DR. FOOTE'S HAND-BOOK

OF

Health-Hints and Ready Recipes

COMPRISING

INFORMATION OF THE UTMOST IMPORTANCE TO EVERYBODY, CONCERNING THEIR DAILY HABITS OF EATING, DRINKING, SLEEPING, DRESSING, BATHING, WORKING, ETC.,

TOGETHER WITH

MANY USEFUL SUGGESTIONS ON THE MANAGEMENT OF VARIOUS DISEASES; RECIPES FOR RELIEF OF COMMON AILMENTS, INCLUDING SOME OF THE PRIVATE FORMULÆ OF DR. FOOTE AND OTHER PHYSICIANS OF HIGH REPUTE, AND DIRECTIONS FOR PREPARATION OF DELICACIES FOR INVALIDS AS PURSUED IN THE BEST HOSPITALS IN THIS COUNTRY AND EUROPE.

Price Twenty-five Cents.

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PREFACE.

We were led to issue this little book by the suggestion of a prominent publisher, who, being an attentive reader of Dr. Foote's Health Monthly, believed that he found in it articles of permanent interest and items of practical importance that were worthy of preservation. Instead of binding the complete numbers of the past six years in bulky and expensive volumes, we persuaded Dr. E. B. Foote, Jr., to devote a portion of his summer leisure to the selection from back numbers of the most practically useful articles on the subjects of health and hygiene, and thus were compiled the first four chapters. He also found time to "boil down" the substance of half a dozen valuable books, and present it in a condensed form as found in the chapter of "Health Hints and Sanitary Siftings." Of the chapter headed "Ready Recipes," which was added at our request, he asks us to say that he presents only long-tried remedies and reliable expedients for the relief of common ailments, such as could be safely entrusted to people in general. The remedial recipes and suggestions together with the selected formulæ of food for invalids make it a valuable reference book and one worthy of careful preservation.

We have endeavored to crowd into these 128 pages as much of the real essence of what people ought to know about hygiene, and what they want to know about self-treatment, as possible. Those who arise from its perusal with an appetite for more, will find nearly a thousand pages, twice as large as these, in the book entitled "Plain Home Talk, embracing Medical Common Sense," by E. B. FOOTE, SR., M. D.; but if any purchaser of the large book should not find in it the special information on medical subjects for which he is in search, let him remember that the purchase of the book (Plain Home Talk) confers the privilege of consulting its author *free of charge*. While we are authorized to make this generous offer we are at the same time reminded to request the purchasers of Plain Home Talk to study its pages carefully, and be sure they fail to find the desired answers to their queries, before adding needlessly to the bulk of a correspondence already sufficiently large to consume too many of the business hours of DRS. FOOTE, Senior and Junior.

MURRAY HILL PUBLISHING CO.,

NEW YORK, SEPTEMBER 15, 1881.

CHAPTER I.

HYGIENIC ADVICE ON HABITS OF LIVING FOR ALL SEASONS.

The Hygiene of Winter.

In summer time, when it is comfortable to throw open windows and doors, but little caution is necessary to keep well. About the only serious difficulty which may possibly overcome one is sunstroke. But, in cold weather, many precautions are necessary to maintain health.

Sufficient Clothing

Is always indispensable; for when a person finds himself shaking from cold, with an occasional diversion by the way of sneezing, he will be pretty sure to find after a few hours that he has contracted a cold. Beside a sufficiency of clothing, it is important that the raiment should be equally distributed; and if an excess is put upon the body anywhere it should be upon the extremities. The feet and limbs should be especially kept warm. If fur capes, heavy overcoats, etc., are put about the shoulders, clothing of equal warmth should cover the extremities. Chest protectors are quite fashionable just now. Perhaps for gentlemen who have open vests, it may be well enough to adopt something of this kind; something equal at least to the clothing which is worn upon the back. Ladies who wear high neck dresses and plenty of undergarments equally distributed hardly need any such device. Fur and woolen tippets for the neck are mischievous unless those who wear them are very watchful. Coming in from the street and throwing

off such articles of apparel, a person may contract cold from a cold draught in the house. It is better to toughen the throat and neck by exposure, just as the face is toughened. The clothing of the feet suggests some complicated questions. Those who are troubled with excessive perspiration of the feet, give it as their experience that thick woolen socks increase the trouble, and that the increased perspiration becomes chilled, causing them to suffer to an aggravated degree with cold feet. Such persons may, perhaps, better resort to cotton hose, and make up for their deficiency by wearing thick-soled shoes or boots with double uppers. Furthermore, the cotton hose should be of thick, closely knit material. Rubber overshoes are always bad for perspiring feet, and should be avoided unless winter slush makes them necessary, and then they should be taken off as soon as the wearer enters the house.

Cleanliness.

Next to the matter of clothing, perhaps the most important thing to be thought of is personal cleanliness. In the summer ablutions are agreeable, and no one needs to be urged to use plenty of water. Many frequent the sea shore and make it a pastime to play in the surf; swimming is a sport in still waters; and where there are no such attractions outside, the bath-tub or even the wash-bowl is alluring. In cold weather the temperature of the room is not often such as to make washing a luxury; nevertheless, it should be regarded as a necessity. In large towns where bathing institutions are accessible, the Turkish, Russian Vapor, and a variety of other baths are resorted to by those who have time and means. In the better class of houses the bath-tub offers a pretty good substitute for these. But to the great mass of humanity bathing in cold weather is inconvenient and uncomfortable, and consequently too lia-

ble to be neglected. Two or three times a week the skin ought to be thoroughly relieved of all possible obstructing secretions, so that insensible perspiration may go actively on. It should be remembered that a healthy skin throws off from twenty to forty ounces of effete matter per day! One who fails to take care of this emunctory has so much dead matter to dispose of in some other way. Hence the necessity of keeping the skin active.

Ventilation

Is a simple affair with the thermometer at 80. One throws his window open for comfort. In winter personal comfort is too apt to call for the closing of doors and windows, so that the air of the sleeping room becomes thoroughly vitiated before morning. The tougher ones can throw their windows wide open and be benefited thereby. People of delicate constitutions, who can afford to do so, should sleep in rooms warmed by a grate fire, with one or two windows so adjusted at the top and bottom as to allow a constant change of air. Those who cannot have a fire may improve the air of the room very much by having the grate left open, or a stove-hole entering the flue uncovered. Then, when practicable, without having a draught blowing upon the sleeper, a window slightly lowered or raised will keep the air in pretty good condition. Those, however, who think they cannot sleep with windows opened in any way, ought by all means to avoid patent weather strips, while a little looseness of the sashes should be encouraged rather than restrained. Such persons too should leave the doors to their rooms open; and if there be any way of letting a little fresh air into the lower apartments of the house, the necessary oxygen should be allowed to enter by this route. If a piece of board a few inches wide and as long as the window-sash is wide, be cut in the middle and the

two parts joined with a hinge, it can be placed beneath the lower window sash, and displacing the latter upwards will cause a space between the sashes where a free circulation of air will be permitted without causing a direct current or draught to blow into the room.

Dietetics.

In the way of dietetics the appetite is a good prompter. It will naturally call for such food as tends to promote bodily warmth. But it is a popular error that a cold is benefited by overeating. It is an old adage to "stuff a cold and starve a fever." But this adage is not properly understood. What is really meant by it is that if you stuff a cold you will have to starve a fever. Read the adage according to this explanation and it is correct. When the skin is closed up by what is called cold, and all the vital machinery is more or less clogged by effete matters which are denied their usual avenues of escape, just as little food should be taken as possible until this condition is overcome. Fruits, and particularly tart fruits, are best suited to the sufferer.

Exercise.

In cold weather exercise is apt to be neglected. Ladies, particularly, will shut themselves up for a week at a time without venturing out; especially so in the country. If the sidewalks are pathless with snow or mud, gymnastic exercises may be indulged in to advantage every day with a window open. There are dumb-bells, Indian clubs, implements of rubber, etc., etc., which inventive minds have devised for meeting such emergencies as the one under consideration. Physical exercise is necessary not only for keeping up muscular strength but also for equalizing the circulation.

Such precautions and means for maintaining health as we have herein suggested may to some look a little

troublesome, but we think all will agree that they are less annoying than doses and doctors, and certainly less expensive. If physical soundness and longevity are desirable it is well worth while to devote a reasonable share of our time and attention to such means as will tend to promote health and long life. Some of the points which we have suggested are not at all new, but during the winter it seems quite timely to urge them upon the attention of the intelligent reader.

The Croup.

Much may be done to prevent it by the exercise of good judgment in the care of children. Some parents make their children very sensitive and delicate by excessive prudence. A child kept in the house and treated like a house-plant can hardly be prevented from encountering a rude blast of wintry weather by the oversight of some one having the care of it. It is better to toughen the child by clothing it warmly and give it a good airing every day, either in walking or riding. The mistake should not be made of putting fur or woolen about the throat. Toughen the throat as you do the face. Be sure that the extremities are as warmly clad as the trunk of the body. See to it that the shoes are made to exclude snow-water, and still avoid the use of rubbers, unless, if necessary, a pair of low sandals be used to protect the soles of the feet. Those mothers and guardians having children in their care peculiarly predisposed to croup, should not overlook the advertisement of the Croup Tippet, in another place. This simple article, which does no harm in any case, is wonderful in its ability to protect a child from croup. We receive, almost daily, testimonials from those who have employed it with perfect success. It is indeed warranted to prevent croup.

