, if she meant that the girls were really deformed; and if so to what she attributed the fact, she replied: "Yes, deformed; by that I mean one shoulder or hip higher than the other, or the shoulders rounded and the chest correspondingly contracted, and I believe it is caused by the careless manner of sitting while at study and the habit of carrying to and from school heavy books always on one arm. I knew one girl whose left under arm

measure was considerably less than the right, owing to this habit, who, after her attention was called to the fact, carried her books on the right arm, and after a while brought herself into proper shape." Growing girls should be watched and constantly urged to carry themselves in an erect position when walking, and to bear the weight equally upon both feet when standing. In after years our daughters will blame us, if we neglect them in this respect.—*Housewife*.

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### MOTHERS AND THE NURSERY.

(CONDUCTED BY MRS. F. C. PRESSLER).

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INFLAMMATION OF THE MIDDLE EAR is in a large percentage of cases simply an extension of a catarrhal condition of the throat. The middle ear is an air chamber, the air supply gaining access by way of the Eustachion tubes. The tubes as well as the cavity are lined with mucous membrane. Any inflammatory affection of the throat may enter the tubes and the middle ear. Closure of the tubes and the cutting off of the free passage of air to the middle ear is followed by the absorption of the air in the middle ear and discomfort, even to pain in the ear. My observation leads me to believe that the causes of inflammation of the middle ear aside from the exanthemata are mainly two in number: First, carelessness in attention to the ears, neglect to properly clean them; and second, neglect of sore throat. Many times, however, little or no inconvenience is felt in the throat and the first intimation that the throat is in an abnormal condition is felt when pain in the ear calls our attention to the matter. Inflammation of the middle ear is pre-eminently an affection of juvenile life. In view of its frequency it is very imperfectly understood and foolishly treated. I refer now to the domestic attention meted out to it. There are more oils and tinctures and what not dropped into the ears of suffering childhood than most people dream of. Things useless and positively harmful are poured into the ears of children with the recklessness of last resort and of foolish experiment with something reputed "to be good." Personal experience has taught me that parents can by a little perseverance teach their children to inflate the aural cavity, and this, with a mild wash for the throat and a bit of absorbent cotton plug placed in the external meatus, will be all two-thirds of the cases of ear-ache need. Have a child take hold of both nostrils, and filling the lungs with air, attempt to force the air out of the tightly held nostrills, and un-



less the Eustachian tubes are badly inflamed, air will pass into both ears, causing a feeling of rushing and a tightness in the ears. By simply swallowing, the air will pass down the tubes again and thus relieve any unpleasant sensation. I know this simple procedure will not be regarded with favor by the profession, at least I have heard it criticised. Now as to the drops and stuff that are put into the external ear. The existing morbid condition being kept in mind it looks as though most of them would be ruled out at once. Oils and all such are of no use unless cerumen is hardened, while tinctures and alcoholics excite instead of relieve inflammation. Probably the best application to be made is that of pouring warm water into the ear while the head is inclined to the opposite side. The relaxing effect of the heat will secure resolution or hasten suppuration, and in either case cannot do harm. Hop pillows and other like means of applying heat operate in the same way. I have seen old grannies blowing smoke into the ears of suffering children with satisfaction out of proportion to the relief secured. Prevention is better than cure. Most mothers wash their children's ears much as they wash clothes, by main strength. The ear is a tender organ and to clear out the ear wax by jabbing a wet cloth in as far as it can be forced, is a very poor way to do the work. A bit of absorbent cotton fastened to the end of a smooth stick, wet in lukewarm water and soap, will remove ear wax without trouble or pain. In all cases quite as much pains should be taken to dry the external meatus after the ear has been washed as in washing it. With the first complaint of ear-ache do not fail to notice the condition of the throat. It will need attention very generally. Keep open the Eustachian tubes and suppurating ears will not be so common. When suppuration does occur syringing out the ear with warm carbolized water frequently and keeping the external meatus closed, will effect a cure where no constitutional taint compromises the case. Never let pus work its way out, but make an outlet, as it saves the patient much needless suffering.—*Dr. De Armond in Medical Standard.*

CHILDREN MAY TAKE SCARLET FEVER FROM PLAYTHINGS.—Seldom is a child taken away by death that the mother does not preserve little mementoes of it, which she fondly cherishes for years and years afterward. One hesitates to criticise this custom, and yet, under some circumstances at least, there is danger in it. A child dying of an infectious disease leaves behind it traces of the same on its toys, its garments and other belongings in contact with it while ill, and if any of these are packed away without thorough disinfection they are liable at some time or other

to be the means of infecting others. The following case well illustrates this fact : Thirty-five years ago two children in a wealthy family died from scarlet fever. The grief-stricken mother gathered up many little keepsakes, among them slippers, toys and two golden tresses, and laid them away in a trunk that until quite recently remained unopened. In time came the war of the rebellion ; the home was broken up, and for years unoccupied. Eventually it passed into the hands of strangers and two families took it as a summer residence. They had six children. One day the little ones went through the house on an exploring expedition, and in a dark closet, where it had laid concealed for thirty-five years, they found the little trunkful of treasures. These were, of course, duly examined. Five days later two of the children were taken with scarlet fever, and two days later the other four also fell victims to that disease. It is reasonable to assume that these children were infected through the trunk, which had held alive the germs of scarlet fever all those years. Another remarkable instance of the longevity of the scarlet fever germs is related by Sir Spencer Wells. In Yorkshire a number of scarlet fever patients were buried in a churchyard, a part of which was closed, but afterward was included in the garden of the rector. He had it dug up, and the scarlet fever, from which those patients had died 30 years before, broke out in the family of that clergyman and spread to the surrounding houses.—*Boston Herald.*

LOOKING WITH CHILDREN'S EYES.—One day not long since as my little 2-year-old son was standing beside me at the window, I tried to point out to him an object at some distance. He did not seem to see it, and stooping to bring my eyes to a level with his, I found the object to be out of the range of his vision. I lifted him to my shoulders and soon the little hands clapped their sweet accompaniment to the joyful "Dere, dere!" It set me to thinking more deeply than ever upon the necessities of bringing our views, our language, even our manual ability, down to the level of our children. Some one has suggested that when we lose patience with a child for inability to perform some task, we should try the same thing with our left hand. But I think this of treble importance when applied to the child's mental and moral capabilities. Sisters, if we could lift the little heads to our thinking level as easily as we can bring the dear little faces to our own, there would be no difficulty; but since this is impossible, and I may say undesirable, let us stoop and look at things from their point of view. Every true mother does this more or less, instinctively, but even the most tactful mother is apt to grow impatient

sometimes because the child does not comprehend so readily as she expects; while I have known women who seemed to be almost devoid of this ability to look with a child's eyes; and I have often longed to cry out to her to kneel beside her babe and see how very contracted was its horizon. Mothers, you give your children well kept homes, clothes, plenty of good food and abundance of love. Do give them sympathy. Sympathy in their joys, in their troubles, and in their eager efforts to unravel the thousand and one mysteries with which even their little world is teeming.—*New York Home Journal*.

WHAT DOES YOUR CHILD READ.—Parents select the clothing of their children with care, and of a grade to accord with their income; they see that their food is of proper quantity and quality; and yet few parents are sufficiently interested to inquire what their children read, and look into the character of their associates. No other influences bear more strongly upon the future character of a child than its associates and the books it reads. If these are pure and true, its life will be likewise, but if vile and trashy its future will surely reflect them.

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PUBLISHER'S DEPARTMENT.

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OUR SPECIAL PREMIUM. AN EXTRAORDINARY OFFER.—We call special attention to the extraordinary premium offer published in the first and second pages of the cover of this issue. For only Two DOLLARS we will send the HERALD OF HEALTH for one year and a complete set of either Dickens' Works or Walter Scott's Waverley Novels. The works of Dickens are in fifteen volumes, and the Waverley series in twelve (comprising twenty-five novels). All these books are well printed from clear cut type. The binding is paper and substantial. By all odds, this is the most liberal offer ever made by any publisher in the United States. The HERALD OF HEALTH, it is true, needs no premium, and it commands its large circulation solely upon its merits. An opportunity has been afforded us to obtain these standard works, however, at a low price, and we are anxious to give our friends the benefit.

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#### QUESTIONS AND ANSWERS.

THEY DIE OF THE SAME COMPLAINT.—*Mrs. R. J. F., New York.*—An authority upon the diseases of animals says: "One often reads pathetic stories of pet birds that die simultaneously with, or shortly after, their child owners. It sounds pretty, but the simple prose of the matter often is, that the owner infected the birds. Canaries and other songsters will catch scarlet fever, measles, diphtheria, or almost any other human disease, and if left in the sick-room, they are almost sure to be infected. Pet cats, and small dogs, too, are often sacrificed in the same way, and in their case there is also the risk that they will go out and become the unwilling instruments of disseminating disease."

PERNICIOUS COCA.—*Inquirer, Washington, D. C.*—Coca is the dried leaf of a South American shrub, used for its stimulating narcotic properties, which it is said to possess in a greater degree than opium, tobacco, or any other vegetable production. The leaves are gathered and dried in the sun, and mixed with quicklime, and are chewed by the Peruvian Indians, the effect being to support the strength for a considerable time in the absence of food. Its use is attended with pernicious consequences, as the appetite for it increases, and the power of resistance diminishes, until at last death comes as a relief.

SAID TO BE GOOD FOR LUNG TROUBLE.—*Mrs. W. I. Jennings* sent this from Florida: "During a visit to the home of a most estimable lady living on Indian River, the writer was told of a discovery that had been made which may prove a boon to sufferers from lung or bronchial troubles. This lady, having heard that there was peculiar virtue in a pillow made from pine straw, and having none of that material at hand, made one from fine, soft, pine shavings, and had the pleasure of noting immediate benefit. Soon all the members of the household had pine shavings pil-

lows, and it was noticed that all coughs, asthmatic or bronchial troubles abated at once after sleeping a few nights on these pillows. An invalid suffering with lung trouble derived much benefit from sleeping upon a mattress made from pine shavings. The material is cheap and makes a very pleasant and comfortable mattress, the odor of the pine permeating the entire room and absorbing or dispelling all unpleasant or objectionable odors."

DISINFECTIOIN BY STEAM.—*Scientific, Denver.*—The recent researches of Esmarch seem to indicate that the destruction of bacteris by steam does not depend so much on the temperature as upon the degree of saturation of the steam. If there is much air with it, the power of destroying organic germs is very much diminished. In the course of some experiments on the spores of the anthrax bacillus it was found that while superheated steam which was not in a condition of saturation at a temperature of 120 degrees centigrade was unable to destroy the spores in half an hour, saturated steam at 100 degrees destroyed them in from five to ten minutes. This information will have to be borne in mind in the construction of apparatus for disinfecting by means of steam, the uncertainty of which is thus explained in a way which will enable it to be remedied in the future.

COOL UPPER STORIES IN SUMMER.—*H. J. R., New Orleans.*—The most effectual plan of keeping upper stories under slated roofs cool in summer is to lay felt on boarding and then batten the latter to the slates, and the felt is more likely to last than when it is placed close to the slates. If there is to be no ceiling one can be placed at a trifling expense by suspending slabs of fibrous plaster from the rafters or tie-beams, if there are any. A circulation of air should be kept up in this space by apertures made in the outer walls, or, better still, by a tube carried up above the ridge, upon which an exhaust or "air-pump ventilator" can be fixed, by which means the heated air can be drawn off. Many private houses have rooms in the roof quite unendurable for sleeping or living in during the summer months. The heat of the lower rooms ascends, and with the heat from the sun's rays on the roof, renders these stories only useful for storage purposes.

FOOD VALUE OF THE BANANA.—*Mrs. C. W. T., Chicago.*—A pound of bananas, it is estimated, contains more nutriment than three pounds of meat or many pounds of potatoes, while as food the banana is in every sense of the word superior to the best wheaten bread. Although it grows

spontaneously throughout the tropics, when cultivated its yield is prodigious, for an acre of ground planted with bananas will return as much food material as thirty-three acres of wheat, or over one hundred acres of potatoes. The banana, then, is the bread of millions who could not well subsist without it. In Brazil it is the principal food of the laboring classes, while it is no less prized in the Island of Cuba. Indeed, in the latter country, the sugarplanters grow orchards of it expressly for the consumption of their slaves.

DRINKING BEFORE BREAKFAST.—*Inquirer, Philadelphia.*—Prof. Leuf says: In the morning the stomach contains a considerable quantity of mucus spread over and adherent to its walls. If food enters at this time, the tenacious mucus will interfere to some extent with the direct contact between the food and the stomach necessary to provoke the secretion of gastric juice. A glass of water taken before breakfast passes through the stomach into the small intestines in a continuous and uninterrupted flow; it partly distends the stomach, stretching and to some extent obliterating the rugæ; it thins and washes out most of the tenacious mucus; it increases the fullness of the capillaries of the stomach, directly if the water is warm, and indirectly in a reactionary way if it is cold; it causes peristalsis of the alimentary tract, wakes it up (so to speak), and gives it a morning exercise and washing. Care must be taken not to give cold water when the circulation, either local or general, is so feeble as to make reaction improbable. We should not risk it in advanced age, nor in the feeble, whether old or young, nor should it be given in local troubles like chronic gastric catarrh. In these cases it is best to give warm or hot water. The addition of salt is very beneficial.

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THE  
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OCTOBER, 1889.

No. 10.

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[Special to the HERALD of HEALTH.]

NOTES CONCERNING HEALTH.—BROWN-SEQUARD'S DISCOVERY.

(BY M. L. HOLBROOK, M. D.)

THE tremendous excitement which has been caused by Dr. Brown-Sequard's experiments upon himself and the experiments made on others by his imitators with a fluid prepared from the generative organs of animals injected into the blood vessels in order to renew youthfulness in the aged and infirm, shows very plainly how great is the interest and desire for some method for prolonging life and health. This of itself is a hopeful sign, the only discouraging feature of which is the fact that people seize so eagerly impracticable methods rather than sound principles. Even admitting that this discovery has some value in a few cases, it is not in the nature of things capable of universal application, and its expense would ultimately prevent any but the more wealthy from taking advantage of it. Besides it is often accompanied with dangers of the gravest nature.

Not every one is born into the world fitted for a long life of perfect health. Indeed this fitness depends on a rich endowment of certain characteristics of body, mind, and environment, of which nature in the present condition of the races of the world is not very lavish. Whether in the near or distant future men and women will be so born and so environed is a question no one can answer. And what are the principal qualifications for a long and healthful career? In the first place, it is important that the person should have a constitution endowed with an abundant supply of living matter. And what is living matter? It is that part of the body which is alive; that part of the body which acts. The muscles are mainly composed of living matter.

The nerves and brain-cells are living matter. That portion of the glands which secrete is living matter. The lungs have much living matter in them. Living matter possesses irritability, power of motion and reproduction, and many other properties. Much of our bodies is not living. The fat is not. The earthly part of the bones is not. There are portions of connective tissues which can hardly be called alive, nor the hair, the external coat of the skin which peels off when we wash ourselves. If a man has a great abundance of living matter he is *very much* alive. Children manifest it in a marked degree, and you can not keep them still—the living matter in them demands activity—movement. All men of powerful constitutions are well supplied with it. It is hard to kill them ; they live through dangerous diseases. A cat, which is said to have nine lives, is well supplied with living matter. A rabbit, which dies easily, is poorly supplied.

As age comes on the living matter diminishes. This we see under the microscope in the blood corpuscles, in the epithelia which are shed off from various organs, and in the pus which forms when there is an ulceration or inflammation of mucous surface in catarrh. The pus corpuscles are pale, watery, look emaciated or worn out. This gradual loss of living matter is one of the things which makes old age and its infirmities. After a person is thirty or forty years old, unless nutrition is exceptionally good, living matter is worn out faster than it can be repaired and built up again. Little by little it disappears, till finally there is not enough left to carry on the processes of life, when death takes place.

This condition of things I have often witnessed in microscopic studies, and so have thousands of others. Just as a linen towel wears out, becomes broken, filled with holes, so does the protoplasm, the living matter of the body wear our and disappear.

This living matter not only disappears, but it becomes, in time, clogged up with the broken down matter, the *débris* of the system. The excretory organs cannot remove quite all of it ; some remains lodged in the tissues. People who smoke much have lodged in the lung tissues minute atoms of carbon and the tissues become dark colored. Persons who have long lived in malarious regions have their liver cells more or less filled up with pigment matter which they cannot get rid of unless they go away from the places, that gives these cells a dark and dirty appearance. The brain cells as age advances, even in healthy persons, become more and more filled with a dark looking pigment which is a load they must carry. It makes thinking less easy. There is a decided difference between the appearance of the brain tissues of a healthy boy or girl of



fifteen or twenty years, and of a man of seventy, or even less. Those who have no opportunity to see this under a microscope, can see it to some extent in the dark spots on the backs of the hands in old people, or those who do not bathe properly, and on the neck and chest of young ones. This pigmentation in the skin is really foreign matter that has accumulated there and clogs or impedes the activity of the part.

Then there is a difference in the quality of the living matter. Some of it is tenacious, tough, hardy; in others it is soft, easily worn out. It has no staying qualities. Slender, (not weakly) wiry, tough men and women generally have good living matter; fat, soft ones often the reverse.

If a man so conducts his life, avoids extremes, lives moderately, is well, but not excessively nourished, and escapes dangerous diseases, the living matter lasts longer and is more free from this deposit than if he lives fast, abuses himself in every possible way, and he lives longer. Very often a man with only a moderate endowment of living matter so husbands his resources as to outlive the man with abundance of it, who is lavish in its expenditure, just as the man with a moderate income by economy makes it go farther than a rich spendthrift. Now and then there are persons so richly endowed that in spite of great bodily abuse they live long. They have herculean constitutions, and within themselves great power of reproducing living matter. The secret of youthfulness, good health, and a reasonably long life lies in guarding this living matter from waste, in keeping it properly nourished, so that repair shall equal loss and in freeing it as soon as can be from the decaying matter that clogs it. If it were possible to accomplish these ends, except from accident or some disease, no doubt men would live indefinitely, but this is not possible.

Though Dr. Brown-Sequard has not, so far as I know, undertaken to explain the method by which his fluid is supposed to renew youth, yet I presume his idea would be that a fluid, reproductive in its nature, would have, to some extent, introduced into the system the power of reproducing from the protoplasmic fluid in the blood a fresh supply of living matter to replace that which has been gradually lost by age or disease. We know well that in reproduction the reproductive germs of life have great power in this direction. Under the right conditions they build up animals, plants and human beings, but will it reproduce living matter used as Dr. Brown-Sequard is using it? To any great extent, I am sure, not, and I predict that in a few months we shall hear little or no more of his "Great Discovery."

The path of medical science, or non-science, is strewn with the wrecks of numberless discoveries which it was confidently hoped would be of

great service in curing disease and prolonging life, and it ever will be so. The human mind buoyed by hope cannot help grasping after the philosopher's stone. It would be far more successful if it would establish on a firm basis sanitation and personal hygiene, the true promoters of longevity.

The best way of retaining youth and strength for a long time is by rational living, by an orderly, well-regulated life; by such a knowledge and use of hygiene laws as are known to be beneficial and by the avoidance of such agencies as are known to be evil. Even with the best of care age and its infirmities will come at last. But those who have lived reasonably, used their talents wisely, loved God and their fellow men will not find age so unwelcome, but will be ready finally to go on to that which is grander and better.

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#### STOP ALCOHOL AND DRINK MILK.

Is the drinking habit of this country at a stand still? Dr. Louis A. Sayre, of New York, says it is. Hear him: "It doesn't seem to grow any more, and the temperance people don't seem to be able to decrease it. The habit is considerably changing, though. Men are beginning to drink more heavily of liquors, and I am sorry to say that a great many women, too, are partaking of these highly injurious decoctions." To a representative of the *Mail and Express* who talked to him upon the subject, Dr. Sayre remarked: "The most injurious of these drinks, in my estimation, is absinthe. This, if drank habitually, will completely upset the nervous system. Other drinks that are very injurious are vermouth and drinks of that class, gin, bad whiskey, brandy, etc. Drinking alcoholic drinks is a habit that nearly everybody can dispense with. The number of men who have to drink, or who have to take a stimulant, is very small. And many who say that they couldn't live without drink if they were to try would find out that they can get on a great deal better without it than they can with it.

#### THE HABIT OF TAKING A DRINK

early in the morning—I mean by drinking a cocktail or stimulant of that kind, commonly called an eye-opener—is one of the worst things that can possibly be done. The effect of alcohol is to inflame the stomach, and it will do this even when diluted with food or anything else, and will do so a great deal more when taken on an empty stomach early in the morning. Men should not maintain their strength throughout the day by taking stimulants.

## ANYTHING BUT ALCOHOL.

To keep up by means of alcohol is very bad, and by and by the system will break down entirely under it. In some cases it is absolutely necessary to a man to take a certain amount of stimulant, but it should be avoided just as much as possible. The best drink that a man can possibly take is milk. Milk, though, is hardly a drink. One can live longer on milk than on any other one thing. Milk is more nearly a perfect food than anything; it contains more elements that go to build up the system than any other article. If a man can take milk

## HE CAN'T TAKE TOO MUCH OF IT

until he finds he is getting too stout; then perhaps he should stop. There can be no deleterious results from drinking milk. Early in the morning the best drink to take is water. That is, if one must drink; but if he can get along without it so much the better. Some drink hot water, some cold, and some hot and cold milk. All of these are good in their way.

## ON THE OTHER HAND.

Dr. Oakman S. Paine believes that the drinking habit is largely on the increase. He says: "Men are taking stronger drinks than they used to some years ago, and are depending more on these strong drinks to maintain them throughout their day's work. A great many men start in the day with a drink before they take their breakfast. This is bad, very bad, and can't be condemned in too strong terms. These men, later in the day, when worried and troubled over their business affairs, will seek to maintain their strength and spirits by taking more alcoholic drinks. This again is bad. For some time it may appear to them that they are not hurting themselves in any way, but, by and by, very suddenly, they will break down, and we doctors will have another case of nervous prostration to look after.