One more hint to over-prudent mothers: Do not cover the child too warmly when put to bed. Nothing is more liable to give a child a cold than to be muffled in too many blankets or spreads of some kind, for as soon as it gets into an uncomfortable perspiration it will free itself from the cumbrous covering, and then by a sudden checking of the perspiration contract a cold. There is absolutely more danger from excessive than too little covering.

Spring Clothing.

In years past, as spring approaches, we have cautioned our readers in regard to the too early adoption of spring or summer apparel. We might well set this down as a good subject for every writer in March. The appearance of green lawns, bright sunshine and singing birds is quite calculated to allure one to adopt light flannels and less protecting covering. Bear constantly in mind, that air in motion is colder than air at rest. With March winds, the thermometer above the freezing point may entirely misrepresent the effective temperature. We have before illustrated this proposition by referring to the habit of using a fan in summer. When the thermometer is in the nineties and the face is bathed with perspiration one is able to keep comfortably cool by air set in motion by that little device we call a fan. It is questionable if in the New England and middle states the clothing should not be thicker and warmer in March than in January. It certainly will not do to throw aside the winter overcoat nor the sealskin cloak, nor even the heavy underflannel. When finally the change is made and winter garments are put aside, they cannot safely be laid away for the summer until all the chilly days and still more chilly nights have entirely passed away. Always bear in mind that when one experiences a chill, or

when for a long time one feels an uncomfortable sensation of coldness a cold is being contracted.

Summer Perils.

Among the young, particularly, much mischief arises from the use of unripe fruit. The crude acids of undeveloped fruit are liable to irritate the alimentary canal, and the hardness and toughness of the unripe fruit-cell greatly tax the digestive machinery. Then again, fruit which is over ripe—when fermenting processes are going on—is equally unsuited to the stomach and alimentary canal. This too possesses irritating properties. If partially decayed fruit is to be eaten at all the decayed portion should be carefully removed and that which is to be used thoroughly cooked. Decay in one place affects in a measure every part of the whole.

Sunshine is a good medicine in moderate doses but a very dangerous one in overdoses; hence the frequency of sunstroke. To avoid sunstroke it is well for those who are not in perfect health to wear head-coverings of light color; dark colors attract the heat. A wet cloth or a large leaf like that of a plantain may be advantageously worn on top of the head when going out. A sun-umbrella adds greatly to the comfort as well as to the safety of one who is at all feeble. Those suffering much from nervous and physical prostration should, so far as possible, avoid going out in the middle of the day.

Then again, danger lurks in the shade. The inviting lawn beneath the cooling shadows of some grand old tree lures one overcome with heat and fatigue to stretch himself out on nature's cool green carpet. Colds are thus contracted from the dampness of the grass or the chill of the ground. Whether in sitting or lying on the lawn it is always well to take the precaution to first lay down two or three thicknesses of an afghan or rug or carpet.

The removal of the hat and coat, and perhaps other articles of clothing, after active exercise, and then taking a comfortable seat where there is a cooling and agreeable draught of air has produced many a cold. The impatience which leads to such an act of indiscretion should be curbed. Clothing should be added rather than removed at such a moment.

We have often spoken of the injurious effects of the excessive or untimely use of iced foods and drinks. The moderate use of ice-cream and of ice-water will seldom do much, if any, injury. But, pouring down ice-water or filling one's-self with ice-cream for the purpose of keeping cool on an oppressive summer's day is anything but philosophical. Warm drinks will often better effect the same result. These will assist in bathing the skin with perspiration and the evaporation of this perspiration produces an agreeable coolness. Drinking ice-water with meals, or taking ice-cream as a dessert, so greatly lowers the temperature of the stomach as to retard digestion. Dyspepsia may be easily cultivated in this way.

Danger lurks in the drinking cups of the streets and public parks. The diseased, the sore-lipped and the healthy alike place these cups to the mouth. Children eagerly seize them. The public drinking cup should always be thoroughly rinsed before being used, and even after that precaution has been observed, we would advise the rim of the cup to be placed below the red of the lip in drinking. The epithelium is much more sensitive than the cuticle. Let the cup, therefore, be so adjusted as to press upon the latter, rather than come in contact with the former.

There are poisonous vegetables in gardens and fields which should be guarded against. There are many plants which bear seeds similar in appearance to the aromatic fennel, which are poisonous. Only those who can

absolutely discriminate between fennel and its dangerous imitations should pluck from the growing stem and eat of these things. Mushrooms are often as dangerous to the human kind as is the well-scented bait in the trap to rats and mice. Every summer we hear of mushroom poisoning. Only those who are thoroughly familiar with mushroom should gather it. It is not always easy for pretty good judges to distinguish between mushroom and hurtful fungi. "One of the most common signs of the hurtful variety," it has been said by a writer on the subject, "is a STINGING SENSATION affecting the tongue a little, the throat and tonsils more, and having the worst effect on the stomach and bowels." But this stinging sensation is sometimes prevented when the mushroom has absorbed much fat in cooking. Avoid anything of this kind having a fetid, sickly or pungent odor, or a styptic taste. When mischief is done by eating non-edible fungus, the free use of sweet oil has been recommended as the best antidote.

The lawn, the doorstep and the veranda are all unsafe places in the evening in a region which has any charge against it of being malarious. It is only necessary to refer to this fact, for it has often been spoken of and good reasons given to sustain the prudential advice. Sheets wrung out of pure water and hung over the open windows at night in malarious localities afford considerable protection because of the disinfecting properties of water.

To our rural friends something should be said in regard to the care of their outhouses. Disinfectants are cheap and should be freely used in the vaults. There is an endless variety of disinfectants now advertised, nearly all of which are efficient and inexpensive, or comparatively so. But the occasional sprinkling of the contents of the vault with the chloride of lime, and the

placing of a saucer containing a little of this cheap stuff upon a shelf in the "privy" will quite effectually disinfect the place. We have heretofore frequently alluded to the advantage of setting out trees and shrubbery around the privy. Trees like the locust, with far-reaching roots, will take up large quantities of material which otherwise would poison the air. Many a case of typhoid has unquestionably resulted from neglected privy vaults.

Our summer ills are in a majority of instances entirely avoidable.

Summer Bathing.

As the warm season arrives, people who have been cooped up in city homes swarm like restless bees, and seek for pleasure and fresh air at sea-side resorts, inland lakes, mountain streams and hunting grounds. Perhaps the most popular resorts are those favored places where bathing in either still water or surf can be safely enjoyed. When the temperature of the air has become uncomfortably high that of the water is apt to be temptingly cool. Herein lie both the advantage and danger of such resorts. When the body becomes exhausted by the effort to compensate for excessive heat and all energy is annulled by the oppressiveness of the atmosphere, when every exertion takes the starch out of the muscle as well as the shirt bosom, then the vigor imparted by a plunge in a clear running stream, a placid lake, or still better the buoyant ocean, is as beneficial as it is grateful; but when this refrigerating process is carried too far the line of benefit is passed and injury results.

Several good rules in regard to bathing have been for some time pretty generally known, but by no means so generally heeded or well understood. Few have not heard it said that one must not remain too long in the water, but very different opinions prevail as to what

length of time is too long and what just right, and so each is apt to set a time for himself and regulate the matter by remaining in the water as long as he feels comfortable. Some indeed prolong a bath after the blue lips, shriveled fingers, goose-flesh and actual shivering indicate that they are far from comfortable, but we are referring more especially to those who have some common sense and exercise a little thought for their health. The plain and simple fact is that in this matter, as well as in almost every other relating to hygiene, the same rules will not apply to every individual, and one may remain in the water two or three times as long as another and yet be just as well for it. What is one man's fish is another man's *poison*.

The indication of too long continued bathing which is most sure and speedy to follow is the inability of the system to react and get warm again. Cold water abstracts a certain amount of heat from the body and drives the blood from the surface to the internal organs. If too much heat is withdrawn, or if the surface vessels are kept too long contracted by exposure to cold, then there fails to occur after the bath that quickening of the whole circulation and re-establishment of the activity in the skin which to many is one of the pleasantest effects of a bath, and is often called a *glow*. It is a vital and exuberant bodily warmth which has been substituted for the external and oppressive heat of the air which had been accumulating before the bath. When reaction fails to occur because of too long subjection to the cooling process then there is chilliness, pallor and prostration for several hours, which condition may be followed by feverishness. Individuals of the vital temperament with quick circulation, full blood and active habit will recuperate more readily after a twenty-minute bath than a weak and anæmic person will after five minutes in the

water: some will find by experience that it is best for them merely to plunge in and come out before one minute has elapsed, and not a few find they are, as Rip Van Winkle said of his toddy, bedder mid out it alltogeder. There are those of such delicate constitution that they experience nothing but a prostrating effect and receive none of that bracing up which is so excellent a tonic for those who can take so strong a dose. Such persons will hardly be apt to gain anything by endeavoring to accustom themselves to the depressing effects in the hope of gradually acquiring the benefit and stimulus which stronger persons derive.

Since the proper length of time for a bath depends so largely on temperament and condition each person must determine this for himself. A positive indication that the bath has been sufficiently prolonged is the first appearance of blueness about the lips and the tips of the fingers, due to the retardation of the blood in the vessels, but no one should wait until these symptoms are well developed before deciding that it is time to withdraw.