## EARLY IN THE MORNING

a man should drink from half to a goblet full of water, cold water if he can stand it; if not it should be hot. A great many persons who suffer from dyspepsia find a great relief in drinking a glass of hot water, just as hot as it can be taken, every morning. Some people drink milk both hot and cold. People are mistaken about the idea that beer contains nourishment. Many claim that it makes them stout and that they gain flesh while drinking beer. They would be a great deal better off if they remained thin without drinking it. It is a wonder to me how a great many men who habitually drink large quantities of strong alcoholic

drinks every day manage to maintain their strength and to all appearances be in perfect health.

#### FALSE HEALTH.

It is a very common thing to hear of men who take from fifteen, twenty or even more glasses of whiskey, and yet to all appearances be in perfect health. They flatter themselves that it doesn't hurt them—that it does them good. They drink a glass of whiskey every morning, or some other intoxicating beverage, and before the effects of that beverage have worked off they take another one. And so they go right through the day, living upon stimulants. The result of this is seen very clearly when they rise next morning. He feels wretchedly and the first thing he does is to get a drink of whiskey in order to make him feel good. That man is just shortening his life. Every drink he takes is so much more wear and tear upon his system. Some day he may break down altogether under it. Or if any disease such as pneumonia seize him, he will not have sufficient strength to fight against it. He is just undermining his constitution.

#### AT BELLEVUE HOSPITAL.

Dr. Alexander Lambert, house surgeon at Bellevue Hospital, has had more chance to study the effects of the drinking habit of persons of New York than a great many other doctors. He said: "Last year, about twenty-eight hundred cases of alcoholism were treated in this hospital. Of this number fully twenty per cent. were fatal. And in nearly every case the favorite beverage which they had been drinking was whiskey. July and December are the worse months for any one suffering from alcoholism. July because of the great heat, and December because of the cold, when they stand every chance of catching pneumonia, and they haven't strength to fight against it. I think the most injurious drinks are whiskey, rum, brandy and gin. Beer as now manufactured very seriously injures the kidneys. It contains from three to five per cent. alcohol. The Germans as a nation are great beer drinkers, but their beer only contains from one and a half to two per cent. alcohol.

#### LIQUEURS ARE VERY BAD.

Whiskey contains 48 per cent. of alcohol, and liqueurs contain almost twice as much. A man who maintains his strength entirely by means of stimulants will ultimately break down. I never yet met a man who could not live without drink. There are a great many who claim that they must have stimulants in order to do the work they have to do and to go through the mental strain they have to. This is all fallacy. If they were to live carefully and regularly, take proper and nour-

ishing food, and take proper nourishing drinks, they would find that, after giving it a fair trial, they would feel a great deal better than when they were living entirely supported by stimulants."

Dr. John T. Nagle, of the Bureau of Vital Statistics, says: "A great many men drink to maintain their spirits, others drink to maintain their strength, others drink to give them nerve, and all the time they are drinking they are just ruining their constitutions and their nerves. The habit of drinking before breakfast, as some men do—I mean taking a spirituous drink—is very bad. It ruins the digestive organs; it thoroughly disorganizes the stomach, and is harmful in every way. I can't say which is the most injurious drink to take. All drinks taken to excess are bad, but in this section of the country it seems to me that whiskey is the drink that is doing the most harm. Milk is the most beneficial of non-alcoholic drinks. It is a good thing to commence the day with drinking a glass of warm milk. A great many people do this and derive a great deal of benefit from it, for there is more nourishment in a glass of milk than a great many are aware of. Milk is a good thing to drink with one's breakfast, one's dinner, during the day, at night, and in fact all the time."

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A ROYAL COMMISSION ON VACCINATION—INFORMATION WANTED.

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THE British Government has appointed the following gentlemen members of a Royal Commission to inquire into, and report upon the subject of Vaccination and the result of its enforcement by Acts of Parliament during the past thirty-six years: The Right Hon. Lord Herschell, *Chairman*. Sir James Paget, Bart., F.R.S.; Sir Charles Dalrymple, Bart., M.P.; Sir W. Guyer Hunter, K.C. M.G., M.P.; Sir Edwin H. Galsworthy; Mr. W. S. Savory, Pres. R.C.S., F.R.S.; Mr. Charles Bradlaugh, M.P.; Dr. J. S. Bristowe, F.R.C.P.; Dr. W. J. Collins, M.S., F.R.C.S.; Mr. J. S. Dugdale Q.C., M.P.; Prof. Michael Foster, M.D., F.R.S.; Mr. Jonathan Hutchinson, F.R.C.S.; Mr. J. A. Picton, M.A., M.P.; Mr. S. Whitbread, M.P.; Mr. F. Meadows White, Q.C.

The terms of the reference are officially stated as follows: 1, The effect of Vaccination in reducing the prevalence of and mortality from small-pox; 2, What means, other than Vaccination, can be used for diminishing the prevalence of small-pox, and how far such means could be relied on in place of Vaccination; 3, The ob-

jections made to Vaccination on the ground of injurious effects alleged to result therefrom, and the nature and extent of any injurious effects which do, in fact, so result; 4, Whether any, and if so, what means should be adopted for preventing or lessening the ill effects, if any, resulting from Vaccination, and whether, and if so, by what means, Vaccination with animal vaccine should be further facilitated as a part of public Vaccination; 5, Whether any alteration should be made in the arrangements and proceedings for securing the performance of Vaccination, and in particular in the provisions of the Vaccination Acts with respect to prosecutions for non-compliance with the law.

This Commission is now sitting in London, and among other subjects included in the reference, as will be seen, is that of the communication of disease with the vaccine virus. Under this section will be an investigation into the transmissibility of leprosy. Mr. William Tebb, President of the Anti-Compulsory Vaccination Society, will feel obliged if readers of the *HERALD OF HEALTH* will kindly send him, at their earliest convenience, answers to the following questions: 1, Is leprosy increasing in your country? 2, Is this disease contagious or hereditary? 3, Is it inoculable? 4, Is it communicable by vaccination, and is there any dread of vaccination on this account? 5, Can you give me particulars of cases in which leprosy has been so communicated? 6, Do you know of instances where new centers of contagion have been created by vaccination? 7, Has the disease (leprosy) increased since the introduction of vaccination? 8, Are leprosy and small-pox preventable by hygienic living, and by personal and municipal sanitation? 9, Do you know of any competent witnesses who could give evidence of the facts before the Royal Commission, which will probably be occupied for many months with its important investigations?

"It will be seen," writes Mr. Tebb, "that some of the fundamental points in the agitation for the repeal of the Vaccination Acts are included in the scope of the inquiry, viz.: The failure of Vaccination as a protection; its injurious consequences on the health of those who are submitted to the operation, the substitution of sanitation as a means of preventing small-pox, and the injustice of prosecuting and convicting conscientious parents for non-vaccination. This inquiry was suggested by the Right Hon. James Stansfeld, when President of the Local Government Board,

to a deputation of opponents of Compulsory Vaccination, in April, 1886, as the most speedy and effective means of promoting a satisfactory settlement of the question, and it is the opinion of the leading friends of our cause in all parts of the country that Parliament would not be induced to repeal the Vaccination Laws without some such inquiry."

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### NOTABLE PUBLICATIONS.

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#### DR. NORMAN KERR'S WORK ON INEBRIETY.

"INEBRIETY; its Eteology, Pathology, Treatment and Jurisprudence," is the title of a book by Dr. Norman Kerr, recently published, which has attracted great attention in England, and is certain to do the same in this country. Some features of inebriety cited by him, especially the ether habit of intoxication prevalent in some districts in Great Britain, has already caused questions to be asked and debates entered into in the British Parliament. Dr. Kerr, who has made the subject of inebriety in all its phases and from all causes a special study, declares that excessive indulgence in intoxicants is a disease, and that intoxication itself, induced by the mere love of it, is always a symptom of disease. The author meets the common objection that to concede inebriety to be a disease would result in the inebriate believing that his conduct is beyond his control, by declaring that such a plea is irrational and unsound. As well might a physician allow any attack of disease to run its course without effort at mitigation or prevention, as to abandon the periodical inebriate to his debauch. The approach of an attack of inebriety, he holds, is shown by well defined symptoms. A knowledge of the patient's actual condition will suggest the adoption of such a regimen and mode of life as will promote physical, intellectual and moral health, and decrease the morbid derangement while increasing the power of resistance and control. Physicians, he holds, should recognize it as a disease, and treat it according to all the rules of medical science. They should teach prophylatic measures, and as far as possible employ such means of cure as medical science and experience indicate. If recognized as a disease and taken in time, inebriety, no matter what its predisposing or exciting causes, can be cured, while if treated simply from a moral standpoint the result is more than likely to end in habitual drunkenness, insanity and death.

The book is filled with interesting facts and statistics, while the accounts given of the many peculiar cases that have come under the author's own observation make it a work more interesting to the general reader than the modern novel. Dr. Kerr's experience in dealing with and studying inebriates covers over a quarter of a century, and includes the United States as well as Great Britain. A valuable portion of the book is that which gives a history of legislation regarding inebriety. The first American Act with reference to an asylum for inebriates was passed by the Legislature of the State of New York in April, 1854, and three years later the charter of the State Inebriate Asylum provided for "the medical treatment and control of the inebriate."

The work is published by H. J. Lewis, Gower St., London, W. C.

EFFECT OF TEA-DRINKING ON THE AGED. — Dr. Cyrus Edson, of the New York Board of Health, says: "By the consumption of a certain quality of tea the body may be made to economize food, for tea prevents the vital organs from wasting food. In the aged it serves another purpose. An old, worn-out stomach no longer digests enough food to make up for bodily waste. Tea, by preventing this waste, arrests the failing powers of life. We do not wonder, therefore, that tea should be a favorite with the poor, who are unable to purchase sufficient food, and with the aged, whose digestion and vigor have begun to fail. Every one-half ounce of tea contains three or four grains of theine. If an ounce of tea be taken within six or eight hours we will almost surely see the intoxicating effects. Tea, when taken in such quantity, is sure to be rapidly followed by most injurious effects. The digestion will be ruined and the nervous system shattered. When tea was first taken to England it was used as we use greens. Of late years I have heard of its being eaten dry. I have also heard of a peculiar 'fad' among young ladies of steeping the leaves until they unroll and then drying and smoking them in cigarettes or pipes. These habits are very pernicious and dangerous, for thus the system will receive more of the active principles than by infusing the tea and drinking it in the ordinary manner. Tea taken in moderate quantities—that is, a cup at each meal—can certainly have no injurious effect. But the extent to which many old women, and young ones, too, indulge in tea-drinking is one of the social evils of the times."



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## EDITOR'S STUDY.

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### OUR RULES FOR GOOD HEALTH.

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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.

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MEDICAL SCIENCE AT A STAND STILL.—George M. Stearns, a well-known Massachusetts lawyer, recently appeared before the Judiciary Committee of the Legislature of that State to oppose a bill to regulate the practice of medicine. Among other "hits" at the regular school of medicine, he put in the following: "In the so-called science of medicine we have made slight advances, and why? Because its practitioners have simply gone back to the wisdom or the unwisdom of the past centuries, and administered the same pills and potions, the same poisons, the same drugs, the same doses that were administered two hundred years ago. I want to know what great ailment of man medical science can boast of having mitigated even, to say nothing of having cured. Take consumption. The doctor comes to us with ancient wisdom only; he brings the few little things that mitigate the cough of the patient, and then finally wafts him along to his certain doom in the pleasurable insensibility of morphine, and when he is dead tells the relatives that he made his end as comfortable as could be under the circumstances. Sydney Smith says of

this dire disease, consumption: 'I believe, under the goodness of God, there is a weed growing in every pasture that will effect its cure. And yet medical science has never discovered it, and never, I submit, made a forward step toward it.' If this question of consumption had been submitted to Thomas A. Edison, he would have found the cure long ago. The mechanics, the inventors, the discoverers of the world would have cured consumption long since if the problem had been theirs. I read in the *Boston Globe* that a reporter started out one day and consulted nearly twenty different first-class city physicians in Boston as to his ailments and condition, and the doctors examined him and prescribed for him for nearly as many diseases as doctors, and told him what he ought to do and must do in order to save his life, and the man was as well and healthy a man as ever lived in the world, and knew he was, and did this as an experimental test."

**BELGIUM'S HATLESS MONARCH.**—Leopold, king of the Belgians, is a sworn foe of tobacco and an ardent supporter of the Belgian Anti-Tobacco League. He is, as well, a man of "simple and severe way of life." He rises early, breakfasts sparingly, and—a rare thing on the Continent—takes his morning tub. His wide sympathies embrace vegetarianism in their scope, and his most notable passion, perhaps, is for going about without a hat. Whenever the weather is suitable, King Leopold goes abroad in his garden as hatless as Adam, exulting in his freedom from the conventionality of a headpiece. He has some strange idea about the wind's action on the brain, and puts it in practice whenever possible. He is a linguist of rare acquisitions, and is always deep in the study of some new language or other. Music is one of his aversions, but the sister art of painting finds in him an appreciative and enthusiastic amateur. His face is strong and intelligent, without being handsome, and a beard of appropriately regal length sweeps his chest.

**THE EYES OF GREAT MEN.**—An oculist who has made the human eye a study for thirty years, and who has examined many famous men's eyes, declares that the "thoroughbred American" eye was steel blue in color. "Would you say that black-eyed and brown-eyed men are deficient in intellect?" he was asked. "Not that, to be sure, since history has afforded some examples of able men whose eyes possessed this pigment. But, undeniably, among the people of higher civilization eyes grow lighter in hue, and there are to-day far more blue-eyed persons than there were a century ago. If you will be at pains to inquire the color of the eyes of Bismarck, Gladstone, Huxley, Virchow, Buchner, Renau, in

fact, of any of the living great, as well as of the great army of the dead who in life distinguished themselves, you will learn that most of them have, or had, eyes of blue or gray. It has seemed to me that the pigment is in the way; that it obscures the objects presented to the visual organ, and that the aspiring mind seeking the greatest light casts it off."

CHEESE THAT SHOULD NOT BE EATEN.—Prof. Vaughan, of Ann Arbor, Mich., says of cheese: "I think that it can be positively stated that any cheese which will instantly and intensely redden blue litmus paper should not be eaten. This is a test easy of application, and every merchant on cutting a fresh cheese should make it. If the cheese is dry, a bit of it should be moistened with water and the litmus paper then applied."

THE ADVANTAGES OF "THE FORTY WINKS."—Sleep is closely connected with the question of diet; "good sleeping" was a noticeable feature in the large majority of Dr. Humphrey's cases. Sound, refreshing sleep is of the utmost consequence to the health of the body, and no substitute can be found for it as a restorer of vital energy. Sleeplessness is, however, often a source of great trouble to elderly people, and one which is not easily relieved. Narcotic remedies are generally mischievous; their first effects may be pleasant, but the habit of depending upon them rapidly grows until they become indispensable. When this stage has been reached the sufferer is in a far worse plight than before. In all cases the endeavor should be made to discover whether the sleeplessness be due to any removable cause, such as indigestion, cold, want of exercise, and the like. In regard to sleeping in the daytime, there is something to be said both for and against that practice. A nap of "forty winks" in the afternoon enables many aged people to get through the rest of the day in comfort, whereas they feel tired and weak when deprived of this refreshment. If they rest well at night there can be no objection to the afternoon nap, but if sleeplessness be complained of, the latter should be discontinued for a time. Most old people find that a reclining posture, with the feet and legs raised, is better than the horizontal position for the afternoon nap. Digestion proceeds with more ease than when the body is recumbent.—*Dr. Robson Roose.*

A MODERN METHUSELAH.—For several years there has been domiciled at the Monterey County Hospital, California, an Indian known by the name of "Old Gabriel." As to the exact day, month or year of his birth proof is absent, but of the fact that he has passed the wonderful age of 150 years there is a quantity of proof. Gabriel was born in Tulare county, but during childhood removed to the town of Monterey. Father Juni-

pero Serra arrived in Monterey in 1770, and it is well authenticated that at that time Gabriel was a grandfather. The youngest age at which an Indian married was fifteen years old. If Gabriel followed the custom and married at that age he would necessarily have been thirty-two or thirty-three years old to have been a grandfather at the time of Father Junipero's landing there. Father Junipero taught the art of cutting and laying stone, and at the time of the building of the first chapel in the years of 1771 and 1772 Gabriel assisted in the construction of the walls. He became so expert at his trade that he managed and assisted in the construction of the San Antonio Mission in 1781. He was then married to his second wife. Gabriel still speaks proudly of the skill he acquired as a stone-cutter. Father Sorrentinia, the priest, and Bishop Amat reached Monterey some time in the year 1845. The former says that old Gabriel was then living with his sixth wife, and he was by many years the senior of all the old inhabitants. He was then known by the same name, and was said to be at that time over 110 years of age. A widely-known old lady by the name of Castro, who died five years ago at the age of ninety-five, in testifying to old Gabriel's age, said that when a child she saw old Gabriel, and that at that time he had children several years older than she then was. Gabriel remained at Old Capitol until a few years ago, when he removed to Salinas Valley, where he has been sojourning ever since. Up to within two or three years he was a familiar figure on the streets of Salinas City, but now he is rarely seen, as his trips from the hospital to the town are becoming less frequent. He has a coat made of cloth representing all the colors of the rainbow.

YEAST HAS BEEN LARGELY USED IN MEDICINE for many years, especially in Europe, where the highest opinion is entertained of its valuable qualities. It is used not only in scurvy, diphtheria, scarlet fever, measles and cholera infantum, but in cases of typhus it is actually a specific. Its entire harmlessness permits its use in large quantities, and to break up severe cases of typhus from 100 to 200 grains are administered. In severe cases of diphtheria six to eight grains of unfermented fluid yeast are given to children every hour, and the mouth and face are mopped at the same intervals with a mixture of one part yeast and five or six parts water.

CURIOUS TRANSMITTAL OF DISEASE.—In 1846 a boy of eight years, the brother of the narrator's wife, was taken down with scarlet fever and died, says a writer in the *Boston Post*. One of the principal amusements of his illness had been looking over a large picture-book. After his death this, with several other useful playthings, was packed away in a trunk. Twenty-six years later, in 1872, the sister-in-law of the editor took this

trunk with her on a journey which she made to England, where he was then residing. The trunk was opened the second day after its arrival, and the picture-book was taken out and presented to the editor's two-year-old son. During the next fortnight the little fellow was attacked by scarlet fever. It was a wonder to the doctors who were called in consultation how the disease had been contracted, as there had been no scarlet fever in the town for years. At last it occurred to the editor that the picture-book might have transmitted the disease, and the medical men in attendance, on being told the facts connected with it, agreed that it had retained the poison for twenty-six years and communicated it to the child.

SACCHARIN AS AN ANTISEPTIC.—Saccharin is regarded by a French writer as a valuable antiseptic. A strength of 1 to 500, as an addition to mucilaginous and other solutions, prevents the formation of low organisms. Thus a valuable, inexpensive dentrifice may be prepared by simply dissolving saccharin in water, to the proportion of six per cent. A teaspoonful of this in a half pint of water forms an admirable antiseptic mouth wash. In cases of malignant or other diseases of the stomach, requiring the washing out of that organ, a solution of saccharin of the strength of two per cent. will be found very suitable.

POISONOUS COSMETICS.—Persons ought to know that a large share of the cosmetics used in beautifying the complexion contains rank poisons. The assertions made by the manufacturers, as well as the testimonials which they usually publish, are absolutely worthless. The most popular of the various nostrums of this class now in the market contain large quantities of corrosive sublimate, and if the laws enacted by many States were complied with, the bottle would bear a label representing a skull and cross-bones.

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## WOMEN AND THE HOUSEHOLD.

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CONDUCTED BY HELEN FLETCHER.

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HEALTHY GIRLS.—It is no longer fashionable with the fair sex to feign delicacy, nor are the girls of the coming generation actuated by an insane desire to appear fragile and genteel at the expense of health. The scores of buxom, bright-eyed young ladies one will meet upon any of our public thoroughfares any afternoon is ample evidence of the truth of the assertion. No longer do the fair ones seem wan and pale to look upon, nor is their style of locomotion suggestive of effort; but on the contrary

nearly all seem strong and lithe of limb, and with cheeks suffused with the ruddy glow of health. Doctors generally agree that there is far less of sickness among the sex than had formerly been the case, and this could be attributed solely to the glorious practice young ladies had of late acquired of testing their capabilities as pedestrians and in engaging in other forms of light physical exercise. It is to be hoped that the good work will go on.

**WOMEN'S BREATHING.**—Our readers will doubtless remember the claim made by Dr. Thomas J. Mays, of Philadelphia, that he had succeeded in demonstrating that the statement made in almost every text-book on physiology, that it was natural for women to breathe from the chest, was wrong; that the abdominal type of respiration, as ordinarily observed in men, was the natural type of women as well, and the costal type as seen in women is the result of modern dress. This claim he supported by the result of an examination of eighty-two American Indian girls. Dr. J. H. Kellogg, from an examination of Chinese and other women untrammelled by tight-fitting dress, finds the abdominal type present in them. Other observers, notably Hutchinson, in twenty-four girls whose waists had never been constricted by corsets or other appliances, found the costal type present. The question of what is the natural type of respiration may, therefore, still be regarded as *sub judice*, unless, which perhaps may be the truth, both types are natural under varying conditions, independent of dress.—*Science*.

**WHAT WOMAN CAN DO.**—A student of the sex exalts woman and covers man with contempt thus:—

She can come to a conclusion without the slightest trouble of reasoning on it, and no sane man can do that. Six of them can talk at once and get along first-rate; and no two men can do that. She can safely stick fifty pins in her dress while he is getting one under his thumb nail. She is cool as a cucumber in half a dozen tight dresses and skirts, while a man will sweat and fume and growl in one loose shirt. She can talk as sweet as peaches and cream to the woman she hates, while two men would be punching each other's head before they had exchanged ten words. She can throw a stone with a curve that would be a fortune to a base-ball pitcher. She can say "no" in such a low voice that it means "yes." She can sharpen a lead pencil if you give her plenty of time and plenty of pencils. She can dance all night in a pair of shoes two sizes too small for her and enjoy every minute of the time. She can appreciate a kiss from her husband seventy-five years after the marriage ceremony is performed. She can go to church and afterward tell you what every woman

in the congregation had on, and in some rare instances can give you some faint idea of what the text was. She can walk half the night with a colicky baby in her arms without once expressing the desire of murdering the infant. She can—but what is the use? A woman can do anything or everything, and do it well. She can do more in a minute than a man can do in an hour, and do it better. She can drive a man crazy for twenty-four hours, and then bring him to paradise in two seconds by simply tickling him under the chin, and there does not live that mortal son of Adam's misery who can do it.

DON'T WANT TO BE LIKE MEN.—“Any one riding much on the street cars will notice one peculiarity in regard to women passengers,” said an old conductor; “they never read a newspaper on the cars. I often stop the car for some woman to get a paper from a newsboy. She'll be in the greatest hurry till she gets it, and then she'll fold it up kind of small and tuck it away in her work bag.” “What do you think is the reason of it?” asked a passenger. “I guess they think it would look too much like the men—kind of strong minded—to read it. I've seen one or two take a sly look at the headlines, but they never read to amount to anything then. And I'm mortal glad they don't. If all the women in the cars took to reading we conductors would never get the fares collected. Only the other day a man took a button out of his vest pocket and gave it to me while he was reading his paper, and they sit up behind them sheets and never see their own wives standing up alongside of them. There is one woman that reads a paper just like a man when she rides down town, but then she is a politician and has to, I guess.”  
*Detroit Free Press.*

THE USE OF FOOTGEAR.—A woman who understands the economy of dress will never buy a cheap pair of shoes. No poorer investment can be made, for besides giving out in shorter time than a first-class article, it will look shabby and worn long before it should do so. But any shoe, no matter how costly or well shaped in the beginning, will lose its freshness speedily if not properly cared for. This is especially applicable to those made of French kid, which every little bruise and touch turns purple. A rule observed by many women, and a good one it proves, too, is never to wear a street shoe in the house. It receives harder treatment, strange to say, from numerous inevitable collisions with articles of furniture than it would in double the amount of street wear. Another sensible custom is to reserve a pair of boots for wet weather wear, leaving them to rest in a comfortable bag between times, observes the *Chicago Times*. Nothing

tells against the beauty of footgear so much as getting it wet, and even with rubbers no amount of diligence will prevent the dampness from the skirts reaching the ankles. Shoes should be removed immediately on arriving at home, the dust and soil wiped away with a clean, soft rag, and then they should be placed together in a separate pocket of the shoe bag until wanted again. If this course is invariably pursued a considerable saving of money, time and temper will be added to the increased service derived from even an inferior quality of leather. Never wear a shoe unbuttoned if you care for its shapeliness, and never be satisfied when you do button it if all those little necessities are not in place. The wearing of a shoe even once or twice with a pair or trio of buttons gone from it tells on its appearance in the long run. Patent button fasteners are unsatisfactory, for if the shoe draws even the least bit about the ankles, the metal clamps show, and even the most persistent system of blacking fails to keep them from looking brassy. A small box of round shoe buttons, with a curved needle and lengths of coarse linen thread already cut, should have a place in the top drawer of every woman's dressing case or chiffonier. Then the task of replacing a missing button simplifies itself wonderfully. On children's shoes particularly the patent fastenings should never be used, for in their romps buttons, fasteners, leather and all are apt to disappear. A good plan to carry out regarding shoes for the little ones is to rub them well with castor oil before they are worn at all. This makes the leather pliable, fills up the pores, and prevents it from cracking. For their everyday shoes once in two weeks is not too often to oil them. At first the oil will give them a gray look, but after an hour or so is passed the finish they show is nice and soft. If shoes get wet smooth them into as good shape as possible and place them in a medium warm atmosphere to dry. This takes a longer time than if dried close to the fire, but they will be in much better condition when wanted. Leather hardened by drying too suddenly can be restored by the application of castor oil well rubbed in.

THINGS TO BE REMEMBERED.—That the tongue is not steel, yet it cuts. That cheerfulness is the weather of the heart. That sleep is the best stimulant, a nervine safe for all to take. That it is better to learn to say "no" than to be able to read Latin. That cold air is not necessarily pure, nor warm air necessarily impure. That a cheerful face is nearly as good for an invalid as healthy weather. That there are men whose friends are more to be pitied than their enemies. That advice is like castor oil, easy enough to give, but hard enough to take. That wealth may bring luxuries, but luxuries do not always bring happiness. That grand temples



are built of small stones, and great lives made up of trifling events. That nature is a rag merchant, who works up every shred, and rag, and end into new creations. That an open mind, an open hand, and an open heart would everywhere find an open door. That it is not enough to keep the poor in mind ; give them something to keep you in mind. That men often preach from the housetops while the devil is crawling in at the basement below. That life's real heroes and heroines are those who bear their own burdens bravely, and give a helping hand to those around them. That hasty words often rankle in the wound which injury gives, and that soft words assuage it ; forgiveness cures, and forgetfulness takes away the scar.—*Exchange.*

USEFUL INFORMATION AS TO NURSERY.—To change the under sheet, roll it lengthwise ; that is, begin at the side. Push soiled sheet and all coverings toward the patient, leaving the mattress bare. On this lay the clean roll, tucking one side under the mattress, unroll it towards the patient and move him over the roll on the smooth space, keeping him covered with the top blanket. Go to the other side of the bed, pull out under blanket and soiled sheet, finish unrolling clean sheet and tuck it in. Lay the clean upper sheet over the top blanket and cover it with another blanket and thin white spread. When these are in place remove the blankets that are next the patient, and he will be left lying between clean sheets, in a clean night dress, and thoroughly bathed, without having been exposed for an instant to the chance of taking cold. Open the window at the top, and if there seems too much air near the bed, place a screen between that and the window. If none is at hand, improvise one by throwing a shawl over a clothes horse, or fastening a cord between two convenient points and hanging a blanket over it. If the window will open only at the bottom, tack the flannel there. The pillow case should be changed frequently and the pillow turned as often as can be done without disturbing the patient. A cool, fresh surface next the face is very refreshing. Keep the pillow well under the shoulders ; nothing is more tiring to a weak person than to have the edge come just in the hollow of the neck, throwing the chin forward on the breast. Gently comb and brush the hair, and if there is a beard, keep it washed and free from tangles. If the patient is a woman, part the back hair and braid each portion. It can be coiled high on the head or allowed to hang in two tails. The nails on both hands and feet should be carefully attended to. If the carpet cannot be removed, sweep it daily with a carpet sweeper or a broom with a cloth wrapped around it, and burn the dust. Wipe the woodwork and furniture daily with a damp cloth. Never leave milk standing in a sick room ; it

quickly absorbs impurities. If obliged to wait for a few moments until the invalid is ready to take it, cover the glass containing it. Make it a rule to leave nothing in the sick room that is not positively needed there. Remove every cup, glass and spoon as soon as used, and wash all bottles when they are empty. Keep the little table beside the bed covered with a white cloth, and see that it is always spotless. Be as cheerful as possible and try to leave worries on the other side of the door. Remember while there is life there is hope, and never give way to despair while life remains —*Home Magazine*.

LADIES WITH PUGS READ THIS —Dr. W. N. Beggs in *St. Louis Globe-Democrat*: "The new science of bacteriology has shown some very peculiar facts, and one of the most peculiar among them is the fact of how many people come to be victims of tapeworm. It is now proved beyond almost any doubt that the majority of cases of tapeworm can be traced to dogs. It is not a rare thing for dogs to have tapeworms. According to the nature of the dog he licks himself and in so doing gets an egg of the tapeworm on his tongue. The dog invariably shows his love for his master by licking him on the hand, and it is the custom of some ladies to allow their pugs and poodles to even lick them on the face. The tapeworm egg is thus conveyed from the dog's tongue to the master's hand, and the master rubs his mouth with his hand, and the eggs of the tapeworm are thus taken into his mouth and swallowed. The tapeworm egg is so small that it can hardly be seen by the naked eye. A German physician of high standing examined the remains of a large number of people in the morgue in a German city and found eggs of the tapeworm lodged with the dirt under the finger-nails. This explanation for the eggs being found under the finger-nails was that these persons had been fondling their dogs."

THE UNION OF MAY AND DECEMBER.—One of the correspondents of the *Daily Telegraph* correspondence of last autumn showed well how the union of May and December was one of the most fertile sources of the failure of marriage. While May was full of pleasure to come, December was chewing the end of past ones. The one had lived, the other wanted to live ; and here they parted company on the threshold of their married life. A young woman marrying a man of like age may have to exercise self-denial, the very quintessence of true marriage ; but she inspires and encourages him ; she is the key to unlock the treasures and stores of his manhood ; she is the right person in the right place. On the contrary, for many obvious reasons, in marrying a man at the end of his manhood, she often drags him down. Gross disparity was forbidden by Jewish

law-givers, and also by the most enlightened of pagan legislators. Is it wise or prudent to permit the vigor of manhood to be dissipated or wasted, and to allow posterity to owe its origin to the waning strength of old men? It is certainly contrary to the warning voice of the most intelligent and disinterested of the medical profession, who are unquestionably the best counsellors on this subject. Marriage in its essence is the duty of one sex toward the other, and may be approximately expressed as the complementing and supplementing development and utilization respectively of manhood and womanhood, and we are not aware, apart from this, that it differs from any other union between man and woman so far as morality is concerned. The key is not more necessary to the lock, or the cord to the bow, than is man and woman to each other in respect to the perfection of human life; they are, indeed, as the poet Longfellow says, "Useless each without the other." This widow-making vice of marital disparity is but one feature in that hymenial profanation which is the curse and disgrace of our age, as it was that of the decline of Rome. Looking on our society of to-day the reader will realize the truth conveyed in the words of Mr. Hepworth Dixon, in "White Conquest:" "Nature puts the sexes on the earth in pairs, and man destroys that balance at the cost of his moral death." The "social evil" is but the reflection or shadow of an unsocial evil, and we must not, therefore, wonder if all the agencies of the philanthropist and the missionary efforts of the evangelist fail when we know how impossible it is to remove a shadow while that which causes the shadow remains.—*Westminster Review*.

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## MOTHERS AND THE NURSERY.

(CONDUCTED BY MRS. F. C. PRESSLER).

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SOME HINTS TO PARENTS.—If you say "no," mean "no." Unless you have a good reason for changing a command, hold to it. Take an interest in your children's amusements. Your share in what pleases them is a great delight. What are trifles to you are mountains to them; respect their feelings. Keep up a standard of principles; your children are judges. Be honest with them in small things as well as great. If you cannot tell them what they wish to know, say so. If you have lost a child, remember that for the one that is gone there is no more to do, but for those left everything. Make your girls and boys study philosophy; when they are ill, try and make them comprehend why and how their

complaint arose, and the remedy so far as you know it. Impress upon them, from early infancy, that their actions have results, and that they cannot escape consequences even by being sorry when they have done wrong. Respect their little secrets; if they have concealments, fretting them will never make them tell, and time and patience will. Allow them as they grow older to have opinions of their own; make them individuals and not mere echoes. Find out all their special tastes and develop them instead of spending time, money and patience in forcing them into studies that are entirely repugnant to them. Mothers, whatever else you may teach your girls, do not neglect to instruct them in the mysteries of house-keeping. So shall you put them in the way of making home happy.—*Exchange.*

EFFECT OF A WELL-TOLD TALE ON A CHILD'S SENSIBILITIES.—Nothing appeals so strongly to the imagination, the sensibilities, the moral nature of a child as a well-told tale. They rebel against what is commonly called "preaching," but the greatest rebel of them all will yield to the softening influences of a tale that carries its lesson with it. Is not that enough? But the story does more. It broadens their views, cultivates their finer feelings, destroys selfishness, teaches them to appreciate their relations with others, and planes down the rough places that would fill their lives with friction. This much it does to them morally. A young mind must have recreation as well as a young body. The story brightens and refreshes it, brushes away the cobwebs that will gather even at a tender age, and fits it to return with new vigor to its more serious work. More than that, it adds to the child's information by acquainting him or her with certain phases of life, with manners and customs that are not taught by mere history. By all means, then, let the children read stories.

HOW TO FEED AND BUILD UP THE TEETH.—Teeth are just as easily starved to death as the stomach, says the *American Analyst*. In one way it is a blessing to have been born of poor parents. What food the poor give their children is of the variety that goes to make strong bones and teeth. It is the outside of all the grains, of all the cereal foods, that contains the carbonate and phosphate of lime and traces of other earthy salts which nourish the bony tissues and build the frame up. If we do not furnish to the teeth of the young that pabulum they require they cannot possibly be built up. It is the outside of corn, oats, wheat, barley, and the like, or the bran, so-called, that we sift away and feed to the swine, that the teeth actually require for their nourishment. The wisdom of man has proved his folly, shown in every succeeding generation of teeth, which become more fragile and weak. These flouring-mills are

working destruction upon the teeth of every man, woman and child who partakes of their fine bolted flour. They sift out the carbonates and the phosphates of lime in order that they may provide that fine white flour which is proving a whitened sepulcher to teeth. Oatmeal is one of the best foods for supplying the teeth with nourishment. It makes the dentine cementum and enamel strong, flint-like, and able to resist all forms of decay. If you have children never allow any white bread upon your table. Bread made of whole wheat ground, not bolted, so that the bran which contains the minute quantities of lime is present, is best. To make a good, wholesome, nourishing bread, take two bowls of white meal and one bowl of white or bolted flour and make by the usual process. Nothing is superior to brown bread for bone and tooth building. This is made out of rye meal and corn meal. Baked beans, too, have a considerable supply of these lime salts and should be on your table, hot or cold, three times a week. In brushing the teeth always brush up and down from the gum and on the grinding surface of the teeth.

EXPERIMENTS ON FEEDING INFANTS.—Some very interesting observations have lately been made by a physician to the German Dispensary, New York. He selected for the purpose of study a number of artificially nourished infants, and fed them after the various popular methods. Between one and two hours after they had taken food he introduced a stomach tube, and drew out sufficient of the contents of that organ for analysis. In that way he was able to make correct estimates of the value of the different foods. The conclusions derived from these investigations, of great interest to parents, are: (1) Infants deprived of human breast milk should be fed, first of all, with cow's milk, diluted. (2) Infants artificially fed should not be fed every two hours, for the reason that more than that time, as a rule, is necessary to digest the food given. Herein is furnished the best of evidence that infants, even in the earliest days of life, ought not to be fed oftener than once in three hours.

PARISIAN MOTHERS AND NURSES.—A large proportion of Parisian women in the aristocratic circles of society, as well as of many women who have become engrossed in commercial pursuits, do not nurse their own children; neither do they, like American women, bring them up on a bottle, but they hire a wet-nurse. This wet-nurse, in order to fit her for her position, must have had a child of her own, which, if living, must be put aside for this new responsibility of the mother. But the wet-nurse has become a profession as a means of livelihood for a large class of young French women. The position of the wet-nurse is a grade above that of the ordinary housemaid. She receives twice the amount of wages, has

comparatively an easy time and dresses gorgeously. But her dress is a distinctive one. She wears a little jaunty cap, with bows of bright-colored ribbon fully six inches wide, that depend from the back of her cap to the bottom of her dress, nearly enveloping her. She appreciates the importance of her position, and carries herself jauntily and cheerily as she chats with her companions of the same class on the seats under the shadow of the trees on the beautiful boulevards that render Paris one of the most delightful cities in the world. Here she takes her morning walk with her charge, and here perhaps she spends the afternoon. She may have some knitting or crocheting. Here thousands of nurse girls may be seen enjoying the air, and the better classes of Paris as well. The cafes are handy, both under the trees and without, so that refreshments need never be wanting. Of course these wet-nurses are not married. If they were, it would be difficult, with other domestic ties, to fill these positions, as they must sleep with their charges. Then, to continue in their profession necessitates the birth of a child to them once in two years. "Where is your own child?" I asked one of these young wet-nurses, who seemed scarcely more than a child herself. "My mother has it," was the response. One hardly knows whether the subject should raise first the question of cruelty to children, of public morality, or of duty to the state. It is one of the abuses that has grown out of civilization in this great city of 3,500,000 inhabitants, which it would probably be as difficult to break up as the wine drinking.—*Belva A. Lockwood.*

SPOILING CHILDREN.—The mother's task of conquering the child should begin at an early age, or in the end the child will be the victor. A striking illustration of this was noticed on one of the busy streets of a certain city, recently. Two ladies who had evidently been shopping were pushing in front of them a carriage in which sat a bright-eyed, laughing child of perhaps two years. It soon discovered, however, that the carriage was headed towards home and it at once began to fuss to go back. Its mother not complying, its face, a moment before all sunshine, assumed a look of passion and its cries could be heard far down the street. After one or two trifling attempts to still its cries, the mother laughingly remarked to her companion that perhaps they had better go where baby wanted to, which was done, and smiles once more covered the little one's face. They were soon lost from sight in the moving throng, but already the little child had learned her power and will continue to use it. One lady was heard to remark, "If that mother can't manage her child at two, how can she expect to have any influence over her at sixteen."—*Lewiston Journal.*

THE WAY TO TEACH.—It is the recitation in direct or indirect studies which makes the pupil a friend or a truant, a student or a scamp, which will guide him along the paths of honest endeavor or by ways of indolence or indifference. He finds words of praise for well doing or condemnation of neglect. In the recitation the teacher gives proof of fitness or unfitness in his calling. Here is displayed the life of the school, and here is decided whether the school shall be a source of development or a source of unworthy motive, falseness and ineffective accomplishment. The pupils who recite from the book undergo an exercise of memory which is valuable, but below the end sought. All recitations should be discussions with illustrations and demonstrations. We have too much recitation. Three hours should be enough. We waste time in recitation when we give no time for study. Pupils of the primary grade should be given no study to do out of school, and higher grades very little. Let them learn other and valuable lessons. One of the greatest wrongs in the schools today is keeping after school. It does not promote good attendance, conduct or benefit. Arouse the pupil's ambition by studying his peculiar temperament. Do not restrict to one book. Make examinations oral, with such written examinations as are necessary. A pupil who acquits himself well in oration may often be advanced to a higher grade regardless of the results of a written examination. The details of the recitation of course depend on the teacher and the personality of the pupil.—*Prof. George Howland.*

## PUBLISHER'S DEPARTMENT.

WE AGAIN CALL ATTENTION to the extraordinary premium offer published on the first and second pages of covers. For only TWO DOLLARS we will send the HERALD OF HEALTH for one year and a complete set of either Dickens' Works or Walter Scott's Waverley Novels. The works of Dickens are in fifteen volumes, and the Waverley series in twelve, comprising twenty-five novels. All these books are well printed from clear cut type. The binding is paper and substantial. By all odds, this is the most liberal offer ever made by any publisher in the United States. The HERALD OF HEALTH, it is true, needs no premium, and it commands its large circulation solely upon its merits. An opportunity has been afforded us to obtain these standard works, however, at a low price, and we are anxious to give our friends the benefit. Remember, Two Dollars secures the HERALD OF HEALTH for one year and a complete set of either

Dickens or Walter Scott, delivered free of postage or express charges. Old subscribers can have the benefit of this same liberal offer upon renewal, and to these we appeal to secure us new friends. Send us names on postal cards of friends who may desire to subscribe, and we will mail them sample copies free.

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.

IN THE JUNE ISSUE OF THE CURRENT YEAR we gave an interesting description of the Sherman "King" Vaporizer, the best and only successful apparatus for disinfecting rooms, apartments and entire buildings ever invented. Should any of our readers desire to procure these machines we will obtain and forward them at regular prices, viz.: No. 1, \$3.50; No. 2, \$5.00, and No. 3, \$8.00 each. We will cheerfully send circulars describing apparatus to all who send for them. The HERALD OF HEALTH has no interest in these machines beyond a desire to commend a valuable hygienic invention to the notice of its patrons.

#### QUESTIONS AND ANSWERS.

PREVENTATIVES OF SOUND SLEEP.—*F. W. C.* sends us the following from Elkhart, Indiana, though he does not give the source from which he copied it:

Indigestion and constipation bear about an equal share in the theft of sleep. The latter is a common complaint that gives rise to more serious ailments than any other single disorder. It is so easily avoided by regularity of habit or some simple remedy that there is no excuse for allowing such an affliction to become chronic. The effect of indigestion on the human system is worse when the body is meant to be in a state of repose. There is no way then of throwing it off, and it must be allowed to do its worst in debilitating the one attacked. When there is a tendency to indigestion, or also a torpid liver, a simple temporary relief may be afforded by taking a little bi-carbonate of soda. This has the effect of quieting the stomach by creating carbonic acid gas, which is readily thrown off. This is the ingredient the stomach lacks when in a state of indigestion. Now, regarding the question of eating before retiring at night, I should say it is equally as bad to



eat indigestible food or a large quantity of any sort of viands as it is to go to bed hungry. An empty stomach will cause a rush of blood to the head, and one that is heavily laden is likely to be filled with obnoxious gases, in which the element of carbonic acid is not so prevalent as to prevent some consequences that lead to broken rest. If one is troubled with insomnia, a bandage soaked in cold water and laid across the eyes and temples will afford almost immediate relief and guarantee rest to the weary person, if he suffers with no other ailment. This same appliance also proves very beneficial in directing an excessive flow of blood from the brains into its proper channel.

FOREIGN BODIES IN THE STOMACH.—*H. B., Yonkers, N. Y.*—A method of treatment for foreign bodies in the stomach, which appears to be practiced with almost uniform success in both England and on the Continent, consists in the administration, simply, of large amounts of potatoes, to which the diet should be restricted.

HOW TO LACE YOUR SHOES.—*Pedestrian, Burlington, Vt.*—Not one person in a thousand laces his shoes correctly. About the nearest anybody gets to it is to lace as tightly as possible. The correct way, we are told, is to put your foot, when you are about to lace your shoe, as much as possible in the heel of the shoe. You can do this best by lacing your shoes with the heel of your shoe resting in a chair standing in front of the one you are seated in. Over the instep the lacing should be drawn as tightly as possible. This will hold your foot back in the shoe, giving the toes freedom and preventing their being cramped. Lace about the ankle to suit your comfort.

HOW MOTHS MAY BE CIRCUMVENTED.—In reply to an "Anxious Housewife," we give the following from the *Clothier and Furnisher*: More than 150 years ago Reaumur, observing that clothing moths never attacked the wool and hair on living animals, inferred that the natural odor of the wool, or of the oily matter in it, was distasteful to them. Consequently he rubbed various garments with the wool of fresh pelts, and also wet other garments with the water in which wool had been washed, and found that they were never attacked by moths. Experiments with tobacco and the odors of spirits of turpentine showed that both were equally destructive, but it was necessary to close the rooms very tightly and

keep the fumes very dense in them for twenty-four hours to obtain satisfactory results.