A second rule and perhaps one which is less disregarded than any other is that bathing should not be practiced soon after eating. Here again there is considerable difference of opinion and habit in regard to how long a time should be allowed to pass between a meal and a bath, but here also the plain fact is that the length of time ought to depend in great measure on the amount eaten, the kind of food, its digestibility and the digestive power of the individual. Since the average of the light meals requires about an hour and a half for fair digestion this may be set as the minimum time, and as some meals require from four to six hours, and Fourth of July dinners even more, the maximum limit would be difficult to state. It would seem hardly necessary to say

that when a person feels sensible that there is a load in the stomach not disposed of the bath had better be postponed.

A third rule which has become pretty generally impressed upon the minds of bathers relates to the time when not to go in bathing. The idea is quite prevalent that it is dangerous to plunge into cold water when the body is very warm, or in a state of profuse perspiration. This rule, in so far as it has been recognized and obeyed, has undoubtedly saved a great deal of sickness, but it is really subject to limitations which it is right those should know who have sense enough to understand them, though we should be sorry to detract anything from the force of the rule in minds that might not comprehend our meaning. Therefore we shall endeavor to be explicit. The experience of large numbers of people who take Russian and Turkish baths shows that a person may plunge into cold water when the body is unusually warm and perspiring freely without any evil results following, if they do not remain more than a minute in the water, and if the plunge is soon followed by hard rubbing and drying with a coarse towel. Similarly as they who after a severe athletic exertion have developed great bodily heat and activity of the sweat glands, are accustomed, before waiting to become cool, to have one or more buckets of cold water thrown over them; but this cooling process lasts less than one minute, and a brisk rubbing of the skin immediately follows. By both the methods referred to the chilling of the surface is so transitory and the subsequent friction so brisk that after all the normal activity of the skin is not checked, though the temperature of the overheated body may have been quite a little lowered. How different is the habit of others who ignore the rule under consideration by going into a sea-bath when overheated! They first go in to get

cool and then they "go in" for sport, and remain from twenty minutes to an hour in the water; then the surface becomes thoroughly chilled beyond the hope of reaction, and the internal organs become congested and subject to either an acute or sub-acute attack, one or more, of "cold."

Contagious Diseases.

HOW TO AVOID THEM; PRACTICAL HINTS.

One of the most important things to be considered when a neighborhood is invaded by a specific contagious disease is how its spreading may be limited to the smallest number, and how they who must of necessity come into relation with patients thus afflicted may most surely avoid contracting the disease. Of course none should visit a patient affected with a contagious disease excepting those who can act as physicians or nurses, and these should if possible be selected from persons who have lived through the same disease, for there are several contagions which seldom strike the same individual more than once. If such cannot be found to do the service needed then persons who are in most robust health, well nourished and by previous experiences shown to be able to resist disease, should be selected. It is also very important that those in attendance upon the patient should have sufficient rest, food and outdoor air, since the susceptibility to disease is increased by weakness, poor nutrition and being constantly in the presence and under the influence of the poisonous atmosphere.

There are many general and special directions which it would be well for all to become familiar with who may have charge of such cases, for the patient's sake, but as we are now referring to the manner of avoiding contagion we will speak mainly of the methods by which the different contagious diseases spread.

Typhoid fever is believed to be disseminated almost wholly by a poison contained in the fecal evacuations of the patient, and these are thought to be poisonous as long as they remain unnatural or diarrhoeal in character; therefore the utmost care should be exercised in disposing of them. Disinfectants should be placed in the chamber vessel both before and after use, and it should not be allowed to remain any longer than absolutely necessary in the sick room, for such discharges affect the surrounding air and may be absorbed by drinking water, milk or other potable fluids which may happen to be there. The discharges should always be buried deep in the ground in an unfrequented spot, and never thrown into a privy, water-closet or cess-pool. "After the performance of any duty about the patient the attendants should wash their hands freely in water containing a small percentage of some disinfectant."

The infection of small pox is contained in the pustules and the perspiration of the patient, and probably also in the breath, so that attendants had better avoid approaching near to the sick one except when there is urgent necessity for so doing. The sick room must be well ventilated, and in view of the fact that all the poison-bearing exhalations of the patient and the dust of the dried scabs are disseminated in the atmosphere and may find lodgment in curtains, carpets and unnecessary clothing, it is well that all such things be removed as soon as the dangerous character of the disease is determined The bare floor may be sprinkled with disinfectants, powders or solutions, and it is well to hang up before the door a sheet or blanket kept constantly wet with a disinfectant solution. All clothing, bed linen, towels, etc., should be washed separately, and no household utensil used in the sick room should be used elsewhere without very thorough cleansing by means of disinfectants. The

bedding should be as limited as compatible with comfort, and to insure cleanliness a rubber cloth or other waterproof material may be placed beneath the sheet, thus avoiding any soiling of the mattress.

The infections of measles and scarlet fever are very active and persistent and affect all the secretions and discharges of the patient. They can even be carried from place to place by persons who do not themselves become victims. Therefore children from infected houses should not be allowed to attend school, and persons living in them should not allow themselves to come in close communication with other individuals nor travel in public conveyances. The same rules in regard to bare floors, walls or windows and the free use of disinfectants apply as have been suggested in cases of small pox. All of these diseases have as one of their prominent symptoms a skin eruption, and one of their stages consists in the desquamation or peeling off of thin dry scales which are often likened to bran but are finer. It is by the dissemination of the impalpable dust of these scales that the atmosphere about the patient becomes very infectious and all woolen apparel dangerous unless thoroughly disinfected. Mr. Simon, a prominent English medical officer, as quoted in the January *Sanitarian*, says: "It is believed that the dispersion of contagious dust from the patient's skin is impeded by keeping his entire body (including limbs, head and face) constantly anointed with oil or other grease; and some persons also believe this treatment to be of advantage to the patient himself."

It is not safe for the friends of the patient to associate with him too early in convalescence, for the last process is the desquamation or shedding of the scales, and Mr. Simon recommends frequent warm baths with abundant soap as a final cleansing process, to be kept up until no roughness of the skin remains.

Diphtheria is the terrible scourge which is at present puzzling the brains of the best minds in the medical profession, baffling their utmost endeavors at combating it and plucking with relentless hand both children and adults of high or low degree. Its origin, though often so obscure as to elude the searching investigation of trained men, is nevertheless frequently readily traceable to a contagion the spread of which knowledge and care will effectually prevent. The following quotation from an article on public health reform, by Dr. J. R. Black, is doubly instructive in that it presents both an example of the method of spreading of the contagion of diphtheria and the way to obviate the same: "On a densely populated street diphtheria of a very malignant type made its appearance. One victim after another was taken from the families in the vicinity. A local terror reigned; yet nothing was done by the proper authorities to arrest its extension. All that was done was by the parents in keeping themselves and their children away from the infected houses—yet the disease mysteriously spread. At last an intelligent clue was obtained to the mystery of the propagation. Infected rooms were fumigated, clothes disinfected, and above all the sputum from diseased throats was no longer carelessly dropped upon the floors, carpets or the open ground, to desiccate and rise as an infected dust, but carefully collected between the leaves of an almanac and then burned, with the result of the total disappearance of the disease within a few weeks."

Diphtheria is almost universally localized in the throat, though of course general symptoms form an important part of it, and since the microscopical examination of a piece of diphtheritic membrane shows that it is composed almost entirely of living organisms known by the name of micrococci, it seems quite probable that sufficient care in the disposal of the secretions of the throat

and mouth of those affected with the disease might be the means of putting a stop to at least one very prevalent method of extension.

The disinfectants which can be used for the purposes proposed are numerous; sulphate of iron and carbolic acid are cheap and efficient, but often the easiest to get are combinations which are advertised and sold under the names of their inventors, such as Burnett's, Condy's, Calvert's, McDougal's, Girondin's, etc. They are put up in large bottles ready for use and with full directions for the purposes to which they may be put.

Disinfection.

The commission of experts appointed by the National Board of Health have issued a circular of instruction for disinfection in cases of infectious or contagious diseases. It is worth while to give extended circulation to this matter, for the hints given for the purpose named may be applied in hundreds of ways about the homestead and farm where some putrid or decaying matter should be rendered harmless. These experts say that the proprietary disinfectants with high-sounding names are not the most reliable, and that a disinfectant cannot be regarded as efficient because it smells strongly of chlorine or carbolic acid. The following is the report of the commission:

"Disinfection is the destruction of the poisons of infectious or contagious diseases. Deodorizers are not necessarily disinfectants, and disinfectants do not necessarily have an odor. The disinfectants to be used are: First, roll sulphur for fumigation; second, sulphate of iron (copperas) dissolved in water in the proportion of one and a half pounds to the gallon, for soil, sewers, etc.; third, sulphate of zinc and common salt dissolved together in water in the proportion of two ounces of each to the gallon, for clothing, bedlinen, etc. The commission exclude carbolic acid for the reason that it is difficult to secure the proper quality, and it must be used in large quantities to be of service. In using disinfectants in the

sick room, the most available agents are fresh air and cleanliness. The towels, clothing, bed-linen, etc., should, on removal from the patient, and before they are taken from the room, be placed in a pail or tub of zinc solution, boiling, if possible. All discharges should either be received in vessels containing copperas solution, or, when this is impracticable, should be immediately covered with copperas solution. Unnecessary furniture, especially that which is stuffed—carpets and hangings—should, when possible, be removed from the room at the outset; otherwise they should remain for subsequent fumigation and treatment. Fumigation with sulphur is the only practicable method of disinfecting the house. For this purpose the rooms to be disinfected must be vacated. Heavy clothing, blankets, bedding and other articles which cannot be treated with zinc solution, should be opened and exposed during the fumigation as directed below: Close the room as tightly as possible; place the sulphur in iron pans supported on bricks standing in tubs containing a little water; set it on fire by hot coals or with the aid of a spoonful of alcohol, and allow the room to remain closed for twenty-four hours. For a room about ten feet square, at least two pounds of sulphur should be used; for larger rooms proportionately increased quantities. Cellars, yards, stables, gutters, privies, cesspools, water-closets, drains, sewers, etc., should be frequently and liberally treated with copperas solution. The copperas solution is easily prepared by hanging a basket containing about sixty pounds of the copperas in a barrel of water. It is best to burn articles which have come in contact with persons sick with contagious or infectious diseases. Articles too valuable to be destroyed should be treated as follows: Cotton, linen, flannels, blankets, etc., should be treated with the boiling zinc solution; introduce piece by piece, secure thorough wetting, and boil for at least half an hour. Heavy woolen clothing, silk, furs, stuffed bed-covers, beds and other articles which cannot be treated with the zinc solution, should be hung in the room during fumigation, their surfaces thoroughly exposed, and pockets turned inside out. Afterwards they should be hung in the open air, beaten and shaken. Pillows, beds, stuffed mattresses, upholstered furniture, etc., should be cut open, and the contents spread out and thoroughly fumigated. Carpets are best fumigated on the floor, but should afterward be removed to the open air and thoroughly beaten. Corpses should be thoroughly washed with a zinc solution of double strength, and buried at once. Metallic, metal-lined, or air-tight coffins should be used when possible—certainly when the body is to be transported to any considerable distance."

Mushrooms.

A GENTLEMAN who has made a study of the family of plants known as fungi, to which both the edible and poisonous mushrooms belong, declares that there is no magical way of distinguishing good mushrooms, no infallible test to determine healthful varieties, and in fact that toad-stool eating is not as yet an exact science. The common ideas in regard to the dangers of eating mushrooms taken from damp, dark places, those which have their caps, and those not evenly balanced with the stem in the centre, are said to be erroneous, and, indeed, tests relating to form, color, outward appearance and basis of growth are not reliable. As a general rule those having a fetid, sickly or pungent odor and a styptic taste, should be discarded, and those which are agreeable to the taste when raw or plainly cooked may be freely eaten. "One of the most common signs of hurtful fungus is a *stinging sensation* affecting the tongue but little, the throat and tonsils more, and having the most effect on the stomach and bowels." Let the mushroom absorb fat enough, as it will when fried in batter, to cover this stinging taste, or disguise it with spices, and the best safeguard is lost. In testing a new or doubtful species, even if it be palatable, it is well to first eat very moderately of it on an empty stomach, and if no unpleasant sensations follow, it may be regarded as safe in larger quantities. "Usually the nonedible fungus discloses its character when broiled; nauseous slime weeps from the stem, a grassy and disagreeable odor arises as it heats, or, on being tasted, there is no desire to take another mouthful."

Should any error in the selection of the mushroom occur, or should an injurious variety by accident or inadvertence be served with, and its presence obscured by, a harmless one, and poisonous results follow, the taking of sweet oil freely will prove the best antidote.

The dietetic value of mushrooms is chiefly due to the large proportion of nitrogenous matter which makes it possible for them in a measure to take the place of meat, but the proportion of solid constituents to the whole bulk is very small, and in fact they are as watery as turnips. They are actually preferable to meat in two respects; in the first place, because they are lacking in those stimulating and heating properties which is one of the main objections to the use of meat in summer; and in the second place, because they furnish those salts and saccharine principles which make the succulent vegetables so agreeable. Parry speaks of mushrooms as being "difficult of digestion," but this will depend much upon the method of cooking and the skill of the cook; and, furthermore, with them, as with many other of our foods, there are doubtless individual idiosyncracies which prevent their being universally admired, and the digestive organs of some persons will be disordered by mushrooms, as in others they will be by corned beef and cabbage, radishes or cucumbers.

Dress in Relation to Health.

This was the subject of a recent address by Benjamin Ward Richardson, of London. It is pleasant to see this subject attracting the attention of writers in every part of the civilized world. Mr. Richardson shows how resolutely the votaries of fashion have resisted the teachings of the learned in all time in the matter of dress. His observations, of course, have been made mainly on English people. If he were to visit America he would find that the more enlightened American women are really paying much attention to what scientists are saying in regard to dress. Here the votaries of fashion cannot altogether resist the teachings of the learned. In our opinion this fact is due to a more general knowledge of physiology

here than exists among English women. It is wonderful how afraid the English people are of allowing works of popular physiology to find free circulation among them. Here popularizing physiology has been greatly encouraged by the masses and opposed only by the bigoted few. The late Dr. Hall's works were extensively sold and still more extensively read. Dr. Trall had a large constituency. The house so many years known as that of Fowlers & Wells has turned out cords of books relating more or less to physiology and hygiene. Dr. Jackson has admiring readers throughout the United States. Dr. Holbrook, of Laight street, has issued many valuable works in addition to a health magazine. All the liberal publishing houses of the country have among their publications many books and tracts teaching something of the laws of health and life. Pretty much all of the literature of the Eclectic physicians is purposely prepared by the writers to interest the non-professional as well as the professional reader. Over half a million of our bound publications have been circulated in this country against less than 20,000 in Great Britain and Germany. Here there are all sorts of books and periodicals intended to teach people how to live properly, while in England only a few such publications can be found. Just as a farm which has been properly prepared with fertilizers will produce promising crops, so will the human mind when prepared with a physiological education seize upon improved methods of living. The work which the physiologists have been doing for many years is indeed bearing fruit here. All of our best educated American women are profoundly impressed with the necessity of protesting against the decrees of fashion.

Still, American women are weighted down with prejudices which prevent them from carrying dress reform as

far as they ought to. In the course of his lecture Dr. Richardson speaks of the necessity, in the workshop or other places of business, of a convenient outer dress suited to the occupation. Although possibly not so intended, this view logically leads to the conclusion that if women are to be admitted to the various professions and avocations which are now so generally filled by men, they must be suitably clothed to properly discharge their duties in their new callings. And here we are logically led again directly to something not far removed from the greatly ridiculed Bloomer costume. When Dr. Richardson advises mothers to dress their girls as they do their boys, with simply difference enough to distinguish the sex to which they belong, he is advocating a step which irresistibly leads to the ultimate adoption of the Bloomer dress, or something like it. Girls brought up in that way will think too much of their freedom to ever allow their limbs to be fettered with long dresses or their waists to be imprisoned in corsets or belts.

Speaking of corsets and belts, Dr. Richardson says that he must once more condemn them, "as opposed to all that is healthful and all that is beautiful." "By them," he says, "the breath is suppressed, the heart-beat is suppressed, the digestive power is suppressed." "In this way," he adds, "the tripod of life—for life rests on digestion, the respiration and circulation—is made imperfect, and with that imperfection every other part of the body sympathizes."

Dr. Richardson does not think that the small waist is hereditarily transmissible. That is to say, the child does not inherit it from the mother. But he does think the taste for such a deformity so greatly cultivated among fashionable women is transmitted to the child. He says that is in fact "one of the great difficulties which teachers have to overcome." "We have," he says, "to fight against inbred proclivities, which are so deep rooted,"

that he believes "if all the women of England at this time could, by voluntary act of education, be led to give up tight lacing, another generation, perhaps two generations, would have to live before the practice could be entirely abolished."

Although Dr. Richardson criticises in some particulars the dress of men, he says that it generally possesses the following excellent qualities: "The body is clothed equally. The clothing is borne by the shoulders; it gives freedom of motion to the circulation; it makes no undue pressure on the digestive organs; it leaves the limbs free; it is easily put on and off; and it allows a ready change in vicissitudes of weather." These advantages, he contends, should be extended to the dress of women. He says that the strongest man could not sustain, while engaged in his ordinary avocations, the clothing which women fasten around their bodies and allow to trail on the ground.

The views we have so long entertained and published in MEDICAL COMMON SENSE and other works respecting water-proof garments is sustained by Dr. Richardson's observations. He says that water-proof garments "are sources of great danger unless they are used with great discrimination." He very correctly says that while it is true that they keep the body dry in wet weather, they wet it through from its own rain. In other words, from the perspiration of the body. He advises the use of a good, large, strong umbrella, and says that such an instrument is worth any number of water-proofs.

He concludes his excellent paper with some pointed remarks upon the importance of cleanliness in dress. He says, "health will not be clad in dirty raiment, and those who say it can be will soon find themselves subject to various minor ailments—oppression, dullness, headache, nausea—which in themselves and singly seem

of little moment, but which affect materially the standard of perfect health, by which life is blithely and usefully manifested." Dr. Richardson adds his testimony to what has so often been said of late against the inky crape which is adopted by bereaved women. He thinks it the most painful of miseries which can be inflicted on the miserable.

Dancing—Does it Hurt the Soul?