Chests of cedar or sprigs of this tree are so disagreeable to them that they will not deposit their eggs where this odor is at all strong, but should the eggs be laid before the garments are packed away the odor will not prevent the hatching of the eggs, nor the destructive work of the larvæ afterward. Clothing may also be protected from moths by packing it in stout cotton or paper bags, made perfectly tight, but this must be done before the moths appear on the wing.

HE IS AN AMERICAN.—*F. M. G., Paris, Ky.*—Dr. Brown-Sequard is an American. His father, Captain Edward Brown, of the American navy, was a Philadelphian, and married a French woman on the island of Mauritius, named Sequard. He and his descendants took the name of Brown-Sequard. The scientist, whose so-called elixir of youth is making a sensation, was their eldest child. He was educated in France, but was afterward a professor at Harvard and practiced medicine in New York for some years subsequent to 1873. He married twice, his first wife being Miss Fletcher, of Boston, a relative of Daniel Webster.

DANGER OF SPONTANEOUS COMBUSTION.—*Farmer, Springfield, Ill.*—Wherever there is turpentine there is always danger of spontaneous combustion. If the substance be poured on rags, especially when they are soaked with grease, fire is likely to result. Hay, when moist and packed tightly, ferments by a natural process and absorbs oxygen so freely as to produce flame in many instances.

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THE  
HERALD OF HEALTH.

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Vol. XXXIX.

NOVEMBER, 1889.

No. 11.

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[Special to the HERALD of HEALTH.]

NOTES CONCERNING HEALTH.

ON NATURAL SELECTION AND HOW TO ATTAIN LONGEVITY

(BY M. L. HOLBROOK, M. D.)

ONE of the most interesting books it has been my pleasure to read during the year is Mr. Wallace's work on Darwinism. In it is a chapter on "Natural Selection," which is the title of one of Mr. Darwin's earliest and greatest works; the one, indeed, on which his fame will ever largely rest. As many of our readers may not have the opportunity to peruse the book, I will make a few notes concerning this chapter. What is meant by "Natural Selection?" It means the same as "the survival of the fittest." This latter phrase has become the common property of the people, and there is hardly a school-boy that does not know its significance. We hear it applied to almost every condition of life. One man succeeds in business, another fails. People say it is the survival of the fittest. One idea becomes popular and prevails, another fails. People say it is the survival of the fittest. One plant prevails over another and supplants it; it is the survival of the fittest. One species of animal drives out others and takes their place, as the English sparrow does, it is said, other birds; it is the survival of the fittest.

This is "Natural Selection;" that is, nature's way of selecting those most perfectly adapted to the conditions of existence. A good illustration of the survival of the fittest is seen in a species of birds known as Dippers. They have strong limbs, short wings, thick feathers almost impenetrable to water, and can fly under it and remain there some time

securing insects, shells and other material on the stones for food. They frequent the most boisterous streams, where the water is never frozen over, and there they are able to live all winter. Such a bird has few competitors or enemies. The field is its own. It does not take the food of other birds, for they are not bold enough or strong enough or hardy enough, or do not need to live in the same way.

Now the question arises, how, according to the theory of "Natural Selection" or the survival of the fittest, did such a species of birds originate? Perhaps as follows: In some past age a bird which was the common ancestor, may be, of our wrens, thrushes and warblers, was spread widely over the Northern Continent. Among these some found it necessary to seek their food along the borders of clear streams, where they could wade in the shallow margin and pick out such insects and other food as was to be found there. When food became scarce, they would, by force of hunger, go a little deeper into the water, and while doing so in cold weather many of the weaker ones would become chilled or frozen, and die. A few with the greatest boldness, strength and endurance, with, perhaps, a plumage a little thicker and more fibrous, to protect them from the cold water, would survive. These would be the parents of a race still bolder and stronger, which would by slow degrees become more and more accustomed to live on this kind of food, and go deeper and deeper into the water, until, at last, they become able to fly under it in search of food, as Dipper birds are able to do. This is "Natural Selection," the survival of the fittest of their kind. Can one imagine a more wonderful method in which the Creative energy of the universe could labor to create new and more perfect creatures.

In considering this subject, however, one realizes how much bodily health and strength and mental ability and force has to do with the "Natural Selection," or survival of the fittest. There is an important lesson to be learned here for human beings. If they allow themselves to become weak in body and in mind by idle and shiftless ways of living, by indulgence in vice, by effeminacy and selfishness, when the struggle for existence becomes fierce nature will place them in the background, or drop them out altogether. So long as there is no struggle, as in tropical regions, of course people survive, but it is safe to say that in the future the survival of the fittest among the civilized people, where the struggle is fierce, will depend, to some extent at least, on obedience to hygienic laws. When this subject is understood in all its bearings, or applied to human beings, we shall be better able to appreciate and take advantage of it.

## LONGEVITY.

Last month I gave some thoughts concerning the subject of Longevity, which have brought me numerous letters of thanks for placing the subject in a "new and original light," as some of them say. One correspondent writes: "I was so delighted with this article that I want a copy of every one of your books." This is, of course, very gratifying. The question of Longevity is one rather dangerous to write upon. I remember over twenty years ago a medical friend told me he had written and would publish within a month a work entitled "How to Live a Hundred Years." I said to him, "Don't be fool enough to do it." But he said: "I have been to Europe to collect material, have contracted with a publisher to put it on the market, and already the stereotype plates are made, and its sale will be immense. Why not publish it?" "Because," I said, "you can never live a century yourself, and if you die at 60 or 70 years, you will be the laughing stock of future generations." The book never appeared and never will. Its author died comparatively young. Still, everybody is interested in the subject of longevity, and some very good ideas on it appeared in a recent number of the *British Medical Journal*, from which I will quote a few paragraphs:

"How to prolong human life is a question of personal interest to every man. When an individual has attained to full development and sound health—say of forty—the expectancy of life may be twenty-five or thirty years; for the individual there are great risks, but with the aggregate of mankind such questions may be calculated with business-like accuracy. There are two great factors which concern the prolongation of a human life—the inheritance, and the conditions which make up the life-history of the individual. The inheritance of longevity, from one or both parents, is a powerful factor, and one that carries great weight in life insurance offices. This is a more important factor than an infancy free from weakness, provided that the infantile ailments be dependent upon temporary conditions of defective nutrition, or conditions incident to the stages of development only. The late Emperor William, and many other public men of great age and useful life, illustrate that a feeble youth may be followed by a robust and prolonged life. Even conditions of infantile marasmus may be followed by subsequent good development, as in the case of Sir Isaac Newton. We now proceed to speak of average people, for a 'perfect man' can hardly be said to exist; we shall consider average people, especially as we see them in town life, and the special conditions we desire to note are the habits, diet, and the wear of life. There is no

doubt as to the importance of the habits of life affecting longevity; temperance in all things, in activity and in restraint, in regularity in morning rising and in work, as well as in resting and sleeping; uniform industry is as conducive to health as is regularity in diet.

“The acquisition of regularity in habits is largely due to early training, and in this way a wisely directed school discipline probably does much to form a sound and steadily acting nerve system, such as gives the man a power of resisting adverse influences, and prolonging physical health. From the period of infancy upwards a sound and well-knit brain has much to do with the permanence of a healthy constitution. The relation of diet to longevity has often been discussed. We can only say here that the diet should be adapted, in quality and in kind, to the work of the individual; while such articles as alcohol, tobacco, and tea, if used at all, should be employed in moderation by those who wish for a stable constitution and prolonged life.

“Passing over such important considerations, we come to the great question of the causes of wear in life—the outcome of the frictions of life which all must meet with, more or less. The various factors at work, especially in a town life, make impressions on the brain which lead to fatigue and premature wear. The strong-brained individual may not be hurt thereby; the weaker man is exhausted by such constant impressions from without, and a second generation under such influences is likely to suffer through loss of tone and vitality in cell-structures rather than in actual stature or measurement. City life necessarily produces a rapid and unceasing series of impressions, and calls for constant exertion. The laws of sanitation and cerebral hygiene should, then, be carefully studied.

“It is very desirable to have what quietness is possible during brain work, and the necessity for proper ventilation as a means of maintaining mental energy is well known. It might lessen brain-wear in many offices if electric lighting were substituted for gas illumination. Good digestion is essential to continued work with good lasting power. Late rising and a hurried breakfast, a still more hurried luncheon and rush back to work, followed at the conclusion of the day by a heavy meal when the man is wearied, often tend to exhaustion, as much as the unavoidable pressure of business. A more rational refreshment after heavy brain-work is to partake of light refreshment and then rest for half an hour before dinner; thus the power of digestion and social enjoyment are restored to the man.

“Probably the chief means of preparing a man to withstand the wear

of business life is by a careful training, both physical and mental, before he enters upon the struggle and wear of business. One means of increasing the chances of longevity is by training the child wisely. Many a premature breakdown of health is due to that want of preliminary exercise, which would not be neglected by the athlete without disaster."

These words of wisdom, while they do not cover the whole field of longevity, are moderate and reasonable. No one can object to them. Next month I will treat the subject from another standpoint.

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### ADULTERATED CATSUP, PICKLES AND VINEGAR.

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TOMATO catsup is a table article of such general consumption that unprincipled manufacturers find it pays to cheapen its cost by adulteration. The researches of a writer in the Pittsburgh *Dispatch* contain some interesting and startling facts in connection with this subject.

"With a view of ascertaining to what degree this product was subject to adulteration," says the *Dispatch*, "samples of six brands of tomato catsup were bought from retail dealers and subjected to careful microscopical and chemical analyses, with the following results :

Salicylic acid was found in five samples.

Coloring matters were found in five samples.

Fungi or moulds found in four samples.

Arsenic (traces) found in one sample.

Sulphuric acid found in one sample.

#### WHY ADULTERANTS ARE USED.

With regard to the salicylic acid found, it may be stated that it is used by tomato catsup manufacturers for the purpose of cheaply preserving the catsup from fermentation—in other words, to make it "keep." Almost every housewife who annually puts up a number of bottles of excellent tomato catsup is much annoyed by the certain tendency it has to ferment, either before the bottle is opened for use or immediately after. The manufacturer overcomes the difficulty by adding salicylic acid to the preparation. He also uses it to preserve the large quantities of tomatoes which he buys when they are cheapest. The salicylic acid enables him to make up a sort of mash or "pulp" that will keep until such a time as he may wish to prepare and bottle it. The catsup consumer will want to know if

## SALICYLIC ACID IS INJURIOUS.

It is, certainly, when partaken of in anything more than very small doses not very frequently repeated. The person who takes a teaspoonful of catsup containing sufficient salicylic acid to preserve it, not oftener than once a week, will not, perhaps, do himself any great injury; but the man who is in the habit of consuming a tablespoonful daily of such a catsup will inevitably injure his stomach. The long continued administration of salicylic acid or its salts causes emaciation, or wasting of the tissues, and large quantities may cause death.

## THE COLORING MATTERS FOUND

in five samples were cochineal, cochineal lake, aniline red and some vegetable colors. Aniline red, if pure, is not in any way deleterious to health when swallowed; but, as a practical matter of fact, aniline colors often contain arsenic, and for this reason their use to color food stuffs is dangerous. Cochineal is in no way deleterious, and is not liable to contain injurious impurities. But it is wrong in principle to color food stuffs at all. If an article is pure it ought to sell without any dye. How anyone can imagine that tomatoes could give such a color to catsup, as is possessed by this article, it is difficult to conceive.

## DANGER IN THE CATSUP BOTTLE.

The presence of fungi or moulds indicates that the tomatoes had begun to ferment and grow mouldy before the salicylic acid was added, which latter would of course stop the growth of the fungus. With regard to the effect of the ingestion of this dead mould, it is only necessary to state that a number of years ago an experimenter found that when rabbits were fed on mouldy bread their ears sloughed off, deep ulcerations made their appearance, and finally death resulted.

## THE TRACES OF ARSENIC

detected in one sample were probably derived from the aniline dye used to color the catsup. While the quantity found was exceedingly small, yet it must be remembered that arsenic is not to be trifled with, and that, like all metals, it accumulates in the system, and even in small doses, if kept up, may eventually produce dangerous symptoms. Of course the presence of arsenic in the above-mentioned case was entirely unknown to the maker of the catsup; he did not know that aniline colors often contain arsenic.



The sulphuric acid found was probably added to give an extra tartness to the catsup, without the use of vinegar, which latter was entirely absent. Sulphuric acid of itself is not injurious in small quantities and well diluted, but it, too, often contains arsenic.

The examination of ten samples of pickles from the general market, including an analysis of the vinegar containing them, yielded the following results :

Copper present in two samples.

Sulphuric acid (oil of vitriol) present in seven samples.

Lead present in one sample.

Iron present in two samples.

Zinc present in one sample.

#### FATAL IGNORANCE.

The copper found in two samples was present in considerable amount, and had been added for the sole purpose of dyeing the pickles a bluish green color. A few years ago it was a very general thing to color all kinds of pickles with copper ; an examination of the pickle shelves of any retail grocery would show rows of jars containing the cucumbers, etc., of the most unappetizing color imaginable. But within the last few years quite a reform has been established in this respect, and the public are being educated up to the fact that pickles of a vivid green color invariably contain copper, and in some instances when the hue is quite natural a slight amount of copper is present, having been used to recolor cucumbers which have been bleached by too long emersion in brine, or by some other cause. It is still a common practice with

#### MANY HOUSEWIVES TO "GREEN" THEIR PICKLES

by allowing them, with their vinegar, to stand in brass or copper kettles for 24 hours or more ; and it is also advised in some cook books to place a few pennies in the pot while cooking the pickles. How it is that anyone should be so ignorant as to do these things it is difficult to conceive ; yet it is done. Whether the copper found in the two instances mentioned came from the vessels or was added in the form of sulphate of copper (blue stone), makes but little difference ; it existed in the pickles as sulphate and acetate of copper, both of which are highly poisonous. Many cases, some fatal, of poisoning from eating pickles colored with copper have been reported.

## THE OIL OF VITRIOL

found in seven samples is evidently a very common sophistication. Its cost is so little, and its strength is so great, that the temptation to use it as an adulterant of vinegar is powerful. In addition to adding tartness to a weak vinegar, it increases the antiseptic or preserving power, and for this reason the admixture of a small amount (1 part to 1,000 parts) is permitted by the English "food adulteration act." But even this is unnecessary, as shown by the fact that where the proportion of the acetic acid and other ingredients are what they should be, no vitriol nor anything else is required to give it preserving power. The amount found in the samples was, in all but one instance, very much greater in amount than allowed by the English act, and in all cases where present there was a notable deficiency of acetic acid, the normal sour ingredient of vinegar. In addition to its own deleterious effects, commercial sulphuric acid very

## OFTEN CONTAINS ARSENIC.

The lead, iron and zinc found were present as a result of the action of the acids on these metals, with which they had come in contact, soluble salt of the metals being produced. All these substances are injurious, though this statement may seem strange to those who would think iron an exception on account of its known tonic properties; but it must be remembered that iron is only a tonic when given in small doses, and not too long continued. If its use is kept up it will eventually impoverish the blood.

## TO VACCINATE OR NOT TO VACCINATE?

THE anti-vaccination question has again become a burning question in England, since the appointment of a Royal Commission has been made, and not only the strictly medical journals, but newspapers all over the country are opening their columns to correspondence on the subject. A Dr. R. Shepherd writes in the *Devon Evening Express*: "A few years ago the Town Council of Exeter ordered an inquiry to be made into the cause of the excessive infant mortality in our city, and the report stated that thirty-five per cent. of the children died from syphilis. What is to be inferred from this? Is it that thirty-five per cent. and probably more of the parents of these children are suffering from this disease, or, what is far more reasonable, that these deaths occur as a result of arm to arm vaccination." Another "M. D." writes: "The idea of going to a diseased

animal for pus to prevent a disease in man is absurd and repugnant to reason as it is dangerous in practice. Smallpox is a disease of dirt, and in the direction of improved sanitary measures lie

THE TRUE ERADICATION OF SMALLPOX."

A Dr. Pierce writes that "vaccination is a medical dogma based on a delusion. But for the terror caused by exaggerated statements as to the fatality and the sequelæ of smallpox, and but for the fear of pitting people would never submit to the insertion of lymph taken from a diseased brute into their system." "The asserted modifying and prophylactic powers of vaccination are, to say the least, open to grave doubt," writes another "physician." "In smallpox as in measles and scarlatina, there are several varieties, and while one takes the disease in a mild form, another

TAKES IT IN A MALIGNANT FORM."

Jenner, in 1798, in his "Inquiry Into the Cause and Effects of Variolæ Vaccinæ," pp. 54, 55, records that "about seven years ago a species of smallpox spread through many of the towns and villages of this part of Gloucestershire. It was of so mild a nature that a fatal instance was scarcely ever heard of, and consequently so little dreaded by the lower orders of the community that they scrupled not to hold the same intercourse with each other as if no infectious disease had been present among them. I never saw or heard of an instance of its being confluent. The most accurate manner, perhaps, in which I can convey an idea of it is by saying that had fifty individuals been taken promiscuously and infected by exposure to this contagion, they would have had as mild and light a disease as if they had been inoculated with varilous matter in the usual way. The harmless manner in which it showed itself could not arise from any peculiarity either in the season or the weather, for I watched its progress upwards of a year without perceiving any variation in its general appearance. I consider it, then,

A VARIETY OF THE SMALLPOX."

Van Swieten and others have described a form of natural smallpox under the title of variola verrucosa, or cornea, horn-pock and wort-pock, which is sometimes seen at the present day, and in which the disease is of a mild and modified character. Mr. Marson, resident surgeon to the Smallpox and Vaccination Hospital, London, says: "We have often had an opportunity of observing this form of the disease in children, whose mothers were at the hospital with them, and who knew perfectly well no attempt

had been made at vaccination. There are examples of mild natural smallpox, such as have occurred no doubt at all periods to a few individuals, and in which the disease leaves no trace behind."

#### UNVACCINATED INFANTS,

as several physicians aver, have escaped an attack of smallpox even while sucking the breasts of their mothers, who were suffering with the disease. As "A Devonshire physician" writes: "In my wanderings up and down the country, I have seen many examples of the evils of this system. Children born healthy and without a blemish have a short time after vaccination been covered from head to foot with eruptions of the most horrible description. In one case (that of a country parish in this county) I saw nearly a dozen children (who had all been vaccinated at one time) so affected, all of whom had been operated on with vaccine matter from the same source, so that it is useless to say, as the apologists of this vile system say, that it is inherited."

#### ANOTHER CORRESPONDENT STATES

that "at the beginning of 1887 no less than ten children died of erysipelas resulting from vaccination in the Gainsborough (Lincolnshire) district, and in consequence thereof all vaccinations were suspended in that district for a period of three months. The extension of compulsory vaccination has not diminished the fatality of smallpox. In Germany and Sweden, as well as in the United Kingdom, the mortality has increased of late years." Dr. C. T. Pearce, in a letter to the President of the local Government Board, gives statistics from the Registrar General's annual report, proving this increase, and says: "Revaccination, it is asserted, gives a complete protection from smallpox. That this assertion is untrue is shown by the fearful mortality from smallpox in the French and German armies, for no French or German soldier can escape revaccination. In Germany soldiers are now

#### VACCINATED IN TWELVE PLACES!

It is a remarkable fact that when the epidemic smallpox prevails the general rate of mortality is low; but when epidemic scarlatina prevails the general rate of mortality is very high. With proper treatment, smallpox is not such a terrible malady as the pro-vaccinators would persuade the public to believe. With proper sanitation smallpox need never be feared."

"In your issue of July 16," writes a lawyer to a North of England news-

paper, "I quoted fifty-eight cases of young recruits who had been syphilized during their revaccination. Cases occur often, and parents witnessing these things are coolly told that it is no reasonable excuse for refusal to comply with the law." "After the terrible results I have seen from vaccination," writes "A Clergyman," "I should as soon think of bringing my child to the fangs of a rattlesnake as risking the poison of vaccination, and I have steadfastly resolved to make no such compromise with a human law so at variance with the Divine law.

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#### AN ANTI-VEGETARIAN'S ADMISSIONS.

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As a general rule, the meat-eater lives more rapidly than the vegetarian, is much more likely to over-feed and give his excretory apparatus too much to do, and so far is more liable to disease. This is a matter he should take into consideration, for there is no doubt that most of us eat too much meat for continuance of health, especially so if the animal has not been carefully fed and nurtured, and properly killed, with sufficient loss of blood. It is here probably, and in insufficient or improper cooking and keeping that danger from ptomaines [Cadaveric alkaloids; alkaloids which form in a dead animal body] arises. These are probably most dangerous in badly killed and cooked meats on the second, third, and fourth days.—*Prof. E. M. Swannick.*

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SLEEPLESSNESS IS ON THE INCREASE, and is likely to extend still further. The more highly developed the brain, the more unstable, probably, is its equilibrium. Every brainworker may convince himself of this by reflecting how sound and unbroken was the sleep of his boyhood compared with the wakefulness and brain activity that now haunt his pillow on the smallest provocation. But of all the ills for which drugs should not be resorted to except in direst extremity, sleeplessness is the chief. Sleeping draughts in the hands of the uninstructed are among the most dangerous and injurious things known. Not only are they edged tools which when played with may cut and kill at the moment, but they are poisons which, when persevered with, often produce a condition of alternate imbecility and anguish infinitely worse than death. The only really safe and justifiable method of treating continued sleeplessness is one which restores the brain to normal daily activity and nightly quiescence.

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## EDITOR'S STUDY.

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### OUR RULES FOR GOOD HEALTH.

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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.