A CLERGYMAN rejoicing in the title of the Rev. John Williamson, inveighs in the real old puritanical spirit against dancing, and the music of the violin. He affirms that dancing hurts the soul, that it cannot be done religiously, that it is incompatible with the unction of the holy ghost. He further asserts as one having authority, that the Lord is particularly displeased with "the peculiar melody drawn from the entrails of a common cat," as brought out by the "fiddle." He believes "it is a serious world we live in," that we have no time for nonsense, jokes or amusement. It is seldom in recent years that we have such "blue" preaching as this. It sounds like an echo from the times when a man was not allowed to kiss his own wife on Sunday. The majority of people have been gradually awakening to the belief that it is best to make the most out of this life, that healthful relaxation and amusement is not at all detrimental to serious work or thought, but quite the contrary, and that

> "A little nonsense now and then
> Is relished by the wisest men."

Our good orthodox clergymen, here in New York, are often seen to smile, and are not hostile to the melodies of the violin. Indeed we verily believe they are rather gratified than otherwise to know that horse-hair and the "entrails of a common cat" are by their use in the violin made to produce harmonies which in a measure

compensate for the discord created by the cat in the ante-mortem state. But we have devoted more space than we intended to topics better suited to essays of a different nature. We desire merely to present a few reasonable thoughts in regard to a practice which has become quite a favorite amusement in every circle of society—not even excepting the solemn and thrifty Shakers, for we understand they regularly indulge in a kind of social "walk around."

Dancing should be encouraged or decried according as its effects are beneficial or injurious to the health and morals. Under proper conditions it is surely a good exercise, and one which improves circulation, strengthens muscles, and cures cold feet. Under the usual conditions there are, however, dangers connected with the practice which are apt to more than nullify its benefits. In the first place, because of the excitement of the moment and the buoyancy of the music, it is apt to be carried to excess, though not more so than gymnastic exercises under similar conditions.

Secondly, many ladies in dressing for such occasions unwisely expose the chest to the uneven temperature of drafts of halls, public rooms and doorways, but they do this also on many other occasions when dancing is not a part of the proceedings.

Thirdly, a quick and active respiration is induced in an atmosphere which is too often over-heated and overladen with the exhalations from others' lungs, but this again is a fault which is not limited to dancing parties, but is unfortunately too common to all assemblies.

In considering these dangers it will be noticed that none of them are either necessary accompaniments of dancing, or limited to occasions when it is indulged in. When people learn, by their own experience if necessary, but better by proper early training in matters appertain-

ing to health, that too much exercise is as unwise as too little, that dress should be sufficient at all times and adapted to the requirements of the occasion, that rooms both private and public should be thoroughly ventilated, and not over-heated, then dancing will be a good hygienic as well as social custom; but until people are thus enlightened we do not know that there is any more need of abolishing dancing than many other customs equally if not more necessarily connected with dangers to health and even life. We will only take space here to mention the very common and often fatal practice of following a friend to the grave during inclement weather, and standing on wet and cold grass with uncovered head until the ceremonies are ended, till every one is chilled to the marrow, and many have contracted a three-weeks' cold.

In regard to the moral effect of dancing we shall have little to say. With those who discover in it something to arouse improper feelings and cause early development of the passions, we have no sympathy and cannot agree. In a pure-minded and healthy person who has not been unduly deprived of the society of the opposite sex, there will be nothing of the kind. We can, however, believe that such morbid individuals as will stand upon the corners of a muddy street for the purpose of observing the ankles of ladies crossing, would make of dancing a still more illicit pleasure. We are confident that everything which conduces to the social commingling of the sexes, and attracts the young of each sex from companions of the same kind to genial intercourse with the opposite, tends to improve the moral tone of each, but more especially of the male sex, and furthermore that such acquaintance counteracts the development of the morbid tendencies which have been alluded to. In writing concerning the co-education of the sexes, Mr. T. W. Higginson has truly said: "The way to 'prolong the first

unconsciousness of sex' until the proper time, is to let boys and girls be together. The way to develop a morbid consciousness is to separate them. Make the intercourse an every day matter, and there is only a healthy relation." In a similar vein Dr. G. J. Zeigler wrote: "As the lightning-rod equalizes the electricity between the atmosphere and the earth, so constant social association, under proper restrictions, equalizes vital energy, and brings into activity the highest mental and moral nature." We regard dancing as a good equalizer of vital energy.

Pure Drinking Water.

One of our correspondents has asked this question: "Is there any way within the reach of poor people by means of which impure water may be rendered fit to drink?" The writer goes on to say that she lives in a town where no attention is paid to drainage, and as long as she must live in rented property there is no alternative but to drink water obtained from the usual sources of wells which may be in too close proximity to cesspools. She says that she fears that the health of herself and two children has been impaired by impurity in the water, and wants an answer to the above question.

Various filters have been devised for the purpose of purifying water, and they do very well for the purpose of eliminating the crude and coarser impurities that are to be found in the waters supplied to large cities from reservoirs. These impurities can be seen in the bottom of a tumbler when the water is allowed to stand for a few hours; and they consist mainly of vegetable matter —some perhaps vital, but mostly in a state of disorganization. It is doubtful if such impurities are actually harmful or, at all events, it is not proved that they tend to cause disease. The water of one of the cities in the

neighborhood of New York has been so rich in this vegetable matter of late that it has even been suggested by the funnygraphers of the daily press that the town should charge an extra water-tax on the plea of furnishing soup to its inhabitants. Such impurities can, as we have said, be eliminated by means of filters. But the more dangerous impurities of water are those which are supposed to be the cause of typhoid fever and diseases of that type, which cannot be seen by the microscope or eliminated by a filter. These impurities, if solid, are either too refined or too subtle to be detected, but the probability is that they are held in solution. The real question of importance is therefore how to eliminate subtle impurities which are so difficult to detect, and yet which may be the cause of severe and fatal disease; for it must be remembered that the water which will produce in some persons typhoid fever, may in others of stronger constitution or different temperament, simply produce a feverish tendency or other derangement of vital functions which puts the health of the sufferer below par, and causes him to feel out of sorts. These subtle impurities filters will not eliminate. How then can they be removed? Some believe that thorough boiling of such water, continuing the process so long as to evaporate a portion of it, will purify it and make it fit for drinking. This is probably very effectual. Again, it has been suggested that such water can be disinfected and made drinkable by adding to a few quarts of it two or three grains of permanganate of potash. This salt becomes dissolved in the water and is not, in that proportion, hurtful to health. Perhaps the most effectual way would be to combine boiling and the use of the permanganate of potash. But, after all, we think it best, if possible, to take the trouble to obtain the water from a reliable source. Just as we are not partial to pork con-

taining a few million trichinæ killed by the process of cooking, even though there may be some nutrition in such food; so we would prefer not to drink water which has been contaminated even if it has been disinfected by boiling or other process. The amount of water drunk by a family or used in the making of tea and coffee is not very considerable, and where one cannot be sure of obtaining pure water at home, it would be better in the long run to send one of the children with a bucket to some neighbor where a good quality could be obtained. This, on the whole, would probably not be more troublesome than subjecting the water from one's own well to the process of boiling.

This water can be kept pure by adding one grain of salicylic acid to two gallons. Water has been so kept at sea, on shipboard, for one year! As salicylic acid may be administered in medicinal doses of ten or twenty grains, it will be reasonably inferred that one grain in twenty quarts of water can injure no one.

After Dinner Naps.

The question is often asked whether it is advisable to allow oneself to sleep directly after eating. It is quite common for a sensation of drowsiness to follow a hearty meal; and it often seems very provoking that we cannot have the time to gratify the want, and still more so when some prudent but over-anxious friend arouses us from a delightfully dreamy lethargy with a nudge in the ribs, and the reminder that it is not well to sleep directly after eating. It is then we are glad to rescue ourselves from the hackneyed and proverbial sophism of our would-be saviour, and referring him to the latest authority, quietly resume our doze. Mr. Frank Buckland, the well known English naturalist, is the latest "defender of the faith" that it is perfectly proper to sleep after

eating. He says, "I have no hesitation in saying that the proper thing to do is to go to sleep immediately (or at least very soon) after the meal of the day. Animals always go to sleep, if they are not disturbed, after eating. This is especially noticeable in dogs; and the late John Hunter showed by an experiment that digestion went on during sleep more than when the animal was awake and running about."

Now, this is the most *satisfactory* answer to the question, but what we want is the truth about it, even if it does deprive us of a favorite solace.

It seems to us there is but one way to decide this question for each and every individual case, for one answer will not do for every one. Even granting that it is normal and proper for perfectly healthy animals, including human beings, to sleep during the process of digestion; yet it does not follow that all decrepit mortals can do the same with impunity; and it must be confessed that there are few who are the happy possessors of a perfect digestion—omitting for the present any consideration of other ailments. Many who follow their inclinations in this respect, the dictates of their nature, awake after an hour or two to find themselves in a very unpleasant condition of both body and mind. The mind is confused, the head dizzy; there is a disagreeable taste in the mouth, and the sensation of a heavy weight in the stomach. Taken all in all the effect is not nice, and this by the way is expressing it mildly. Such a person after a few such wakings will be convinced that it is not the proper thing for him to do to sleep immediately after eating. Therein he is correct, and should abide by his experience; at the same time being careful not to make rules for others. On the other hand, some will doze off after the midday meal, dream pleasant dreams or none at all, and awaken refreshed and ready for either mental or

bodily work. Such a one can give thanks for his nap as well as for his dinner; but he also must beware how he advises every one to "go and do likewise." We will not now take space to explain this difference, any more than to say that well known variations in bodily health and vigor will probably be sufficient; and the only law we can lay down for the guidance of each and every individual is this—try your luck, and abide by nature's decision—your own experience.