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THE TIME IT TAKES TO THINK.—More than a year ago Dr. Cattell gave in the pages of the *Nineteenth Century* an account of the time measurement of thought, and since the publication of this essay psychologists have devoted much study to this phenomena. By means of a line drawn on a rapidly moving surface by a pen attached to the prong of a tuning fork, vibrating at a constant rate, Dr. Cattell finds that time may be measured by one ten-thousandth part of a second, and from experiments made with this delicate apparatus he has demonstrated many curious facts in psychological phenomena. The process of thought, it is found, varies in its degree of rapidity in different individuals, children and old people thinking slower than people of middle age, and ignorant persons more slowly than those who are educated. In the same way Dr. Cattell has measured the time it takes to perceive; that is, the time which passes from the moment when the impression reaches consciousness until the moment at which we know what it is. In his own case he found that it took 1-20

second to see white light, 1-10 second to see a picture, 1-8 to see a letter, and 1-8 to see a word. It takes longer to see a rare word than a common word, or a word in a foreign language than in our own tongue. "Will time," or the time taken up in making a choice, has also been measured, and it is found that it requires 1-13 second to decide between blue and red; to recall the name of a printed word 1-9 second, of a letter 1-6 second, and of a picture 1-4 second. It takes less time to remember the name of a familiar word than a letter, though it requires less time to see the letter. Measurement of the time of memory shows that it takes 1-4 second to translate a word from one language to another, when both are equally familiar; and it takes 1-20 second longer to translate a word from a foreign language to the native tongue than it does in the other direction. The name of the next month can be thought of in half the time it takes to think of the past month. The speed at which sensation travels to the brain through the nerves is much less than is generally supposed, and does not much exceed 60 miles an hour.

AIR AS A CURE FOR DYSPEPSIA.—When a person is given to dyspepsia, as many people are by inherited constitution and many more from acquired habit, a great variety of circumstances may lead to recurrent attacks. With some people an impure atmosphere or hot, sunny and exhausting weather, or extremely cold, chilly weather, will be quite sufficient to encourage the approach of the enemy and to throw wide the doors for him to enter. If a confirmed dyspeptic falls into a lower than ordinary state of general health his one persistent foe has it practically all his own way and makes life a perfect misery. Some dyspeptics have found out by experience that a change of air from town to country or sea, or from a hot relaxing climate to a colder one, will drive away their distressing symptoms in a few days. Bad air, or air that, though not bad for the robust, is very far from purity cannot make the blood pure like good air; it cannot get rid of the waste tissues of the body so completely as they should be got rid of; it does not stimulate and brace up the spirits; it does not promote sleep. On the other hand, in order that digestion may be comfortable and perfect, there must be a sufficient quantity of effective gastric juice secreted after every meal. But this requires pure blood and a nervous system in sound working order. By far, the best thing for many dyspeptics to do is to seek an immediate change of air. It is often said of drugs, or rather it used to be often said of them, that they "acted like charms." Very few drugs, indeed, have anything of the "charm" about

them. But a pure, clear, bracing atmosphere makes such a change in the blood and nervous system in a few hours that it almost deserves to be spoken of as a "charm."—*Hospital*.

ABUSE OF THE BRAIN AND ITS CONSEQUENCES.—Dr. John T. Nagle, of the bureau of vital statistics, of New York, says: "The most prevalent disease or disorder of the brain is apoplexy. Last year there were in this city 600 cases of apoplexy out of 3,000 cases of brain diseases or disorders. Apoplexy seems to cause more deaths than almost any other disease. In one year, out of 3,500 deaths, 845 were caused by apoplexy, 598 convulsions in children and 578 by meningitis. Paresis is a form of paralysis and a species of insanity. Paresis is a slight, incomplete paralysis affecting motion, but not sensation. Softening of the brain is cerebral hemorrhage, or obliteration of the cerebral arteries. It usually occurs in persons from fifty to eighty years of age, and is usually caused by intense intellectual exertion, or by severe and protracted emotional disturbance. It is also caused by over indulgence in alcoholic drinks, and it usually ends in death. Sometimes, when young persons are attacked by this malady who have been temperate in their habits and have good constitutions, the chances of their recovery are very favorable. Men occasionally die from overwork; that is, by over brain work. They are like machines that have been overtaxed and break down. A great many think their brains will stand almost any amount of work, and that they can keep on and on studying and working without any ill effect arising from so doing. In this they may make a great mistake. The brain is the most delicate organ. It wants lots of rest and lots of care. And those who, when they are young, tax it too much, or try to work for too long a time, without giving it proper rest, will suffer for this in after years. The brain must have plenty of rest, and brain workers must have lots of sleep and recreation. Students must not use their brains for more than five or at the most six hours a day with continuous hard study; and merchants and business men will do well to try and rest their brains as much as they possibly can."

AN UNDECIDED QUESTION ABOUT DREAMS.—It is an undecided question whether dreams take place during sleep or only in the intervals between sleeping and waking. A case was recently related to us by a person who was suddenly and completely awakened in the middle of the night, when slumber is supposed to be most profound. A well defined dream was experienced, which undoubtedly took place at the moment of awakening, as it is not likely that it would have been remembered if it



had occurred at an earlier hour of the night. From this and other considerations we are inclined to the opinion that a sound sleep is always a dreamless one.—*Popular Science News*.

ENGLISH INSANITY STATISTICS —In the Forty-third Annual Report of the Commissioners in Lunacy, just issued, it is stated that there are 84,340 insane persons under restraint. Of these, 7,970 were of the private class, 75,632 were paupers, and 728 were criminals. The commissioners believe that during recent years medical men have become increasingly unwilling to certify to the insanity of persons requiring treatment, in consequence of the results of recent litigation connected with this part of their duties. The causes of insanity are set forth in a table covering 136,478 cases. These are very diverse. Thus 9,569 persons lost their reason from domestic trouble, 8,000 from adverse circumstances, 8,278 from overwork and worry, 3,769 from religious excitement, and 18,290 from intemperance. The influence of heredity was ascertained in 28,063 cases, and congenital defect in 5,881.—*London Standard*.

PNEUMONIA ; ITS CAUSE AND PREVENTION.—Netter has recently written quite an exhaustive article on the subject of pneumonia, in which he reviews the epidemics of that disease which have been recorded. He draws the following conclusions : Pneumonia is a contagious disease, and the essential germs can be communicated not only directly from an infected person to others brought in contact with him, but they can be transmitted through a third person. They can also, as in the case of scarlet-fever and measles, be conveyed in clothing and in many other articles diffusible in the air, but one must come within about ten feet of a patient in order to be within range of infection. The pneumonia germs are quite long lived. How they remain capable of doing their work has never been determined, but three years is set as the extreme limit. Pneumonia is "catching" at any time during its entire course, and even after recovery. When a person is exposed to the disease and becomes infected by the germs of it, the first symptoms, as a rule, appear between the fifth and seventh day; but exceptional cases are many, and an infected person may be taken down with the disease the second or third day after exposure, or he may carry it about him for nearly three weeks before it breaks out. A person who has once had the disease retains for years a liability to have other attacks, for the germs of it remain with him and may be found in his saliva. Hence such a person is not only dangerous to himself, but to others with whom he is brought in immediate contact. It is held that

this in part explains recurring epidemics in certain families, and also why the same person frequently suffers from several attacks during his lifetime. Considering the fact that pneumonia is a contagious disease, the proper precautions against infection should, of course, be taken. It is true that this disease is not nearly so contagious as the most of the other diseases of the same character, but it is enough so to warrant a certain amount of care. A patient ill with pneumonia need not be held so dangerous that a rigid quarantine must needs be established, but those who are brought in contact with him should use a reasonable amount of caution—not “take his breath,” etc. Perfect ventilation is alike important to them and to the patient. Handkerchiefs and the like should be thoroughly disinfected, and if a “spit-cup” is used it should always contain some disinfectant to destroy the germs in the sputa.

ANOTHER LONGEVITY TABLE.—From statistics gathered by a prominent life insurance company it appears the occupation most conducive to longevity is that of merchants. Next to these in expectation of life come farmers; then follow in succession doctors, lawyers, clergymen, shopkeepers and hotel-keepers. It may be mentioned that among hotel and saloon-keepers, brewers and wholesale liquor-dealers the deaths from consumption, heart disease and zymotic diseases are comparatively few, while the rate for nervous diseases and diseases of the liver is extremely high. Brokers follow hotel-keepers as regards average length of life, and then mechanics.

THE EXCESSIVE USE OF PHOSPHATES.—“Give me a great double-barreled centre-fire, back-action drink of soda and phosphate,” ordered a jolly customer at a Cincinnati drug store. “Do you know what this favorite phosphate of yours is doing for you?” asked the venerable druggist, as the customer drained his glass. “Killing the nausea in my stomach,” was the reply. “Yes, and it is killing your stomach, too. Some of these days you’ll want it copperplated, and you’ll want it in vain. Phosphate is something that no one should take except after a full meal. Why? Well, I will explain. You wouldn’t think that the inflammable ends of matches were a proper thing to eat, would you? But phosphate is derived from phosphorus, and if you use it to excess it will burn out your stomach, just as alcohol would if used to excess. You feel benefited by it now, but if you keep on the time will come when you will wish you had never heard of phosphate. Of course we sell it because there is a foolish craze for it, but I advise no one to make use of the fiery substance.

“Should one use it at all?” he was asked. “In moderate quantities just after a full meal it will not hurt anyone; but beware of using it to excess or on an empty stomach, for if you do that organ will need half soling and heeling some time.—*Cincinnati Times-Star*.”

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## WOMEN AND THE HOUSEHOLD.

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CONDUCTED BY HELEN FLETCHER.

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CHINESE WIVES.—Love or sentiment can have no possible place in a system of marriage where the contracting parties are entirely passive, and whose destinies are, as it were, “in the hands of their friends,” as office seekers say. The parties interested never see or speak to each other during the preliminary engagement, nor until they are registered as husband and wife. With the Chinese, marriage is a cold-blooded commercial transaction, and accepted by both parties with stoical indifference as to such little points as personal affinity or affection. Whether there comes to exist any sort of sentiment allied to that which is supposed to exist between husbands and wives in our country, is a matter of some doubt; but it is not unlikely that a sort of friendship or regard arises from the marital relation after years of association. But whether it exists or not makes no difference with the fact of the marriage. The only alternative the women have is to end their sorrows, if they have any to end, by suicide. And suicide is very common, and more common with the women than the men. If a man finds his lot too intolerable, he can trade or sell his spouse; but no such option is open to the women, hence her final appeal to the tub or river.

AN ENTHUSIASTIC WOMAN 'CYCLIST.—Probably there is not a more enthusiastic bicycle rider than Mrs. Newcomb. She is a member of a New York club, and devotes a great deal of time to the exercise. When I saw her she had just returned from a four days' trip to the Delaware Water Gap, where a party of four had spent most of their time on their wheels, and had explored picturesque corners and tiptop peaks of mountains to their hearts' content. “I don't think I ever had as much enjoyment out of anything else in my life as from my bicycle,” said Mrs. Newcomb, “and you can see how well I am. To be sure, I burn my face with the sun, and I sometimes get very warm with the exertion, but it is the most delightful way of spending one's time that can be imagined.

Mrs. Newcomb is the picture of health. In spite of a shade or two of tan, she has a fair complexion, and with it pretty blue eyes. Her light hair is knotted up at the back, and worn in a bang in front. She has always been devoted to athletic exercises and is an excellent tennis player.

THE SOURCE OF WRINKLES.—Dr. Peppenbrook says: "The general impression about wrinkles is that they are caused by worry, but the truth is that most of them come from laughing. To know how to laugh is just as important as to know when to do it. If you laugh with the sides of your face the skin will work loose in time, and wrinkles will form in exact accordance with the kind of a laugh you have. The man who always wears a smirk will have a series of semi-circular wrinkles covering his cheeks. A gambler, who is accustomed to suppressing his feelings, generally has a deep line running from each side of his nose to the upper corner of his mouth, which in course of time extends to the chin, forming the shape of a half moon. A cadaverous person is usually marked with two wrinkles, one on the jaw and the other under the eye, meeting at right angles with the cheek bones. The scholar's wrinkle forms on his brow, while a schemer's wrinkles come around his eyes, and look like spokes of a wheel.

MIRTH IS BEAUTY.—Mirth, cheerfulness, animation and other expressions of a happy spirit or a vivacious mood are to beauty what fragrance is to the rose—its soul, its subtlest charm. The doll-faced girls who have no expression are never anything more than pretty. Beauty is something deeper than color, something finer than regularity of features. Many a woman who lacks the charm of prettiness is seen to be beautiful when she speaks and smiles. What constitutes beauty is a theme as old as love. It has been the puzzle of poets, the despair of artists. The bias of affection or conformity to an ideal makes nearly all women attractive to somebody. But the one thing which enters into and enhances all beauty is the smile that reflects sunshine in the heart." Think of this, girls! With a little effort, and no outlay of capital, you can all be beautiful.—*New York World*.

THE SENSIBLE GIRL.—She can joke and laugh and be gay; but she never oversteps propriety. She has ideas of right and wrong, and is anxious to live according to these ideas. This does not make her prudish, even though she does not drink champagne to excess, smoke cigarettes and play poker for small stakes. In fact, she is careful of her

behavior, and does not think it necessary to be fast in order to be popular. She is independent, and young men who meet her at once respect her.

TEACH GIRLS TO WORK.—The difficulty of getting or keeping good servants while every other employment is crowded with applicants is well-known to be the result of ideas that domestic service is a mark of social inferiority, and this is so incompatible with American notions of equality that the nation has virtually gone on a strike against doing household chores. Our domestic servants are an imported class. It is only among women that the absurd notion prevails that any sort of dishonor can attach to an honest occupation. At a time when a French or German lady is in the heyday of her social enjoyment an American mother has abdicated in favor of her daughters. While it is the mistress of the household abroad who has the most expensive costumes and takes the place of prominence at social gatherings the American mother provides first for her daughter and contentedly takes a back seat, finding her recompense in her daughter's enjoyments and successes. Thus girls are encouraged in self-assertion ; they get the idea that the attitude of obedience is humiliating and resent restraint as a hardship. Domestic service should be discredited when caste distinctions are drawn against it. The radical cure of this great evil in American life is then clearly to put household service on an honorable footing. Treat our girls as fairly as our boys. Make their allowances a compensation for the performances of specified household tasks, and strictly conditioned upon the exact discharge of duty. If the daughters of the house are themselves enrolled among its hired servants, distinctions based merely on character of employment can not survive. Moreover, in so doing, the great law of nature will be conformed to, that all gains should be the result of individual effort. Violations of this principle invariably cause deterioration of character. Any plant or animal that adopts parasitic habits inevitably suffers a degradation of type.—*Pittsburgh Commercial Gazette.*

ADVICE TO GIRLS WHO WOULD HAVE A FINE COMPLEXION.—Did it ever occur to you that the skin wants exercise and gets very little? Nothing is a better tonic for the complexion than a brisk, cold sponge bath on rising, followed by a vigorous rubbing with a dry towel, not too coarse, the face and neck receiving their full share of the friction unless the skin be very sensitive, in which case the bare hands may be the instrument instead of the linen. This sets the blood to moving briskly and electrifies

the system. At bedtime a warm bath may be taken, and the face should be washed slowly, carefully and thoroughly with warm water and castile soap. The oily matter exuding from the skin catches minute particles of dust, which cannot be removed in any other way, and many eruptions on the face are caused by nothing else than neglect of this simple precaution. After this wholesome cleansing dip the face into a basin of clear, cold water, opening and shutting the eyes under the surface, and the flesh will be left firm and healthy. The entire process will take barely ten minutes in the morning and twenty at night, and can, if needful, be taken from the regular sleep, the bath being quite as restful and refreshing. After such a cleaning the skin is ready to be taken out of doors, but it must be fed before going. A simple, nutritious diet is just as necessary to a fine complexion as rain and sunshine are to flowers. A taste for wholesome food often seems to need as careful cultivation as a taste for good reading instead of trashy novels. And what to do with a skin which after bathing and after dieting, still looks languid and unhealthy like a plant grown in a cellar? Why, exercise. We women stitch our trials and our losses and crosses into scarfs, curtains and doilies when we should take our woes out into the sunshine; they need air and light. We should pound down our pains, walk our quick, firm footsteps, and as the tired heart all unconsciously beats an accompaniment to the flying feet, and the soft air gently touches the flushed cheek in sympathy and the glad warm sunshine rests on the face in loving benediction, the pain will be hushed and new strength and new vigor will add new graces. Women are not born equal in personal attractiveness, but any girl, not positively deformed, can be bred to be lovely as our girls are bred to hold their arms down at their sides, to be "lady-like" and to "graduate." To begin with, it ought to be a part of every girl's education to learn to run. Running is as natural to a healthy girl as breathing, but it is carefully trained out of her at as early an age as possible, and who ever saw a grown woman who possessed that supreme grace of motion? To see a woman run is to look at a goose waddling. Did you ever look at a frieze of Greek girls running in any classic collection? Did it not impress you with its beauty, health and sweetness, its joy in living? Could you look at the round, supple limbs, instinct with grace and freedom, the short tunics, the lightness and poise of the figures, without feeling that these large-eyed, sound-lunged creatures were what woman was meant to be? Many disorders of the complexion come from functional difficulties, and to be able to run is to possess strong hips which bear life's burden easily.

—E. P. H. in *Mail and Express*.

## MOTHERS AND THE NURSERY.

(CONDUCTED BY MRS. F. C. PRESSLER).

MANNERS FOR BOYS.—Poor boys! How they get hectored and scolded and snubbed, and how continual is the rubbing and polishing and drilling which every member of the family feels at liberty to administer, says the *Yonkers Gazette*. No wonder their opposition is aroused and they begin to feel that every man's hand is against them, when, after all, if they were only, in a quiet way, informed of what was expected of them, and their manliness appealed to, they would readily enough fall into line. So thought "Auntie M.," as she pointed out the following rules for a little 12-year old nephew. Hat lifted in saying "good-by" or "how do you do?" Hat lifted when offering a seat in a car or in acknowledging a favor. Keep step with any one you walk with. Always precede a lady upstairs, and ask her if you may precede her, in passing through a crowd or public place. Hat off the moment you enter a street door, and when you pass into a private hall or office. Let a lady pass first always, unless she asks you to precede her. In the parlor stand till every lady in the room is seated, also older people. Rise if a lady comes in after you are seated, and stand till she takes a seat. Look people straight in the face when speaking or being spoken to. Let ladies pass through a door first, standing aside for them. In the dining room take your seat after ladies and elders. Never play with knife, fork or spoon. Do not take your napkin in a bunch in your hand. Eat as fast or as slow as others, and finish the course when they do. Rise when ladies leave the room and stand till they are out. If all go out together, gentlemen stand by the door till ladies pass. Special rules for the mouth are that all noise in eating and smacking of the lips should be avoided. Cover the mouth with hand or napkin when obliged to remove anything from it. Use your handkerchief unobtrusively always. Always knock at any private room door. These rules are imperative. There are many other little points which add to the grace of a gentleman, but to break any of these is almost unpardonable.

BREATHING-SPACE IN NURSERIES.—A room 15 ft. square and 9 ft. high affords ample initial cubic space for a nurse and two children; with good and careful management, a nurse, infant, and two other young children have occupied a bed-room of this size without detriment to health. No

useless articles of furniture or of drapery were allowed entrance; both a dressing-room and a bath-room were close at hand, care was taken to keep the air of the room pure. no open vessels were allowed to remain, the door, never quite closed, admitted light and air from the passage, the two windows were partly open on the summer nights, and the fire always lighted before bed-time in the winter. Children, from seven to nine or ten years of age may have separate bed-rooms, and after that age a separate dormitory for each is requisite. A space of 14 ft. or 15 ft. by 8 ft. or 9 ft. wide permits of a bed 4 ft. wide to be placed between the door and the wall, and a fire-place in the opposite wall to be beyond the foot of the bed. No double-bedded room should be less than 15 ft. square, and no bed-room should be without a fire-place. A child until two years old must sleep with the nurse, and requires the same allowance of cubic space.

BOTTLE FED BABIES AND HOW THEY SHOULD BE CARED FOR —“A Mother” sends to the New York *Sun* some hints upon the care of “bottle-fed” babies. Among other things she says: “There are so many simple remedies to correct acidity of the stomach and regulate the bowels that any change in the food should be the last thing resorted to. If a baby must be fed, the most natural substitute for mother’s milk is cow’s milk. A baby should at first have the food weak. Give a new-born baby ten spoonfuls of water to five of milk, add a little pinch of salt, a little sugar, say an even teaspoonful, and make it blood warm. Use warm water in mixing, or heat cold water on an alcohol lamp. Do not make it hot; it only needs the chill taken off. Some people think a hot bottle is as much comfort to a baby as a hot cup of tea is to older people. Food too hot or too cold is particularly hurtful to the digestive organs of a baby. It is better to have the food a little cool than too hot, and yet some mothers heat it so much that you cannot hold your hand on the bottle. Give the above proportion for two months, then add another spoonful of milk or take off one of water, as you please. The proportion ten to five will just make a quarter of a pint, and will be enough for one feeding if the baby is fed every hour and a half if awake. A pint of milk will be enough for the day and night. When good cow’s milk is not obtainable condensed milk should be used. There are many highly recommended prepared foods for infants, but cow’s milk or condensed milk should have a fair trial for at least three months before resorting to anything else. The proportion for condensed milk is one teaspoonful of milk to one cup and a half of water, or perhaps even two cups or a pint of water, although that would be quite weak. The quantity of milk



should be increased slowly as long as the child digests it. Babies should be fed every two hours until five or six months old, then every three hours, as they take more food at a time, and they should be weaned from the bottle at nine or ten months, just the same as a nursing baby. A word or two about cleaning bottles may not be amiss here. I have never used a tube bottle, preferring the plain bottle and black rubber nipple. Have two or three nipples in use and keep them in a cup of cold water when not in use. Change the water two or three times a day, for it gets offensive, even with a little soda in it. Every morning turn the nipples inside out, a hard thing to do, and scrub them well with a tooth brush, soap and water. Nothing will clean the bottles better than warm water and a few drops of household ammonia. Put a cork in the bottle, give a good shaking and the bottle will be as clean and bright as possible. Be sure to wash it out thoroughly with clean water. No matter how sour and dirty the bottle may be, a few minutes' work will make it clean again. Keep three bottles on hand, and when not in use keep them filled with cold water. Have a little five cent tin funnel to pour the milk from the cup to the bottle, and it will save labor and carpets wonderfully. Keeping water in the bottles is much more convenient than having them lying in a basin of water, as some do.

TWO EXTREMES.—Why so few mothers know how to dress so as to adorn and develop, make happy and comfortable, their daughters who are between the ages of thirteen and sixteen, is a mystery. Mothers vary, as a rule, between two utter absurdities. They dress their growing girls in their early teens either like girls of ten or eleven, or like women of eighteen or twenty. Their gowns are almost invariably too long or too short; too scant or too full; their bodices shapeless sacques and blouses, or be-whaleboned, padded, long-waisted things worn over a corset, which "shapes" the figure. Heaven save the mark! In Europe the skirts of young girls' gowns descend to their ankles.

OBSTINACY IN CHILDREN.—A friend once told me how, when a child, she was one day kept without food, and sent to bed hungry and exhausted, for not reciting some lines by heart, writes a correspondent of the *Ladies' Home Journal*. The punishment was inflicted on the supposition that she was wilfully obstinate. She said that she does not now think herself to have been naturally obstinate, speaking generally; and, in this particular instance, she added: "But what no one knew then, and what I know as the fact, was that after refusing to do what was required,

and bearing anger and threats in consequence, I lost the power to do it. I became stone. The will was petrified, and I absolutely could not comply." She expressed the conviction that the obstinacy was not in the mind, but on the nerves, and that what we call obstinacy in children, and in grown people, too, is often something of this kind; and that it may be increased by mismanagement or persistence, or what is called firmness, in the controlling power, into disease, or something near to it.

**A PEN FOR THE BABY.**—Little Jack's mother is enjoying a happy freedom from anxious care while about her household duties, knowing that Jack is placed where he can injure nothing and nothing can injure him. A convenient safeguard, and which can be folded and conveniently stored away when not in use, is made as follows: It is formed of four frames fastened together uprightly, each frame consisting of two posts and three rails. It requires strips of board, two inches wide, cut into twenty pieces of three different lengths. The eight posts are twenty-one inches high; the six side rails are forty-eight inches long, and the six end rails are twenty-three inches long. Any other size may be used, it being necessary to cut the side rails two inches longer than twice the length of the end rails. In making the frames, place the top rail even with the top of the posts, and the other two rails below, five inches apart, clear. In putting the frames together, hinge both end frames to the back frame on the inside, so that each can open at an angle of 90 degrees, letting the side rails pass by the end rails. In fastening the front frame, fit the side and end rails so they cannot move up or down, and hold in place with hooks. This frame work can be moved to any part of the room, and a soft rug spread underneath makes it a comfortable place for the baby, either in winter or summer.—*American Agriculturist*.

**GIVE THE BABY A CHANCE.** Do not try to make the baby "notice." Do not try to make him "forward."

"Blessed is the mother," said a lady thoroughly experienced in domestic affairs, "blessed is the mother whose baby is "lunkhead." Stupid babies make wise men and women. A baby is a little more than a plant. Let him vegetate in his infancy, and be content to wait for his intellect's development until a later date.

Give the babies a chance to rest while they are babies. They will probably never get it afterward.

## PUBLISHER'S DEPARTMENT.

TO SUBSCRIBERS IN ARREARS FOR 1889.—Many of our subscribers are in arrears for the year 1889, their subscriptions being due in advance. We have sent the magazines in all cases where no notice to discontinue has been given. We do not like to drop subscribers, for its like parting from old friends, so we make the following offer to all who have forgotten to send in their subscriptions for 1889: Send us one dollar and fifty cents, which will pay arrearages up to December, 1889, 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 1889, and will be good only until the first of January, 1890.

WE AGAIN CALL ATTENTION to our extraordinary premium offer. For only TWO DOLLARS we will send the HERALD OF HEALTH for one year and a complete set of either Dickens' Works or Walter Scott's Waverley Novels. The works of Dickens are in fifteen volumes, and the Waverley series in twelve, comprising twenty-five novels. All these books are well printed from clear cut type. The binding is paper and substantial. By all odds, this is the most liberal offer ever made by any publisher in the United States. An opportunity has been afforded us to obtain these standard works at a low price, and we are anxious to give our friends the benefit. Remember, Two Dollars secures the HERALD OF HEALTH for one year and a complete set of either Dickens or Walter Scott, delivered free of postage or express charges. Old subscribers can have the benefit of this same liberal offer upon renewal, and to these we appeal to secure us new friends. Send us names on postal cards of friends who may desire to subscribe, and we will mail them sample copies free.

GIRLHOOD AND PURITY; A Confidential Letter to Girls. By Grace H. Dodge, has been issued as an eight-page leaflet. It is a most important message for girls, and presents the social life of girlhood, its pleasures and perils, and the responsibility of marriage and motherhood, in a most sympathetic, delicate, and reverential manner. Price by mail, 20 cents a dozen, \$1.00 a hundred. Address, "The Philanthropist," P. O. Box 2,554, New York.

WIDE AWAKE is, as it deserves to be, the most popular magazine of its kind in America. Each number is freighted with good things for the young, and its host of contributors embrace the names of world-known authors. The programme of its publishers for the coming year is a most attractive one. Wide Awake is issued from the well-known house of D. Lothrop & Co., Boston.

### QUESTIONS AND ANSWERS.

FOOD VALUE OF AN EGG.—*Farmer, Utica, N. Y.*—Professor Fresenius, of Wiesbaden, after a long series of chemical analysis, declares that an egg contains as much nourishment as a pound and an ounce of cherries, a pound and a quarter of grapes, a pound and a half of russett apples, two pounds of gooseberries, and four pounds of pears.

HOT WATER REMEDIES.—*Enthusiast, Richmond, Me.*—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 sometimes give prompt relief. This treatment in colic works like magic. There is nothing—it is said—that will so promptly cut short 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 case of constipation. This treatment, continued for a few months, with proper attention to diet, will alleviate dyspepsia.

VEGETABLES AS WEATHER INDICATIONS.—A Norwich, Conn., correspondent requests us to publish the following: A cold, hard winter is predicted by agricultural seers. "It will be tough this winter," said a grizzled old farmer in town one day this week. "I mean that is what the winter is going to be. In the first place, just try the skins of your fruit. You will find that your apples and peaches and grapes, and all other fruit, home grown, are thicker and tougher skinned than for years. That's one sign. Last winter it was different. Apples and other fruit were so thick skinned it was hard to gather without bursting it, and you recollect

the winter was extraordinarily mild. Corn is another weather signboard. How is corn? Why the husk on the ears is thicker and stronger than I have seen for years. Wheat and rye straw are tougher, hay is wirier and the seed pods are better protected than usual.

IS MARRIAGE A FAILURE?—Another correspondent (Omaha) who writes from experience that marriage is a failure, sends us the following statistics, with a request to publish: “The marriage-rate appears to be on the decline throughout Europe. In England and Wales bachelors now marry at a mean age of 26.3 years, and spinsters at 24.6 years, the age at marriage exhibiting a tendency to increase. The average number of births to a marriage is for England and Wales about 4 1-2, the average for Italy being 5.45. Prussia, 4.92; Austria, 5 83; and France, 3.42. In England and Wales the average duration of married life has been computed at about twenty-seven years.

FAILING SIGHT.—*C. W. G., Springfield, Ill.*—“Shortsightedness” depends on too great convexity of the lens of the eye, so that the image of any object is thrown too much in front of the retina—the surface which conveys the rays of light to the brain. “Long-sightedness” is the reverse of the preceding; the rays are thrown beyond the retina. Convex or concave glasses should remedy these several defects.

FIGS AND DIGESTION.—*Mrs. F. G. C., Athens, Ga.*, wants to know if figs are an aid to digestion. Professor Bouchut speaks of some experiments he has made tending to show that the milky juice of the fig-tree possesses a digestive power. He has also observed that when some of this preparation was mixed with animal tissue, it preserved it from decay for a long time. This fact, in connection with Professor Billroth’s experience in a case of cancer, which was so excessively foul smelling that all his deodorizers failed, but which, on applying a poultice made of dried figs cooked in milk, was entirely free from odor, gives an importance to this homely remedy.

HOW MILK IS PEPTONIZED.—*Investigator, Portland, Me.*—In reply to your inquiry, we give the following description (from the Book of the Household), of the process of Peptonizing milk: “In the first place, we make sure that the milk is good and sweet and pure. It should be alkaline in reaction, turning red litmus paper slightly blue; but in towns it is always acid, and turns blue litmus red. If the milk is distinctly acid it must be rejected; but, if it acts on the litmus paper only slightly, we take it and make the best of it. To a pint of milk we add a quarter of a

pint of water; to this we add a powder containing 15 grains of bicarbonate of soda, and five grains of "Zymine," which is the technical name for the extract of Pancreas. The powder is well shaken up with the milk and water, preferably in a bottle, and is then put in front of the fire to get warm, or in a basin of hot water. This process will have to continue for from 20 minutes to half an hour, when the milk will be found to have a slightly bitter taste. The milk is now taken away from the fire and put on ice, when it is ready for use. The explanation of all this is very simple. The "Zymine" derived from the pancreas or sweetbread is the "ferment" which digests the milk, and it acts only in an alkaline medium. The addition of the carbonate of soda serves to make the milk distinctly alkaline. The process of digestion would go on slowly at the ordinary temperature of the air, but we facilitate matters by putting the milk in a warm place; the warmer it is, the more quickly the change takes place. When milk is digested by this process it is said to be "peptonized," and peptonized milk is always bitter. The first indication of bitterness shows that the process has gone far enough. It is not necessary to completely peptonize the milk; for, once started, it goes on well enough after it has been swallowed. The object of putting it on ice is to arrest the process, for fermentation does not take place in the cold. This arrest, however, is only temporary, and when we take the milk off the ice the process begins again. If we have no ice we boil the milk, but that kills the ferment, and arrests the process permanently. This simple experiment, which requires no apparatus of any kind, affords the key to the whole theory of pancreatic digestion, and the practical methods of making predigested foods for use in the sick-room."

## THE HERALD OF HEALTH.

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THE  
HERALD OF HEALTH.

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Vol. XXXIX.

DECEMBER, 1889.

No. 12.

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[Special to the HERALD of HEALTH.]  
NOTES CONCERNING HEALTH.

(BY M. L. HOLBROOK, M. D.)

BAD MENTAL HABITS.

THE HERALD OF HEALTH has always impressed upon its readers the necessity of good physical habits, but to-day I purpose through it to say something about mental habits. The possessor of a well-trained mind has a treasure of the highest value. To be able to always think logically, clearly, reasonably will enable a person to take a very high position in the society in which he moves. To think illogically is a very bad habit, often the result of laziness and slothfulness. It may have arisen first by some trifling fault. Dr. Goodheart says: To arrive at a logical habit is a most laborious mental process to the great majority of minds, and but few men in comparison to the multitude attain it; and, like all the complex habits in which the hand soon loses its cunning for want of practice, the logical habit, unlike the more rudimentary tricks, unfortunately, soon blunts of its keenness, and it may be said to require a lifetime of labor devoted to its service. The possessor of such an article, however, might well pride himself on being a great mental surgeon and anatomist, for his skill in dissection is indisputable, and the instrument with which he works is a weapon of the finest and coldest steel.

Another bad habit is sleepy-mindedness. In this case, the mind is only half awake, the thoughts that come out are dull, poor and scanty. The higher nervous system is sluggish, inactive, dull. It may come

from too much work, over-eating or exhaustion. Sleep is good in its place. It is of the highest importance that we sleep enough, but when the mind is awake, it should be fully so, not half asleep. Like David Copperfield, his thoughts not intent upon his calamity, "but idly loitering near it." A thought comes into the heads of such occasionally, and tickles the brain for a few seconds into a few fitful sparks, but the best part of the wakeful hours is spent in "mooning," they could not tell you any definite purport in their thought. This is a bad habit, and too readily indulged by all of us, for the simple reason that it is more difficult to keep out of than to fall into, and no doubt it rolls some minds down the hill into dementia.

There are some cases of monomania that have their origin in bad habits. I have seen many such cases. A man once consulted me for a nervous disease of an unusual character. He was a book-keeper, careful, honest, accurate, too thoughtful, perhaps, for his own good. After his accounts had been correctly balanced, he began to worry over them, fearing they were not right. Then he would go over them again, only to find everything correct. This went on for a couple of years, but growing worse and worse each month, until at last, no matter how carefully he balanced his daily accounts, he always felt as if they might be or must be wrong, and yet he never found them so. The state of mind into which he had come was intolerable, and destroyed all peace and comfort. It had grown on him, little by little, till at last it was a form of insanity. Had he thrust it aside when it first appeared, it would have been easy; now there was no hope, except to give up his business and seek some other occupation—a serious matter often, as it was in his case. The little rivulet of thought, when it first broke over its boundaries, might have been stopped without much trouble; now it has become a torrent, and requires mental engineers to devise plans that are costly and troublesome, and even these may fail.

Or take another case of a young lady of good family and cultivated, whom I recently saw, that believes she is married to a young man, to whom she is neither married nor even engaged, or likely to be. What form of insanity could be more trying to friends and others, so firmly fixed is the belief that nothing can shake it. If we could know the origin of it, we should no doubt find at first it was some perhaps trivial mental habit which, by nursing, has grown to enormous proportions. All this and other similar cases show us the necessity of nipping in the bud such bad mental habits as will, if allowed to grow, become great evils.



## CURIOUS SPREAD OF DIPHTHERIA.

While in Western New York recently I met a physician who had had a curious and painful experience in his own family with diphtheria. Two of his children had the disease and died. The third one was away from home at the time and escaped. Before it was brought back to the parental roof the house was thoroughly disinfected, and, as the father believed, everything that might have been contaminated destroyed. When the little boy was at last brought home, it was believed that everything had been done to make the house safe that could be done. Unfortunately, however, a marble which a sick child had amused himself with and had in his mouth was found by the little boy, and he put it in his mouth, and from it received the poison which ended its days. Facts like these show how subtle is the poison of diphtheria, and how very difficult it is to eradicate it.

## THE HEALTH OF SERVANTS.

Servants often make much trouble to their mistresses from ignorance, stupidity, carelessness, and often impertinence. I have often thought that we ought to have schools to educate servants as well as to educate doctors or ministers. I believe that some day we will have such schools. On the other hand, the mistress sometimes makes it hard for the servant, so that it is no wonder they are careless and thoughtless and impertinent; but what I desire just now to do is to present some views by Dr. Allison on the health of servants, which is often neglected: "Servants, as a rule, come from the country, are born of healthy parents, brought up on wholesome food, get good air, and are consequently of strong constitutions. Could they only continue this simplicity all their lives they would live to be old and have healthful lives. As it is, in spite of their early training, a few years in a gentleman's house upsets a great many of them. The poorer the house they go to the more chance have they of keeping well, whilst the greater the house the more ill-health they have. The causes of this are not difficult to find. First, with regard to food, this is changed for the worse; instead of plain, wholesome and nourishing food, they now get fish, flesh and fowl in abundance; instead of eating a little meat only once a day, and not always that, they have it at breakfast, dinner and supper. This meat is not always plain roast and boiled, but made up into tempting dishes, and every inducement given them to overeat. The bread is of the whitest, and they eat all kinds of sweets, that are made rich with fat, grease, sugar, jam, and other disease-producing materials. Servants,

too, have often to take their meals at irregular hours, or they cannot get them at fixed times on account of their work. Many would like to live rationally, only they have not the opportunity; they must eat what is put before them or go without. I think that if masters and mistresses were made aware of the desire of their domestics to obtain simpler and healthier food, they would see that they got it. I know in many houses where the gentleman and his wife adopt a simple life, that they find it difficult to get their servants to do the same; this is a cry I hear from all sides. If only those persons who believe in hygiene could meet with servants who are that way inclined, it would be better for both. With regard to exercise, servants in small families get plenty. To have to do most of the work of a medium-sized house requires all the time and energy of a servant, and so she does not suffer for the want of this. But when we come to large houses with their division of labor, and see the condition of things there, we find it anything but healthy. Footmen and in-door male servants do not obtain much real active exercise; they may go out for a drive with the carriage, or they may be fairly busy in-doors, but active open air exercise they do not often get. Domestics, too, are not allowed out more than once a week or once a fortnight for a few hours; this is a mistake. Mistresses who want to keep their servants, and to have them healthy, cheerful and obliging, should let them out an hour or two whenever opportunity affords.

“The way in which servants are housed must be condemned. In cities, where rooms are valuable, and there is not much space, any dark hole is reckoned good enough for them. I have been in some of their bedrooms that I would not put a valuable dog in if I wanted to keep it healthy. They often have to sleep in dark rooms, on the basement, or in some little attic you cannot swing a cat in. The air they breathe is consequently impure; coughs, colds and chest complaints often arise from this state of affairs. In many houses they have a bath, and the servant is allowed one a week; this is as it should be.”

#### DIET IN CORPULENCE.

I do not suppose the readers of the *HERALD OF HEALTH* are, as a rule, troubled with corpulence, yet some of them may be, and they may be interested in the following account of a cure of corpulence, which I find in a number of the *Dietetic Reformer*. I may mention that the Dr. Edmunds spoken of is an eminent London doctor, and a leader in the temperance cause of England. - The writer says:

"I have, under the advice of Dr. Edmunds, of London, and at his suggestion, been a vegetarian practically for nine months, and as my experience has been carefully recorded from week to week, I think that a report of the results may be useful.

"For years I have suffered from distressing sensations in the head and about the chest, with a tendency to faintness, and a very little exertion began to pull me up. After careful medical treatment from my family doctor, without relief, he advised me to consult Dr. Edmunds, who thoroughly overhauled me, and said I was suffering from exhaustion due to three causes. First, the portorage of too much fat. Second, an irregular and sluggish action of the heart, due chiefly to the heart being encumbered with fat. Third, to nervous exhaustion arising from too frequent and too long public speaking. Physical rest and total abstinence from public meetings was the first point in his prescription. The second point was that alcohol, while it would relieve my sense of depression for the time, would only add to my troubles by increasing my fat, and by deteriorating my fibre in the way both of nerve and muscle. The third that I must reduce my weight gradually from nearly 200 lbs. down to 160 lbs., and that I must record my weight every week, and report progress from time to time. In his opinion my ailments were not caused by any organic disease, and though he could not make a young man of me, I might get on very well in a quiet way after a time if I acted upon these instructions. I cheerfully undertook to adopt the advice. I may say that I am only 66 inches in height, and that my full weight, at thirty years of age, would have been about 150 lbs. My present age is 59. As Dr. Edmunds pointed out, it was obvious that I had for years carried about nearly half a hundredweight of fat.

"I have from the 8th of October to the present time acted upon Dr. Edmunds' instructions, and the following have been the results, weighing every week in the same clothes or making average allowance. At the end of October I was down to 187 lbs.; end of November, 182 lbs.; end of December, 177 lbs.; end of January, 174 lbs.; end of February, 173 lbs.; end of March, 170 lbs.; end of April, 168 lbs.; end of May, 166 lbs.; end of June, 166 lbs. I have therefore gradually reduced my weight by about 34 lbs., with an ever increasing bodily strength and mental power, while all my distressing symptoms have been relieved, and I am now able to carry on my business again very well, though, as Dr. Edmunds said at the beginning, I shall never again be a young man after the many

years of very active work in the day, and public speaking at night, which I have gone through.

“On Dr. Edmunds saying ‘the less flesh-meat the better,’ I said I would go without any, and he said ‘all the better.’ My diet has been as follows: Breakfast—vegetables, with brown bread toasted, and water with lemon juice, and, occasionally, oatmeal porridge. Dinner—vegetables, brown bread and water, light pudding occasionally. Tea—brown bread toasted, stewed fruit, water. No supper except when very hungry, and then only a very light meal. No tea, coffee, cocoa, no milk, except skimmed, and very little butter. I have learned how little a man can live on and be well, if he has any tendency to corpulence. It has been no serious sacrifice or discomfort to me, though when away from home it has sometimes been a little difficult. I strongly commend persons suffering from similar symptoms to note the result of my experience. Dr. Edmunds advises me to watch my weight stringently for the present, and says that, if I would make a useful old man, I must get down to 150 lbs. in the course of the next year or so, but very gradually, and with occasional relaxations and variations in my diet, whenever I feel strongly disposed for a little temporary change.

JOSEPH HARRAP.”

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#### NERVOUSNESS, AND NECESSITY FOR RESTING THE BRAIN.

AUTHORITIES on brain diseases differ in many respects as to treatment, but all agree upon one point, and that is the absolute necessity of rest. Says Dr. McLane Hamilton:

“Nervousness is the great brain trouble in this country. It is caused chiefly by the continued strain of business. Americans take too little time to think about their health, and to think especially about their brain. All the time they are thinking of business; how to get on in the world and how to make a fortune. Many of them would work twenty-three hours out of the twenty-four if they possibly could, and would then complain that they hadn’t time to attend to their business properly. This continued strain on the brain is also the cause of so much insomnia that is prevalent. Another cause of the nervousness of Americans is that they keep their brains working in too narrow a channel. They don’t seem to develop it enough. They keep working along in the same groove all the time. Of course, I am speaking of the majority. The man of business, the merchant or the broker studies chiefly the market in which most of

their transactions occur, and let other subjects go by. Children's minds are not developed properly in my estimation. They want to have a wide range of study, and they want to have that study made as easy as possible for them. Their brains are not as strong as those of an adult. They must be trained carefully, and their studies should be made just as light as possible.

TOO MUCH STUDY BAD.

Dr. O. Sprague Paine, of New York, has made a specialty of studying the brain. This is what he says :

“ Men very often die from overwork, especially brain-workers. Many men study day and night and work day and night almost, and so overtax their brains that they become mentally and physically incapable of performing their proper work, and eventually break down altogether under the mental strain. These then have to rest, and great care has to be taken in order that they may fully regain their health. In many cases they have broken down so completely that as long as they live they are mere wrecks of their former selves, and in many cases they fail to recover at all. A great many are troubled with sleeplessness and fail to pay any attention to this, thinking that it is nothing at all. This is really a very serious and dangerous condition to be in. Persons who can't sleep can't rest properly. Eventually the brain will wear out. It is absolutely impossible to keep well without sleep. Men must have sleep or else suffer for it, and the first organ of the body that will suffer will be the brain. Unless the brain is properly rested the patient will break down and perhaps become insane.