What of Abortion?

All attentive readers of publications that have been issued by us in the past twenty years, are aware of our outspoken sentiments in regard to the crime of fœticide. It is pleasant to see that the press, and especially the reformatory press, throughout the land is taking a similar position, and speaking brave words upon the subject. The *Alpha*, published at Washington, in its December issue, quotes a portion of a medical professor's charge to a graduating class, and adds some forcible comments upon it. The professor remarked to his class, in substance, as follows:

"So common has become the crime of abortion that you will have daily importunities made to you to perform the operation, against which I enjoin you in the name of your Alma Mater, God and humanity, to stand and frown down as the most atrocious of crimes. Our only hope is, that as the knowledge of medicine becomes more and more universally diffused among the people, they will learn to realize that abortion is murder."

We confidently believe that the hope expressed in the foregoing is well founded. When both men and women come to learn how peculiarly and delicately they are constructed, they will shrink from such blind violence as is now so commonly practiced upon themselves. Fœticide has been common in all ages of the world. It was perhaps more common in ancient Rome than it is at this

period. As mankind come to learn how "fearfully and wonderfully we are made," it will doubtless fade out entirely. But, in order to disseminate such knowledge, those who would strike at obscene literature must not with the same weapon strike down the teacher. And, whatever may be possible to the race some two or three hundred years hence, it is manifestly better that the prevention of conception should be encouraged than discouraged by either precept or law. If, in the eye of the rigid moralist, prevention really is an evil, it is certainly one of so much less magnitude than abortion, that if the latter can be discouraged, and in time cease to be practiced, by fostering the former, we may very sensibly choose the least of two evils.

We have seen in some of the medical magazines notices of a work by Elizabeth E. Evans, entitled *The Abuse of Maternity*, published by Lippincott, Philadelphia, in which it seems she takes very decided grounds against what she styles "the growing crime of fœticide." But, according to the reviewers, she expresses the opinion that "it is impossible for two parents to bestow upon a dozen children the physical strength and intellectual capacity that they could to half or quarter as many." Whatever may be the general merits of this work, the views taken by the author in regard to fœticide, and, on the other hand, to the effects of excessive child-bearing, fully accord with our own.

Hygienic Influence of Plants.

The professor of hygiene in the University of Munich, Max Von Pettinkoffer, has, in an article which is reproduced in the *Popular Science Monthly* for February, 1878, presented some new ideas in regard to our reciprocal relations with plants, and has given facts which should finally answer the question as to whether plants may be

allowed to remain over night in a sleeping room. While he admits it as proved beyond doubt that vegetation in general purifies the air, (1) by consumption of carbonic acid gas, (2) by exhalation of oxygen, and (3) by the production of ozone, he brings forward the facts to show that it makes no perceptible difference in the constitution of the air either in the open fields or the ordinary confinement of buildings, whether there be many plants growing or not. As a matter of fact the products of combustion proceeding from all the lungs and chimneys of Paris or Manchester (England), are not sufficient to increase the amount of carbonic acid to such an extent as to make it possible to detect the difference by our methods of analysis. The air of cities has not been found more loaded with carbonic acid than the air of green forests where the vegetation is actively engaged in consuming it, nor has the amount of oxygen on the summit of Mont Blanc been found to differ from that in a city, or in the swamps of Bengal. "The absence of demonstrable variation, in spite of the production of oxygen by living plants and the absorption of it by the process of combustion and decay, becomes intelligible when we consider first the mobility and then the mass of air encompassing our earth." It is therefore the constant motion of the atmosphere in currents, even where there is apparently perfect calm, and the very rapid diffusibility of gases, which prevents the accumulation of an excess either of carbonic acid gas or of oxygen in any one place. The effects of plants on the atmosphere of a closed apartment, whether by day when it is consuming carbonic acid gas and evolving oxygen, or by night when it is reversing this process less actively or at a slower rate, are very inconsiderable, owing to the fact that plants accomplish their work of change very slowly—at a very much slower rate than human beings do by the respiratory process. The rates of these compensatory processes

of respiration in animals and plants can be compared to the rapidity with which a boy can demolish an apple that a tree has been weeks in producing. The power of twenty active plants would according to the estimate of Pettinkoffer be entirely insufficient to neutralize the carbonic acid exhaled by one child in a given time. We may be certain that the rate of production of carbonic acid by plants during the night is not greater (and probably is much less), than its consumption of it during the day, and remembering this fact we have no need to fear the presence of a dozen or more live plants in our sleeping rooms, nor would there be objection on this account to sleeping in a green-house.

It is a significant fact that a few workmen laboring in a large green-house with closed windows and doors will, in spite of the counterbalancing effect of hundreds of plants, produce an excess of carbonic acid gas in such a place. This fact is simply a good illustration of the activity of the combustive process in the human body; it proves that we are continually poisoning the air about us by our exhalations; and that what we have most to fear in a confined room and from insufficient ventilation is ourselves, and not our sluggish house plants.

Is Bathing Essential to Health?

A WRITER in the *London Medical Times* says that millions of men take no baths of any kind, or at most only slightly wash their faces and hands once a week, and yet live to old age in the enjoyment of health, and argues from this fact that bathing is not essential to health. He further holds that there is nothing to show that those who take frequent baths are more exempt than others from colds, catarrhs, etc. We think the observations of most physicians will disprove this last statement. In our practice we have known of Russian and Turkish

baths having entirely overcome predispositions to taking colds. That physicians are impressed with the utility of these baths is sufficiently evinced by the fact that they are generous patrons of our large bathing establishments. In places of either sort, the Russian or the Turkish, it is pretty safe to call nearly every other man Doctor, when indulging in the luxury of a bath.

The true explanation of the facts given by the writer in the *Medical Times*, so far as he actually states facts, is probably this: The millions of men who take no baths of any kind are generally those engaged in out-of-door pursuits and usually in labor which promotes free diaphoresis. Your hardy workingman puts on plenty of flannel and in the course of his laborious work perspires freely. Moreover by his muscular exercise he greatly quickens circulation. A vigorous circulation and a dislodgement of all obstructions of the pores by perspiration would produce practically just about the same results as either a Russian or a Turkish bath. The latter would consequently seem to be necessary appendages to our civilization to meet the necessities of millions of other men who are engaged in sedentary pursuits. Just these people are the ones who are usually liable to colds, catarrhs, headaches, etc., unless they do adopt some means of assisting thorough elimination by the way of the skin as well as by what are commonly known as the eliminating organs. If the writer in the *Medical Times* should succeed in leading people of sedentary habits to carelessness or indifference in respect to bathing he will certainly set back a hundred years or more the progress which has been made in the cause of hygiene.

Effects of the Tobacco Habit.

We find among some scraps, put by for reference, the following concerning the deleterious effects of tobacco,

which we commend to the careful notice of any of our readers who are addicted to the use of the weed, or who have the care or guidance of boys :

This weed, which human beings habitually use, is the deadliest poison known. Its effects on the human system are varied and deleterious in proportion to the organs affected. The derangements which the habitual use of tobacco produce [in a more or less pronounced form] are as follows : Headache over the eyes. Nervous headache with sickness of the stomach. Deafness. Partial blindness, or amaurosis. Running of the eyes. Cancer of the lips. Consumption, preceded for years by a cough. Asthma. Dyspepsia. Palpitation of the heart. Paralysis of the upper part of the body. Neuralgia, especially of the face, head and neck. Swelling of the gums and rotting of the teeth. Enfeeblement of the lymphatics. Enlargements of the glands of the face and neck, making the chewer thick about the cheek and lips. Lethargy. Morbid appetite for spirituous liquors. Morbid appetite for food, especially high-flavored food. Indistinct taste. Indistinct smell. Imperfect sense of touch. Obtuseness of the moral sense. Uncleanness of person. Stentorian or snoring sleep. A sense of deadness and of great debility on first waking from sleep, until one has a chew or a smoke. Confirmed and incurable disease and premature death. To all these may be added conveyance of schirrus diseases to wives, and transmission of the poison to offspring.—*The Alpha.*

Dangers of Kissing, or Lip Contagion.

A YOUNG lady writes from the Pacific coast to ask if it is possible for one person to acquire syphilis or other blood poison from another through kissing, or by drinking from the same cup.

Certainly. Contagious diseases have been conveyed in these ways too often to permit of any doubt of it, and every one ought to know it. Disease is not likely to be conveyed from lip to lip in kissing unless the person diseased have a sore or abrasion of the mucous membrane, but the latter may be so slight as not to be noticeable. The practice of allowing indiscriminate kissing of children is not safe. Between those who are not very well acquainted, a nod of the head or a shake of the hand is enough. If one must drink from a public cup it is well to place its rim against the skin below the lip rather than against the more receptive mucous membrane.

Overheating Houses.

VICK'S WELL-KNOWN FLORAL GUIDE advises against overheating plants. It says the temperature of the room should not be allowed to go above 70 degrees and 65 degrees would be better. "Give a little fresh air every day and all the sunlight attainable. An effort should be made to give moisture to the atmosphere, for our own good as well as for the life of the plants." The advice here given in regard to temperature, fresh air and sunlight is just as essential to human beings as to plants. Sensitive plants dry up and wither away and die if the surroundings are not favorable. So sensitive individuals sicken, get headaches and depressed feelings when the room is carelessly allowed to be heated to 76 and 80 degrees, when ventilation is never thought of, and sunlight almost wholly excluded. Especially in winter do we find sickness from these causes, for the overheating of furnaces and stoves is not as readily borne as the summer heat, and ventilation is prevented not only by shut windows and doors but by weather strips, and the sunlight is absent a larger portion of the time than in summer. Therefore if you

find that no plants will live in your own living rooms may it not be that it is too great a tax upon your own constitution to maintain existence in such a place.