Says Dr. Lewis A. Sayre : “ If men, and women, too, would study to take more rest, would make it a practice to take rest at certain periods during the day, and would put everything on one side in order to have that rest, we doctors would have much less work to do than we have now. With everybody almost the chief thought seems to be excitement. Men have excitement in their business, and when their business is over they will seek an excitable recreation. Many women live on nothing but excitement, and after they have indulged in it freely for a certain period, regulated according to the strength of their constitutions and according to their nervous temperament, they break down, and then have to take an enforced rest. When they get in this condition it is very hard for them to recover again.

## REST CAN BE TAKEN

in a variety of ways. The only perfect rest is sleep. A man should take rest after he has eaten his meals; particularly after eating his dinner, which is supposed to be the heaviest meal of the day. Some people only rest properly when lying down. Some rest most when removed entirely from their business cares when taking outdoor exercise. Others seek rest in various kinds of amusement. To some fishing is said to be a great rest; they manage to put away all thoughts of business and center the whole of their attention in watching the float, and many become so interested in it that they will sit in one position for hours thinking of nothing but the nibbling of the fish. Some find rest in shooting. Others in various kinds of outdoor amusements. One should always rest after eating.

## REST IN THE OPEN AIR.

Dr. Oakman S. Paine is a great believer in rest, and thinks that next to sleep the most beneficial kind of rest may be taken in the open air. How rest should be taken depends entirely upon the person who is wanting the rest. If a busy man can sit still for a few minutes at odd intervals during the day and put away all thoughts of business and just dream for a few minutes, he will find that he would be greatly refreshed by so doing. There can be no stated time to take rest. One should never get so tired as to be compelled to take rest, and if the rest was taken judiciously and at certain intervals, one would never get so tired as to be compelled to go away for rest. Literary men, or men who do a great deal of brain-work, require a great deal more rest than manual laborers. Physical workers only get their muscles tired. The muscles are much more easily rested than the brain is. Brain-workers should take their rest in the open air. Any change of thought is a rest to a brain-worker, and after he has been studying hard and exercising his brain to any great extent, a walk or ride in the country will be the greatest possible rest that he could have.

## AN ADVOCATE OF SLEEP.

Dr. Sara B. Chase advocates rest just as much as she advocates sleep, and thinks so much of sleep and rest that she believes that they can take the place of all stimulants. These are her views about rest: "Rest is a change from one employment to another; from one condition of mind and body to another. The laboring man can find rest after his day's work is done in reading or writing or studying. The literary man finds his rest chiefly in outdoor exercise, or in any scene that will remove the

thoughts of his literary work from his mind. Some people find rest where others would not. Rest is what the people of this country want so much. They give so little thought to it. They study how to do everything except how to rest, and this want of rest is the cause of so much nervousness and I think of so much dyspepsia. Some women would require more rest than some men, but a great many women seem to get along with a great deal less of rest than others do. The best rest for a lazy man, I should think, would be to work; but in this country we don't have time to urge that much, because there are very few lazy persons here, and so we have to urge them to rest."

#### A BATH WHOSE WATERS RESTORE FORMER GOOD LOOKS.

At all stages in the world's history there have been no limits to the credulity of those who seek for a specific against the ravages of time. No line can be drawn between the sexes in these cases. A London *Times* writer, speaking of Germany's "beauty bath," says: "A remark made by a vain old man has chiefly helped to make Schlangenbad famous. The speaker was an elderly Frenchman, and he said that bathing in the water there rendered him in love with himself. Since this phrase was uttered by the Frenchman and repeated by Sir Francis Head, who in his old age sought relief at Schlangenbad, the number of male visitors has not fallen far short of the female.

##### NOT FASCINATED BY HIMSELF.

"I have bathed in the mineral water without becoming more beautiful, so far as I can ascertain. It is true that I made an experiment only, and that personally I was quite indifferent as to the result. Yet, if I had been inspired with an expectation of gaining an extra charm I should have been disappointed. The bath is as pleasant as any other warm bath. Perhaps the skin derives an additional silkiness from being in contact with the water, a sensation which soon vanishes, and it may be that a highly imaginative bather admires his limbs when they are immersed in the water more than he would do if they were in ordinary water, or if they were out of a bath, but my imagination did not serve me in such a case. The sensation was agreeable without being very remarkable, and that is all I can say

##### FROM MY OWN EXPERIENCE.

"I have drunk the water in addition to bathing in it, and I have found it to taste like that of Gastein. It is warm, the temperature being 90 deg.

Fahrenheit, and very insipid. It does not follow, however, that the water is wanting in efficacy and curative virtue because the taste is not disagreeable. Many visitors to a mineral spring are not much, if any, wiser than our poorer and less educated fellow-creatures. Sydney Smith, who was an expert in physicking the sick, found that his humble parishioners thought nothing of the medicine which did not taste badly and act powerfully. They were less disposed to judge by ultimate results than by immediate sensations. The more nauseous the mixture the greater was their faith in it.

#### HOW IT MAY LIMBER UP AGED FRAMES.

“In like manner if the water of a mineral spring smells so strongly that one has to hold one’s nose, and tastes so offensively as to produce nausea, it will be classed among potent remedies and be regarded with respect. The general verdict in such a case will be that the spring is a very strong one, strength being measured by the nose and palate. Yet for many medicinal purposes the water in question may be worthless. On the other hand, the water which has no smell and little taste may be an active agent for good or harm. Hence, though the Schlangenbad water resembles tepid water and does not appear to have any special character, it is yet an agent which may soothe many pains which no other water or drug will alleviate, and will impart new life to the frame which age has stiffened.”

#### COMFORTABLE WINTER CLOTHING FOR CHILDREN.

“I notice many children of well-to-do parents,” says a correspondent of women’s news, “who are not well clad in cold weather; principally the shoes are too thin, and often because the child does not like the looks of thick leather, and heavy soles; and so French kid is allowed, when French calf skin would be better. Many of our little girls think that underwear is “bunglesome,” and lisle thread hose much neater than fleece lined. These children protest that it *isn’t* their feet and limbs that are cold at all, and if they were allowed a handsome boa and muff and seal-skin cap at school they would be *perfectly comfortable*.”

#### THE WISE MOTHER

whose children attend the public schools, will not let her children dress in such a manner as to make the poorer children envious and unhappy; she



will insist that they be warmly dressed, and if she has a little tact she can see that some of their little mates are dressed comfortably from outgrown garments whose trimming is rearranged or hidden by an apron, so that the child will not be in danger of mortification by being told, "You are wearing Annie L's old dress, so you are." When hosiery is too thin, have a pair of old stocking legs drawn on first; when sleeves are thinly lined, stocking legs are excellent on the arms. If the flannel sleeves are too short, crochet a close cuff. When the

#### DRAWERS ARE TOO SHORT

they can be lengthened at the ankle the same way and pieced from the waist with a yoke. The latter is an excellent way to lengthen a petticoat. Solid colored dresses that are too short will be stylish if there is a border sewed on. Sleeves may be pieced at the top in shape of a cap (puffs are uncomfortable under cloaks) and have a cuff also of the border. If the waist is too short, set in a belt, girdle shaped, if too small insert a vest. Very often, from careless washing, the fine, knit underwear of children, are so shrunken as to be unwearable, while still almost new. One lady rips them up from wrist to bottom of shirt, and knits a strip which she inserts neatly in *all* seams. She says while this is a good deal of work, it pays.

#### FROM THE GOOD PART OF UNDERSHIRTS

skirts can frequently be made for little children by crocheting an edge directly on the hem. From the lower part of the legs of drawers, those for children can be made by piecing the seat. Flannel blouses, for wear under jackets, can be constructed from old material. They can be lined with calico or muslin, and while not attractive in appearance, will answer every purpose of new materials as they are always covered. If thin-soled shoes are large enough, a sole of felt slipped in and pasted in place will add much to the comfort. Many people make the

#### MISTAKE OF TYING UP THE THROAT,

no matter how the limbs are protected. Let the throat alone; attend especially to the limbs and feet. When a boy starts out in a hurry, his muffler is the last thing he thinks about, but if he is furnished with one of those folding-rimmed caps, he will pull it down, when the back of his neck gets cold, and that is all the protection he needs. It is a wise precaution to have the mittens of small people fastened together by a stout strip of braid tacked at the armsize and extending below the sleeve.

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## EDITOR'S STUDY.

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### OUR RULES FOR GOOD HEALTH.

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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.
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THE MAN WHO LAUGHS.—Dr. Peppenbrook writes to a St. Louis paper that, contrary to the general impression, wrinkles are caused by laughing instead of worry. It is just as well that this statement should be given as much publicity as possible, because there has been a great deal of sympathy wasted if the doctor is right. A person whose face is all wrinkled up is currently believed to have passed through a sea of troubles. The reason for this probably grew out of the fact that when the hands are kept under water for any length of time, the skin becomes crinkled. The natural supposition was that the skin of the face would do likewise when subjected to the waters of adversity. There seems to be reason in this deduction. Yet the doctor cannot be wrong or he would not be right. And the wrinkled ones of the race must now be considered as the people who have had a good time. The creases and furrows will mark the rounds of pleasure they have taken, and it will be dangerous for any joker to try any chestnut on them unless he is proof against the chestnut-bell.

PATTI'S RECEIPT FOR GOOD HEALTH.—“Take plenty of exercise,” Mme. Patti writes, “take it in the open air; take it alone, and breathe with the mouth closed. Live on simple food, very little pastry, a glass of claret for dinner, but never a sip of beer, because it thickens the voice and stupefies the senses. Keep regular hours for work, meals, rest and recreation, and never under any circumstances indulge in the fashionable habit of eating late suppers. If you want to preserve the beauty of face and the priceless beauty of youth, keep well, keep clean, keep erect and keep cool.”

HAS THE TRUE CAUSE OF BALDNESS BEEN DISCOVERED?—Dr. Saymonne is reported to have succeeded in isolating a bacillus named by him “bacillus crinivorax,” which he regards as the cause of baldness. He claims that it is found only on the scalp of man, other hirsute parts of the body and also the fur of animals being free from it. The bacilli invade the hair follicles and make the hairs very brittle, so they break off to the skin. Then the roots themselves are attacked. If the microbes can be destroyed early in the disease, the vitality of the hairs may be preserved; but, after the follicles are invaded and their structures destroyed, baldness becomes incurable. Dr. Saymonne proposes the following remedy or preventive of baldness: Ten parts crude cod liver oil, ten parts of the expressed juice of onions, and five parts of mucilage or the yolk of an egg are thoroughly shaken together, and the mixture applied to the scalp, and well rubbed in, once a week. This, he asserts, will certainly bring back the hair, if the roots are not already destroyed. But the remedy, as the *Medical Record* remarks, must be very distressing to the patient's friends and neighbors.

ICE A REMEDY FOR NAUSEA.—A physician advances the theory that the distressing sensation of nausea has its seat in the brain and not in the stomach, and that relief may be obtained by cooling the base of the brain. He claims to have tested this often and thoroughly in the case of sick headache, bilious colic, cholera morbus and other ills in which the nausea is a distressing symptom, without a single failure; also, that he once relieved the nausea resulting from cancer of the stomach by the application of ice to the back of the neck and occipital bone. The ice is to be broken and the bits placed between the folds of a towel. Relief may be obtained by holding the head over a sink, or tub, and pouring a small stream of water on the back of the neck. This is worth remembering as a relief for sick headache, to which so many are subject.

**DANGER IN THE USE OF CARBOLIC ACID.**—Carbolic acid is freely used by people in general as a disinfectant and for various purposes, and usually without a thought of danger. The following letter, by Dr. Billroth, of Vienna, is therefore somewhat of a surprise, and may convey a needed caution: "I have lately seen four cases in which fingers, which had suffered a most insignificant injury, became gangrenous through the uncalled for application of carbolic acid. Carbolic acid is now much less used in surgery than formerly. We have only gradually become acquainted with its dangers. The acid may not only cause inflammation and gangrene, but also blood poisoning, and so may even prove fatal. It is useful only in the hands of a skilful surgeon, and ought never to be used without his advice."

**THE REST CURE.**—The indisposition caused by over-much brainwork or a too prolonged attention to business is very insidious in its advance. When once fairly established, its symptoms are patent enough to the invalid, and rest then becomes imperative. In fact, "he is knocked out of time," so to speak, and wishes then he had noted his failing powers before, and laid down his pen or closed the ledger. When, then, is the rest cure indicated! Probably one of the earliest signs is slight dyspepsia, which cannot be attributed to errors in diet, want of fresh air, etc. It is a nervous kind of atonic dyspepsia, sometimes combined with acidity from liver sympathy. There is not the same relish for food, and so relief from this state is sought for in piquant relishes, liquor or tea. Another symptom is an uneasy or tired feeling about the head, fulness it may be, or sleeplessness and stupidity, especially after eating. The brow is often hot, so is the top of the head, and the hand is pressed wearily across the eyes. Life begins to lose its brightness, then things begin to go a trifle wrong, and there are moments of peevishness and irritability. Lowness of spirits is succeeded by want of sleep. There is danger ahead, if not indeed close at hand, and happy is he who sees the signal in time. I say most emphatically in time, for, effective though the rest cure may be, there is a point of divergence from the path of health beyond which no one can go with the slightest hopes of return or recovery. I pray none of my readers may ever reach this point. But it is not for cases of overwork and brain weariness alone that the rest cure may be prescribed with success. Many cases of dyspepsia, especially that of an irritative kind, are benefited thereby. Liver complaints are usually benefited by the complete rest cure. But indeed it would be somewhat difficult to name

a complaint of a chronic nature which might not be mitigated, perhaps banished entirely, by judicious change and rest. In fact, remedies which at home may have done but little good often commence to show their real beneficial action when the patient has obtained real rest and change. It should not be forgotten, by the way, that change and rest are often synonymous terms. I mean that many hard-worked men and women who are unable to obtain a holiday, may, by altering the nature of their employment at home, achieve wonderful results for good.—*Cassell's Magazine*.

BACILLI ON A BALD HEAD.—Dr. Saymonne claims to have isolated a bacillus, called by him "bacillus crinivorax," which is the cause of alopecia. It is, he says, found only on the scalp of man, other hirsute parts of the body and also the fur of animals being free from it. The bacilli invade the hair-follicles and make the hair very brittle, so that they break off to the skin. Then the roots themselves are attacked. If the microbes can be destroyed early in the disease, the vitality of the hairs may be preserved, but after the follicles are invaded and all their structures injured the baldness is incurable. The following is Dr. Saymonne's remedy to prevent baldness: Ten parts crude cod liver oil, ten parts of the expressed juice of onions, and five parts of the mucilage of the yolk of an egg are thoroughly shaken together, and the mixture applied to the scalp and well rubbed in once a week. This, he asserts, will certainly bring back the hair if the roots are not already destroyed, but the application of the remedy must be distressing to the patient's friends and neighbors.—*Medical Record*.

PLANTS IN BEDROOMS.—Various opinions have been offered on the subject of the effect of flowers and plants in bedrooms. Plants should never be kept in sleeping rooms, nor in rooms much occupied if ventilation is not well maintained. Notwithstanding this, it may be understood that the general effect of vegetation is to purify the air. The leaves of plants and trees inhale carbonic acid gas and exhale oxygen, the life giving element essential to all animal being. On this ground, and to this extent, the presence of flowers and plants in sleeping chambers may be regarded as healthful. During the sunshine the green leaves absorb oxygen from the air and breathe out carbonic acid, while during the night the process is reversed. Young shoots and flowers of all plants inhale oxygen only, hence they may vitiate the air, just as animals do by increasing the proportion of carbonic acid. The greatest danger from plants in houses is that which presents itself in the time of blossoming.

## WOMEN AND THE HOUSEHOLD.

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

WHAT CHILDREN CAN DO WHEN MOTHER IS ILL.—A writer in the *Boston Budget* says: "Being one of two girls, and our mother being quite ill recently, it was our duty as well as our pleasure to wait upon her. My sister being away daytimes, she waited on mother at night, and I in the daytime. I had not very great success in making her comfortable, but as soon as sister came home, and had been with her a short time, mother would feel very much better. I began to think out what could make the difference. For one thing, it was loving attention and forethought. I have just as much affection for our mother, but had not thought enough to show my affection when ill. One can wait on a sick person and think she is doing all she can, yet there will be something lacking. If hot cloths are to be applied and replaced, they should be handled as though the patient had not some infectious disease. Dirty dishes, spoons, etc., need not be left in the room but can be quietly removed without being asked to do so. Anything that can be done without referring to the sick one should be done. If it is the mother who is sick, no family discussion should be referred to her, as is usual when she is well. This is a good time for the children to practice relying on themselves, and not run to mother with every small trouble. If there is pain or distress in head, shoulders, chest, cold feet, etc., the hair can be gently brushed, which is very soothing to the nerves. Back or chest can be rubbed with the hand and made much more comfortable. A hot-water bottle can be applied to the feet.

PETROLEUM DETERGENT.—Attention has been drawn recently to the cleansing effect of petroleum on soiled clothes. The best way to employ it is to fill an average boiler, say of fourteen gallons, with water, adding half a pound of soft soap, and when all is boiling thoroughly pour in one and a half tablespoonsful of petroleum. Then put in the clothes and boil them for half an hour before lifting them out, and rinse them in several waters. A little more soap, water and paraffine should be added to make up for loss as successive lots of the clothes are boiled.

CARE OF THE FEET.—Above all things keep the feet thoroughly clean and well rubbed and manipulated. This will prevent lame joints and nearly always prevent corns. Once or twice a week they should be

soaked in warm water, the toes being gently rubbed all the time. After this warm bath rub the toes with a weak solution of arnica, and where there is a tendency to bunions paint with iodine. A bandage wet with alum water and put on when retiring is excellent for strengthening tender feet, while sand soap or emery paper should be used to remove any rough scarf skin or cuticle. Over-profuse perspiration can be checked by using a powder of chalk and starch, or by bathing in hartshorn and water. Keep the toes as straight as possible. Where there is a tendency to crook or overlap each other it is well to place a thin splint under them at night, tied closely, against which they can be held in place. —*Lucy Little.*

THEY SHUN THE INSTRUMENT OF TORTURE.—Madame Modjeska scorns the corset and wears a tight-fitting bucksin bodice instead. Mary Anderson thinks the corset an instrument of torture and wears a strip of stout linen instead. Mrs. Potter never wore corsets, nor did her mother before her. She wears a "union suit" of heavy white silk underwear, a broad bandage round the torso knitted of heavy red wool, a flannel skirt and her dress.

ROOTING OUT FLESH-WORMS.—A German lady states that for two years she was tortured by flesh-worms, and finally eradicated them by the following method (diet, exercise and sleep of course, being first considered): Twice a week she took a Russian bath, using the cold shower afterward, and invariably taking an hour's nap, rolled in blankets, afterward. She then used at night on the affected parts of the face a wash of borax and water. As her nose was chiefly affected she rubbed it smartly with a piece of crash toweling, after which, very lightly but thoroughly, she rubbed in a little olive oil. Twice a day she applied a weak lotion of sulphate of zinc. This, with general care of her health, entirely eradicated the "flesh worms" and restored her skin to its former condition of smooth fairness. Glycerine must not be used where this difficulty exists. The use of the flesh brush on the body is an admirable "tonic," so to speak, for the complexion, and well-managed gymnastic or dumb-bell exercise is also beneficial.

MARRY A GENTLEMAN.—It was excellent advice I saw lately given to young ladies, urging them to marry only gentlemen, or not marry at all. A true gentleman is generous and unselfish. He regards another's happiness and welfare, as well as his own. You will see the trait running through all his actions. A man who is a bear at home among his sisters and discourteous to his mother, is just the man to avoid when you come

to the great question which is to be answered yes or no. You need not die old maids. But wait until the prince passes by. No harm in delay. You will not be apt to find him in the ball-room. Nor is he a champion billiard player. He has not had time to become a "champion," for he has had too much honest, earnest work to do in the world. I have always observed that these "champions" were seldom good for much else. Be wary in choosing, girls, when so much is at stake. Do not mistake a passing fancy for undying love. Marrying in haste rarely ends well. Do not resent too much the interference of your parents. You will travel long and far in this world before you will find any one who has your true interest at heart more than your father or mother.

TAKE CARE OF YOUR FINGER NAILS.—Handsome nails, which display a crescent of white at the base and a delicate pink tint throughout, are as much a gift as the poet's genius or the artist's skill; but one visit to the manicure will enable you to see how even the most ugly ones may be attractive and pleasing if nice care is taken to trim away the rough skin at the base, which should never be done without first soaking them in warm water, to file the edges in a smooth curve, following the outlines of the finger tip, and to polish the surface every day. Probably an hour each week devoted to the care of the nails, with a little time spent each day in polishing and cleaning them carefully, will keep them in nice order, and they should never be cleaned with any kind of a sharp instrument.

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### MOTHERS AND THE NURSERY.

(CONDUCTED BY MRS. F. C. PRESSLER).

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A LITTLE FUN AT HOME.—Do not be afraid of a little fun at home. Do not shut up your house lest the sun should fade your carpets; and your hearts lest a laugh should shake down a few of the musty old cobwebs that are hanging there. If you want to ruin your sons, let them think that all mirth and social enjoyment must be left on the threshold without, when they come home at night. When once a home is regarded as only a place to eat, drink and sleep in, the work is begun that ends in gambling houses and reckless degradation. Young people must have fun and relaxation; if they do not find it at their own hearthstones, they will seek it at less profitable places. Therefore, let the doors and windows be



cheerfully thrown open in summer, and make the home delightful with all those little arts parents so well understand. Do not repress the buoyant spirits of your children. Half an hour of merriment within doors, and merriment of a home, blots out the remembrance of many a care and annoyance during the day ; and the best safeguard they can take with them into the world is the influence of a bright home.