Contagion by Finger Nails.

There is popularly supposed to be some poison communicated by an abrasion of the skin by the finger nail, or when it comes in contact with a wound. We question this. Unless a person has a very decided scrofulous diathesis or unless the system is greatly diseased with syphilis there ought to be nothing in the hard tissues of the body to communicate disease. What to our mind more likely is this: People are not particular enough about keeping the finger nails clean. Those of refined tastes and who belong to what is termed "good society" take pride in keeping the nails free from anything which discolors them. But that kind of material gathering under the nails which makes them look disagreeably is not as apt to contain some insidious poison as something which may not exhibit itself to the visual organs at all. The bright blade of the lancet when it looks free from any corrosion and when it seems to be entirely clean, if introduced beneath the skin may convey a poisonous inoculation. In various ways the finger nails may come in contact with transparent fluids which, brought in contact with the blood by an abrasion, would cause a sore—perhaps obstinate ulceration. These poisonous matters may be gathered up by contact with the various objects we take hold of, for we are constantly handling things which have passed through the hands of hundreds of others. In public conveyances, especially, the hands grasp and find rest where thousands of hands have been before. A person having a cutaneous affection will be very likely to have his finger nails charged with the poison for the

reason that he is so often scratching himself. There are some occupations which are liable to charge the nails with irritating matters. Both for the purpose of entire cleanliness and for complete safety every person should use a nail brush and apply it thoroughly as often as twice a day, while its more frequent use would be even still better.

Shut your Mouth.

One of the foreign medical journals calls attention to the evils of breathing by the mouth, and reminds us that the nose was made for a two-fold purpose: first, to sense impure air and lead us to avoid it; secondly, the inequalities of the nares retain solid particles of the atmosphere, and prevent the inhalation of irritating dust in the delicate tissue of the lungs. Therefore "shut your mouth," instead of being an impudent demand is good hygienic advice.

False Teeth Plates.

Much has been said from time to time in respect to the injurious effects of rubber plates for false teeth; especially the red rubber, which contains mercury. Several cases having come under our observation in the course of the past year or two we wish to add our testimony. In one case of a lady over seventy years of age, who had been troubled for years with a sore mouth which had resisted all remedies of all schools of practice, we advised the substitution of celluloid for the rubber, and a new set of teeth was made using this new, excellent and cheap material. Nearly or quite a year has elapsed since the celluloid plate was introduced, and she has not had an attack of sore mouth since making the change. A patient who had suffered long and severely with sore mouth was finally interrogated by us in respect to the

teeth. We found that she was wearing the red plate. We immediately advised the substitution of celluloid, and her long and serious trouble with the mouth was speedily cured. Many other cases might be mentioned, but these two will suffice.

Near-Sight.

Dr. Loring in an essay upon the human eye changing in form under the influence of modern education shows that what is commonly called near-sight or, technically, myopia, is produced between the tenth and fifteenth years. At this age the investing membrane of the eye, which is elastic at this period of life, yields to the pressure of the watery contents of the eye-ball, and these are increased by close application, resulting in a lengthening of the eye, or what would be called a too full development of the cornea. It is, therefore, recommended that a greater number of years be allowed for study in order that the eye may not be unduly taxed. It is said that the English who give greater time to education are not as subject to myopia as the Germans who crowd their students. The pressure of the fingers upon the ball of the eye has a tendency to diminish the convexity of the eyes as they expand from the above or other cause.

Occupation for Invalids.

Dr. T. D. Lente says the most important desideratum for the invalid is occupation—something to give employment to both body and mind. Want of it is a stumbling block to the improvement and enjoyment of many of the visitors to Florida. *Ennui* is the dangerous enemy of the invalid. The same idea is expressed in the following Chinese proverb: "The dog in the kennel barks at his fleas, but the dog who is hunting does not feel them."

Baby Comforts.(?)

In January last a physician reported to a medical journal a case of a child three years old with a tape-worm. The same journal in April records another case of the same parasite affecting a child two years old. The latter was cured by pumpkin seeds and castor oil, after being much worn in health, and producing over forty-five feet of *specimen*. How did this persistent and terrible parasite get into the children? Probably the grandmother or some "good nurse" thought the baby would like a piece of raw meat to exercise its gums upon, and the unfortunate child took in the parasite in the meat. We have seen babies lustily sucking on pieces of fat *raw* pork, given them in the place of soothing syrup; but we hardly know which is the most dangerous of these two favorite baby comforts. The soothing syrup contains an insidious drug that gradually undermines the health and makes the child irritable and nervous. The fat pork or even a piece of raw beef may contain a germ that will find such agreeable quarters for development in the intestine of the child that it will take firm hold there; it sometimes refuses to be dislodged till by its grip of death the poor infant wastes and dies. Babies are better without meat, either raw or cooked, and thrive best on the milk diet which nature as a rule provides for them.

Alcohol as a Food and a Medicine.

Annie Wittenmeyer, President of the Woman's National Christian Temperance Association, and claiming to represent 100,000 women, addressed a letter of inquiry to the members of the medical profession who were gathered together in International Congress at Philadelphia, during the centennial days, concerning the physiological status of alcohol, its food value, and its medicinal pro-

perties. The following reply may therefore be regarded as the expressed opinion of the leaders of the old school practice. We quote it without further comment than that it is a subject on which high authorities are far from unanimous in their opinions, and "where doctors disagree, who shall decide?"

INTERNATIONAL MEDICAL CONGRESS,
PHILADELPHIA, SEPTEMBER 9, 1876.

DEAR MADAM:—I am instructed by the Section on Medicine, International Medical Congress of 1876, to transmit to you, as the action of the Section, the following conclusions adopted by it with regard to the use of alcohol in medicine, the same being in reply to the communication sent by the Woman's National Christian Temperance Union:

1. Alcohol is not shown to have a definite food value by any of the usual methods of chemical or physiological investigation.

2. Its use as a medicine is chiefly that of a cardiac stimulant, and often admits of substitution.

3. As a medicine, it is not well fitted for self-prescription by the laity, and the medical profession is not accountable for such administration, nor for the enormous evils resulting therefrom.

4. The purity of alcoholic liquids is in general not as well assured as that of articles used for medicine should be. The various mixtures, when used as a medicine, should have known and definite composition, and should not be interchanged promiscuously.

Very respectfully, your obedient servant,

J. EWING MEARS, M. D.,
Secretary of the Section on Medicine.

ANNIE WITTENMEYER,
Pres't of the Woman's Nat'l Christ'n Temperance Union.

Causes of Headache.

AMONG the causes are long-continued straining of the eyes, sudden excitement, bad air, exposure to heat of the sun, remaining too long in bath, going without a meal, alcoholic drinks, rheumatism, long hair and false hair so arranged as to increase the heat of the scalp, stovepipe hats, tight boots and shoes, exhaustion from brain-work, six o'clock dinners, tea and coffee drinking, going without sleep, and excessive exercise of any function;

"but by far the larger share of headache has its origin in that foul state of the system, particularly the stomach and bowels, caused either by bad dietetic habits or by insufficient elimination of morbid matter through the bowels, skin, lungs or kidneys." Those who are subject to headache will probably be able to pick out of this long list of causes the one which properly applies to their own individual cases; and when once satisfied the cause is known, of course the rational remedy is its removal; but, besides this one important thing, it is recommended to try more exercise, wetting of the forehead, morning baths, putting the arms or feet into hot water, manipulating the head by magnetic hands, and, when needed, more rest and quiet.

Parasites of the Skin.

An English physician whose devotion to his profession led him to make experiments upon himself with vegetable parasites of the skin, obtained some results which agree with our oft expressed opinion that parasites are not apt to readily take up their abode in the tissues of those who enjoy perfect health. He found that all vegetable parasites could not be made to live upon all persons; that a healthy skin often obstinately resists the endeavor to implant upon it a parasitic fungus, and that even the milder forms of such affections originate upon skins below par in vigor.

Poisoning by Homœopathy.

A physician writes to the *Medical Record* that he was called to attend a lady who exhibited severe symptoms of strichnia poisoning, due to her having taken seventy granules of Homœopathic nux during an hour and a-half. She said she supposed "that Homœopathic medi-

cine was harmless, that it could affect only the disease and not the patient." Inhalation of chloroform and nitrate of amyl relieved the convulsions caused by the drug.

People are too apt to consider the sweet and palatable preparations of Homœopathy as harmless, and inactive, except in cases of disease. Too often such pellets are left where they are accessible to children who would know no better than to eat a bottle-full of them, mistaking them for candy. Had a child taken as many pellets of nux as the lady above referred to, it is extremely doubtful if antidotes would have availed to save it from death. Indeed we knew of one case of death of a four-year-old, an only child, from a similar unfortunate mistake, and so we would caution every one who has occasion to use Homœopathic pellets, or sugar-coated pills of other make, to take them only according to the directions of a physician, and be sure to keep them out of the reach of everyone else, for there are grown persons as simple-minded as children, and equally prone to devour sweets wherever they may find them.