THE EVILS OF SPANKING.—While children are much more indulged and considered in this age than ever before, they are still the victims of a barbarous custom. I refer to the practice of whipping as punishment, writes Marie Merrick. Though it has long since been largely abolished in our own and other countries as a most inhuman mode of punishment, little children are still beaten, cuffed and spanked by fond (?) parents in a most unconscionable manner. "Spare the rod and spoil the child" was intended in my estimation in a purely metaphorical sense. It is pretty generally conceded that cuffing children on the head or ears is frequently fraught with the most serious results—many cases of deafness and even brain disease having arisen from this practice. Evils quite as grave, I am assured by a lady physician of extensive practice, result from the punishment known as "spanking." Blows given with more or less severity and greater or less frequency in the region of the spine will, she contends, cause serious brain or spinal trouble. Moreover, the state of the brain and nervous system have a great effect upon the disposition, and the shock which may possibly cure one fault, may, by disordering and deranging the nervous system, produce faults of a much graver and more complicated nature. It may console some people to know that the physician referred to does not regard switching as open to the same objections as spanking, and let the followers of Solomon's precept see that they literally use the rod and not the hand, and thus do as little harm as possible. Would that all parents could be convinced of the evil of the whole practice !

WATER AND BATHS FOR INFANTS.—There can be no doubt that infants suffer frequently from want of water, which should be administered in the interval of nursing. There is a form of dyspepsia in infants at the breast, accompanied by gastralgia, often mistaken for colic, which has its cause in the density of the lacteal secretion and its remedy is the administration of a little water or barley-water before nursing. I have received more thanks for the comfort that this simple suggestion has given, not only to the infant, but to the disturbed household, than for any other cure. The

vapor bath for the relief of dropsy following scarlatina is best administered by means of bottles containing hot water, wrapped with wet towels placed around the patient enveloped in a blanket. The daily bath is as important to the infant as its daily food, and the hour for its administration should be punctiliously observed. Except in case of great debility the bath should be given by submerging the body in water at a temperature of 90° F. In hot weather it should be given morning and evening, duration limited to ten minutes. The skin should be wiped dry and the body oiled with the oil of sweet almonds. In rickets and debility, with relaxation of muscular fibre and simple atrophy, the addition of sea salt to the bath is of positive advantage. Cold baths and cold sponging in these cases are preferable. Restlessness and insomnia in the course of acute and chronic diseases are better controlled by the warm baths than by narcotics. In congestion of the brain, with threatened meningitis, warm baths, repeated every hour, and the application of the rubber coil to the head are more effectual than medication. The itching and inflammation accompanying many diseases of the skin is best allayed by the warm bath, made alkaline by the addition of a little carbonate of soda. In laryngismus stridulus and in true and false croup, the application of the cold pack to the throat and upper part of the chest gives immediate relief. There is a condition in weakly children quite alarming, if not indeed dangerous, which is not a true laryngismus, but a "catch in the breath." Children thus affected are frequently threatened with chastisement, which of course increases the difficulty. The cold shower bath is the cure. In difficult dentition great relief is given by rubbing the swollen gums with a bit of ice wrapped in a napkin.—*Dr. Larrabee in Medical Standard.*

WHY INFANTS CRY.—Says Dr. Barker: As a rule, when babies cry, they are at once supposed to be hungry, and food is given without the slightest consideration as to whether the little creature is already satisfied or not. When we remember that a child has no power of making his uneasiness known *except* by crying, it will be seen that the causes may well be varied. Heat, cold, tight strings, sleepiness, may all cause uneasiness (which will be manifested by crying) as much as want of food. Mothers and nurses, therefore, would do well to ascertain the *reason* of an infant's wails, and use the proper means to alleviate their suffering. Parents should not only strive to know the physical constitution, but also the mental and moral disposition of their children. By so doing a wise and happy restraint and indulgence could be exercised for the present com-

fort and future good of all. There would thus be secured less crying in the nursery ; and less bitter weeping in future homes.

PROTECT INFANTS FROM COLD BY PROPER CLOTHING.—The first danger the new-born infant has to encounter is from cold. It passes from a high and almost unvarying temperature to one very much lower and exceedingly changeable. The younger a child is, the less able is it to resist cold, because the smaller it is the larger is its surface relatively to its bulk ; for the area of a body varies as the square of its dimensions, while its mass varies as their cube, and the surface of the human body is an evaporating surface—consequently a cooling one. This accounts for the fact that though the adult, parts with its heat less rapidly than the infant, when that heat is once lost there is more difficulty in re-establishing it, for the same surface that gives out heat is the means of receiving it, and the adult's surface is so much smaller relatively to its bulk than is the infant's. The proportion of infants that die from exposure to cold is alarmingly great. As their lungs are especially active, they are more liable to become diseased than any other organs, and the children fall victims to bronchitis, pneumonia and croup, and, if they do not die, are permanently injured. From all this it is clear that children should be better protected from the cold—more warmly clad—than grown people. But what do we find when we look around us? Herbert Spencer said years ago, "What father, full grown though he is, losing heat less rapidly as he does, and having no physiological necessity but to supply the waste of each day—what father, we ask, would think it salutary to go about with bare legs, bare arms, and bare neck?" Yet this is exactly what most people allow their children to do, ignoring the fact that even if colds and the more serious diseases I have mentioned are escaped, injury must result to growth or structure—for, owing to the insufficient clothing, much of the nourishment which ought to supply the development of the organism has to be expended in keeping up its temperature. "We have met with none competent to form a judgment on the matter who do not strongly condemn the exposure of children's limbs," says Herbert Spencer. Alas, how many millions are incompetent to form a judgment on the matter! The warmth of clothing, whether for children or adults, should be regulated by the thermometer, *not* by the season of the year ; and in kind and quantity clothes should be "*sufficient in the individual case to protect the body effectually from an abiding sensation of cold, however slight,*" as Andrew Combe wrote forty years ago.—*Ada S. Ballin.*

## HEALTH INVENTIONS AND APPLIANCES.

FOUL AIR DURING WINTER MONTHS—HOW IT CAN BE MADE PURE.—People are too apt to consider the warm summer months as the only season of danger from impure air. This is true only out of doors, where frosts remove the danger from swamps, detached privies, and other breeding spots of disease; but within doors the conditions are absolutely reversed. Modern buildings, supplied with “conveniences,” contain within themselves the sources of danger. Sewers and drains furnish their quotas of gases, despite traps and air pipes. Bedding, upholstery and carpets hold, ready for action, the elements of decay. The inmates themselves exhale from lungs and skin, gases and germs which, re-entering the system, are poisonous. Every one knows that no fairly close room can be occupied by several people without rendering the air unhealthful and foul. In the summer months open windows and doors furnish an abundant supply of fresh air, which, to a considerable extent, removes these harmful elements. In cold weather modern heating appliances maintain the temperature of summer, and everything injurious is developed with equal rapidity, but has no chance for escape. No gentle breeze wafts it away. An occasional airing is ineffectual. There is no system of ventilation within practical cost which will supply an ample amount of fresh air at a safe temperature; absolutely none which will eject the foul air and leave the pure. Purification of the air becomes a *necessity*, and we have never known of anything which accomplishes the result to such perfection as the Sherman “King” Vaporizer—fully described in our issue of June last. The harmless vapor distributed by this apparatus unites with and sterilizes all impurities. Wherever used, within dwellings, out-houses, schools, factories or stables, it renders the air wholesome and agreeable. It does not hide a stench. It destroys it. Properly adjusted, it gives no appreciable odor of its own. The mechanical arrangement is perfect. Indestructible, permanent, self-acting, continuous and absolutely safe, this device combines every valuable quality. We speak thus strongly because our personal experience confirms all that is claimed. It has, moreover, been tried and approved by many and competent judges. Its cost is within the reach of all, and the expense of maintainance, by supplying the disinfectant fluid once in three months, is but a few cents per year. In the interest of our friends and the public, we will gladly place inquirers in communication with Mr. Cyrus D. Foss, who is the General Agent for New York.

## PUBLISHER'S DEPARTMENT.

OUR TWELFTH YEAR OF PUBLICATION.

With its next issue (January, 1890) the HERALD OF HEALTH enters upon its fortieth year of publication. This is a ripe age for a magazine in this country, and yet despite our many years we feel as young and energetic as many of our more youthful and bigger contemporaries. We acknowledge gratefully the receipt already of congratulations from friends who have stood by us in days past, and in return wish them many years of health and prosperity. All speak in praise of the methods and teachings of the HERALD, and we appreciate their kind words. It is easy to promise all sorts of things in the future, and we might, were we so disposed, publish a glowing prospectus of our aims and purposes for the coming volume. But we prefer to let the magazine recommend itself to new readers. It needs only introduction to commend itself. This month we send out thousands of specimen numbers. Those who receive them are under no obligation to subscribe. We ask them only to peruse the pages of the HERALD carefully, and then to ask themselves if the magazine is not honestly worth the amount (one dollar per annum) asked for it. To question is to answer, and from this source we confidently hope for a marked increase in the number of new subscribers. We also enclose several blanks to regular subscribers. Please fill them out and return. Send us again your own name and that of a friend. By so doing you benefit yourself and help us. We need your assistance. It takes money to print the HERALD, and the low price at which it is published leaves little margin for profit. Strengthen our hands, and in return we will do all in our power to make your favorite magazine more welcome and interesting than ever.

To SUBSCRIBERS IN ARREARS FOR 1889.—Many of our subscribers are in arrears for the year 1889, their subscriptions being due in advance. We have sent the magazines in all cases where no notice to discontinue has been given. We do not like to drop subscribers, for its like parting from old friends, so we make the following offer to all who have forgotten to send in their subscriptions for 1889: Send us one dollar and fifty cents, which will pay arrearages up to December, 1889, 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 1889, and will be good only until the first of January, 1890.

WE AGAIN CALL ATTENTION to our extraordinary premium offer. For only TWO DOLLARS we will send the HERALD OF HEALTH for one year and a complete set of either Dickens' Works or Walter Scott's Waverley Novels. The works of Dickens are in fifteen volumes, and the Waverley series in twelve, comprising twenty-five novels. All these books are well printed from clear cut type. The binding is paper and substantial. By all odds, this is the most liberal offer ever made by any publisher in the United States. An opportunity has been afforded us to obtain these standard works at a low price, and we are anxious to give our friends the benefit. Remember, Two Dollars secures the HERALD OF HEALTH for one year and a complete set of either Dickens or Walter Scott, delivered free of postage or express charges. Old subscribers can have the benefit of this same liberal offer upon renewal, and to these we appeal to secure us new friends. Send us names on postal cards of friends who may desire to subscribe, and we will mail them sample copies free.

WE HAVE RECEIVED from the well-known publishing house of Fowler & Wells Co., No. 777 Broadway, New York City, two excellent volumes, "Ready for Business; or, Choosing an Occupation," by George J. Manson, and "Every-Day Biography," by Amelia J. Calver. The former book is just what parents need that they may be able to decide intelligently for their sons as to what shall be their life-work, and every young man should read and study it carefully. The "Every-Day Biography" contains 378 pages, which comprise the 365 days of the year, sketches of the lives of eminent persons of all ages, giving, as is entirely proper, chief attention to the distinguished of modern times. A very full index is given, in the arrangement of which the author has shown unusual cleverness; she has provided an alphabetical division and also an analytical. This is in many respects a very useful volume, and the labor of its preparation must have been great. Designed expressly as a useful book, Miss Calver has spared no pains to make it as complete as a book of moderate size and small cost can well be.

#### QUESTIONS AND ANSWERS.

PIN WORMS.—*Subscriber, Kent, Ohio.*—These human pests need heroic treatment. Give injections of carbolic acid, ten or twenty drops, and warm water a pint two or three times each day, particularly before retiring. The arms should be kept well oiled with lard or anti-septic ointment. Sheets and night-clothes should be boiled daily. A teaspoonful

of calcined magnesia may be taken every night. This is the treatment recommended by Dr. Danelson, and he vouches for its success.

ADVICE TO A YOUNG MAN.—*B. R. K.*—As you are young, and, in spite of the excesses you allude to, in possession of a good constitution, there is hope of a permanent cure. Of course your case is a hard one, but there is no reason why you should not overcome the trouble. You deserve to succeed on account of the brave struggle you have made. Now in the first place, do not read trashy medical books; they tend to unnecessarily alarm, and are generally written to inspire the very feelings you complain of. Your depression, after all, may be more imaginary than real. You must rely upon your will power to a certain extent, and not be alarmed at any weakness that may follow the exercise of that determination. Keep actively employed during the day, and do not retire at night until you feel thoroughly in need of refreshing sleep. Exercise all you can and diet carefully. Do not, however, let exercise lead to fatigue. Avoid all stimulating food, liquor and tobacco. Eat plenty of fruit. Do not eat heartily before retiring. Sleep upon your side and not upon the back. Keep your bowels regular daily. Towards morning, if unable to sleep normally, rise and take a cold bath. At night bathe freely with warm water. Above all, keep as far as possible your thoughts from improper subjects, and do not read sensational or exciting literature. Remember that to a great extent at your age your desires are natural and should incline you, when restored to health and spirits, to marriage. Avoid all drugs and medicines. It is well also to seek pleasant and agreeable society. If you exercise your will power to follow the course briefly outlined above, you need have no fear of the future.

DANGEROUS COSMETICS.—“*Belle,*” *Chicago.*—As we have frequently stated in these pages, most of the cosmetics used in beautifying the complexion contain dangerous poisons. Corrosive sublimate enters largely into their composition. Don't be deceived by flattering testimonials as to their purity, so frequently advertised in the papers; have nothing to do with them.

TOO MUCH PIANO PRACTICE.—“*Mother,*” *New York.*—It has been stated by a German observer that much of the nervous delicacy so common among girls is traceable to excessive diligence at the piano. There is more than a grain of truth in this observation. The limit of moderation, indeed, may not be capable of exact definition, for a longer or shorter period would naturally suit the need and capacity of different persons.

One or two hours of practice, it is probable, would rarely prove excessive. When, however, six or eight hours are daily absorbed in repeating a humdrum series of manipulations, the wonder is that nature long endures the drudgery. Yet this is the common lot of many who aspire to skillful execution.

THE EFFECTS OF CIGARETTE SMOKING.—“*Anxious Parent*,” *San Francisco*.—The more the cigarette victim smokes the more the desire to smoke increases, and the less he seems disposed to do anything else. He gradually finds himself disinclined for reading anything more solid than a society paper, or for taking more exercise than is involved in sauntering down the street and looking in at the store windows. His whole nature becomes demoralized and morbid, and he very soon feels compelled to have recourse to pick-me-ups, made usually of brandy and soda, which are repeated at intervals through the day. A lad who takes violently to cigarette smoking at twenty-one and persists in it until twenty-five, is usually pale and unwholesome looking, and fit for nothing that involves physical and mental exertion. Victims of cigarettes also suffer from dyspepsia, “liver complaint,” and nervous depression. They are reduced to such a state of morbid melancholy that they have often sought relief from suffering through death by their own hands.

WEAR FLANNEL.—*Rheumatic, Portland, Me.*—All persons with any tendency to neuralgia, rheumatism or sciatica should wear wool next to the skin all the year round. In summer very light weight flannels prevent chills after perspiration.

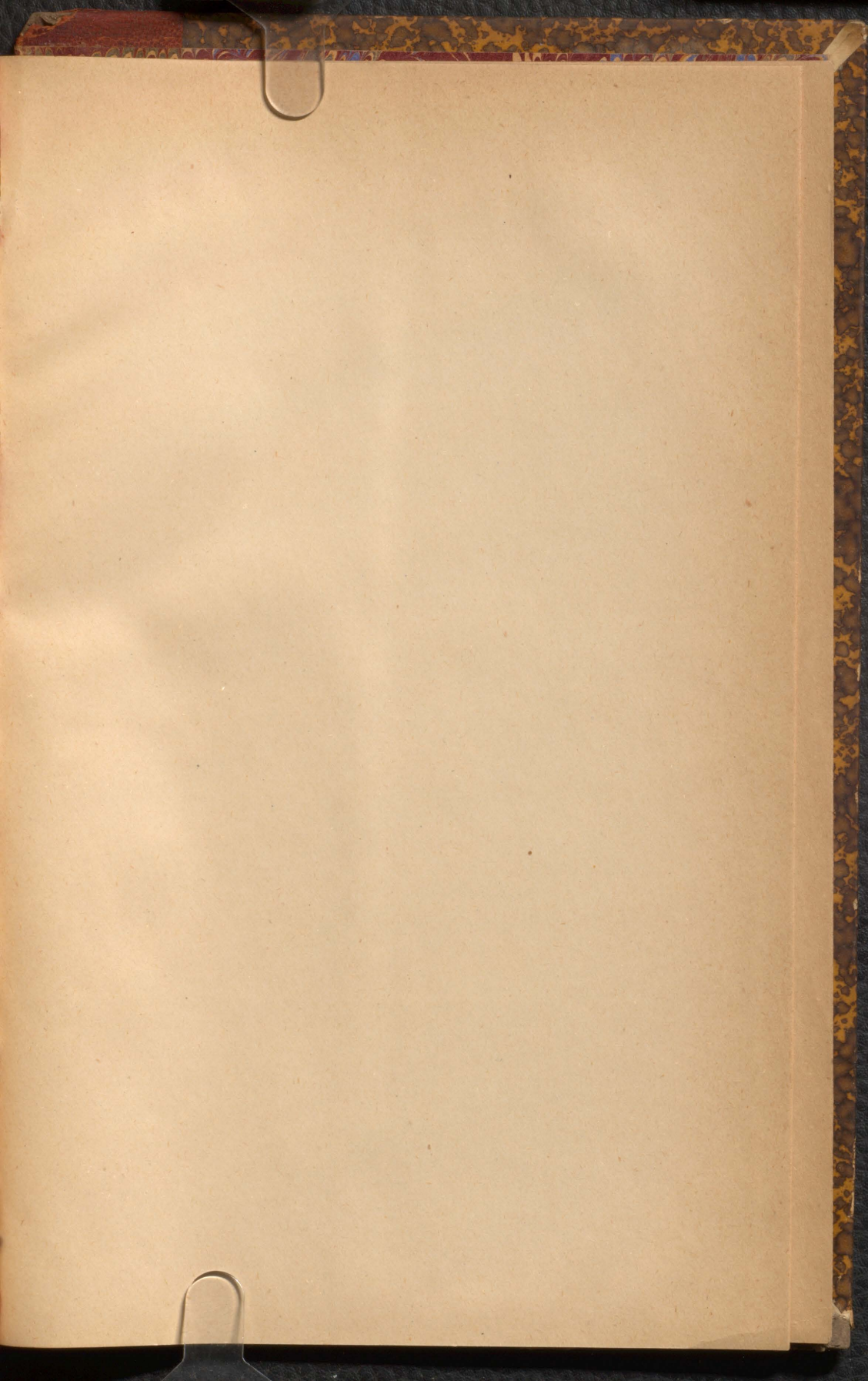
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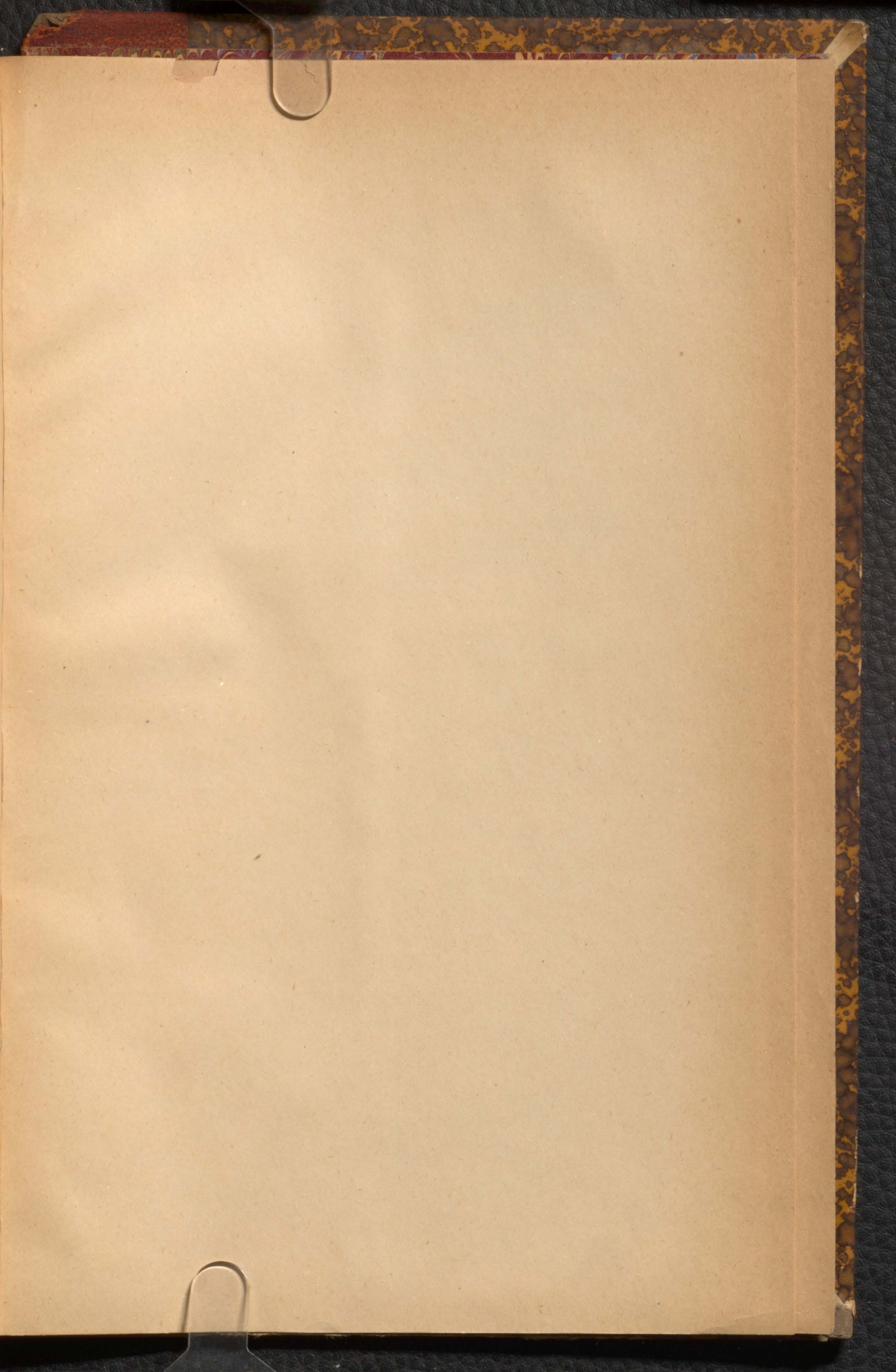
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