Seven Good Rules for Preserving the Eyesight.

(1). Cease to use the eyes for the time being, and look away from the work, when it becomes in the least painful, blurred or indistinct. After perfect rest for a moment, or longer, work may be resumed, to be discontinued as before when the eyes feel again fatigued.

(2.) See that the light is sufficient, and that it falls properly upon your work. Never sit facing it. It is best that the light should fall upon the work from above and behind. Failing this, it may fall from the side. Never use the eyes at twilight. When artificial light is

at all painful, it is safer to read or write only during the day.

(3.) Never read in the horse or steam cars. It requires too great an exertion of the accommodative power to keep the eyes fixed on the letters. [This rule, in our opinion, is only useful for those who are conscious of possessing weak vision.—Eds. HEALTH MONTHLY.]

(4.) Never read while lying down; it is too fatiguing for the accommodative power. Many a tedious case of weak sight has been traced to the pernicious habit of reading in bed after retiring for the night.

(5.) Do not read much during convalescence from illness. Before the muscular system generally has quite recovered its healthy tone, we ought not to expect the muscles of accommodation to bear the continuous use to which they are subjected in reading or writing. We cannot be sure that the delicate muscles of the eye are in a condition to be used until the muscles of the leg and the arm have regained their strength and firmness.

(6.) The general health should be maintained by a good diet, sufficient sleep, air, exercise, amusement, and a proper restriction of the hours of hard work.

(7.) Take plenty of sleep. It is a sovereign balm for those who suffer from weak sight. Retire early, and avoid the painful evening lights. Ten hours' sleep for delicate eyes is better than eight.—H. C. ANGELL, M. D., in the ATLANTIC MONTHLY.

Care of the Teeth.

SCARCELY any of the various organs of the human body can be so simply and easily cared for as the teeth: and yet the neglect of them is extremely common, and the consequence very painful and annoying. It is safe to say that there is no form of pain, common among the

people, that is so distressing, and so wearing upon the nervous system, as that caused by the teeth.* Nor is there any ordinary cause of such disfigurement to young or old, as the presence of decayed and diseased teeth. Yet all this injury, both to comfort and to personal appearance, can in most cases be avoided by a little simple care, which when once learned becomes very easy.

Here, as in most other matters of personal habit, the whole subject may be summed up in the words *cleanliness is health*. The essential point is to keep the teeth thoroughly clean; and for this purpose the following directions may be given:

(1.) In the first place, the teeth should be picked and washed after each meal, so as to remove particles of food from cavities and interstices.

(2.) All persons should learn the habit themselves, and teach it to their children, when quite young, of brushing the teeth vigorously, both inside and outside, at least once a day. It is better to do so both night and morning, but at all events before retiring. It is also very desirable to employ some soft cleansing substance, in addition to the mere rubbing. Such are soap and precipitated chalk.† But in all cases care should be taken not to use any preparation that feels harsh and gritty to the teeth, as all such are injurious. Many powders are sold, professing to render the teeth brilliantly white, which are yet liable to this objection. Any substance which is harsh and gritty in feeling, when rubbed on a tooth, shows that

* Much of what passes for "neuralgia in the face" is simply due to this cause.

† The following formula of Dr. Fred. Hoffmann renders an excellent tooth-powder: 8 parts by weight of precipitated chalk, one part of powdered Castile soap, ½ a part of salicylic acid, ½ a part of powdered myrrh; this mixture may be flavored according to taste, either by a few drops of oil of peppermint, oil of rose, or oil of wintergreen.

it is unfit for such use;—because it scratches and wears the enamel—the hard outside coating which protects the interior bony tissue, or *dentine*. If the enamel be at all worn away, the surface of the tooth is far more exposed to decay. Such hard powders do indeed clean the teeth brilliantly; but they do so at the cost of permanent injury.

A very valuable fluid preparation is the tincture of myrrh, either alone or mixed with a little alcoholic solution of soap. Like the beforementioned tooth-powder, this may be obtained from any good pharmacist. A few drops upon the toothbrush, furnish an excellent means of cleansing and apparently hardening the gums. This effect is probably due to the astringent properties of the myrrh. There is no better direction to give than to use the tincture of myrrh in the morning, and the tooth-powder at night.

(3.) It often happens, however, that a dark-colored coating, called *tartar*, forms like a thin crust upon the teeth, especially if there are places where the brush does not reach. When this is perceived, it should be removed by rubbing the place with a small bit of hard wood, and with *finely* powdered chalk, until the surface becomes white and smooth again.

(4.) If in the course of rubbing or brushing, any spot is found to be tender or painful, there is strong reason to believe that decay is already begun there. In such case, recourse should be had promptly to a good dentist, who can easily fill the cavity and arrest the disease before it becomes seriously painful or injures much of the tooth. The sooner such a matter is attended to, the less trouble and expense it will involve.—*Popular Health Almanac.*

"Doctor, is tight-lacing injurious?" "Of corset is, Madam."

Porous Plasters.

Almost everybody who has a back-ache, or pain in the side, at once thinks he must put on a plaster. Latterly there has been so much said of the importance of the pores that the plaster makers have made what they call porous plasters. How well these can answer the purpose, and still allow nature to perform her proper functions, can be perceived when it is considered that on the back part of the body there are five hundred perspiratory glands to the square inch. On the soles of the feet and palms of the hands there are twenty-seven hundred to every square inch. Every one of these glands has one or more openings upon the skin, and the pores, as they are called, have their functions to fulfill, every one of them. About two pounds avoirdupois passes through them every day; and what is thrown off in this way contains a great amount of effete or waste animal matter. If the plaster seems to give some momentary relief, the ultimate effect cannot fail to be injurious, if not locally where applied, then constitutionally.

Removal of Superfluous Hair.

We often receive letters inquiring how superfluous hairs about the face can be removed—usually from young ladies. We are at a loss to know just how to answer them, for it is no easy matter to remove these unwelcome visitors *permanently*. They can be pulled out one by one, but they soon return to be pulled out again,—an operation which is rather more tedious than painful, especially if they constitute a tiny but too apparent moustache. Shaving of course stimulates the hairs to renewed vigor, and they come faster and thicker than before. The difficulty consists in destroying the hair follicle. Mildly caustic local applications sometimes do this, but must be

used with great caution lest they destroy the skin also and leave a scar. To show the harsh means necessary to destroy the hair follicles we will quote a method suggested in the *Michigan Medical News*, which could hardly be practiced except by a physician, and an expert one too. A needle point is to be passed down parallel to the hair within its sheath, and to the bottom of the follicle. It is then to be removed and a smaller needle dipped in fused nitrate of silver (a severe caustic) which crystallizes on the point, is to be put into the puncture already made. No scar is left and no hair returns. We wonder how many young ladies with an immature hirsute appendage, which does not her suit, would be willing to submit to such an operation for herself, or even for her suitor? If a fond lover, he would set his face against it—the, the—well, both the operation and the appendage aforesaid.

Preparations for removal of hair, called depilatories, will be found among recipes.

Hygienic Undergarments.

We would like to give some good, practical instructions on ladies' dress-reform before finishing this chapter, but it has already taken more pages than were allotted to it, and as the information can be had at very small cost, we will refer our readers to a little thirty-cent pamphlet entitled "Dress and Health," published by John Dougall, Montreal, Canada, and to the illustrated catalogue of Miss Page, 20 West 12th Street, New York, which is sent free to any address.

CHAPTER II.

COMMON SENSE ON COMMON ILLS.

Chronic Diseases and their Cure.

When any one is taken with a raging fever or other acute attack, in a few weeks at the utmost the sufferer either goes to his long rest or he gets upon his feet and dispenses with the services of his physician. There is no trial of patience in a case of this kind; it is anxiety as to the result rather than impatience. But there are moving over the face of this curious planet great numbers of people who are continually suffering from some pains, aches, or peculiar derangements of their physical machinery, many of whom seem to think they must go through life in this way because they have tried their family physician, somebody else's family physician, and finally a whole catalogue of nostrums of various descriptions. They say, and it is said of them, that they have a *chronic disease*. They suffer themselves; they cause almost everybody around them to suffer to some extent, because every shadow that is thrown in our pathway in life, whether it comes from our personal sufferings or from those about us who suffer, is a real shadow which affects our cheerfulness and consequently our happiness. Moreover, when it is considered how many of those chronic sufferers are reproducing themselves, and in some cases raising large families, it can readily be seen how, by hereditary transmission, they are projecting their ills into the ages, unless indeed their immediate posterity shall be more resolute and more pa-

tient than their ancestors have been in pursuing remedial agents with sufficient thoroughness to eradicate the blight. This remark implies that these chronic diseases may be radically removed. That is precisely the implication we choose to have drawn. The only obstacle in the way of some such complete convalescence is the want of patience and of perseverance in pursuing a systematic course of medical treatment for the removal of the malady whatever it may be. Those who have acquired their difficulties instead of having inherited them, will, if they take a retrospect of the pathway which led downward to the existing condition, see at various steps of their downward course that they had days of sunshine when they would imagine that the progress of the disease had been stayed and that they had reason to believe that they were to be delivered from the physical enemy which pursued them. This we think has been the experience of every one who has through a series of years of accumulating physical suffering reached a diseased condition which is generally recognized as chronic. All such people should realize that if they are to get well they must retrace their steps and go over a good deal of the same ground which they have traversed; the exception will be that on the road to health they will be overtaken by dark days—hours of discouragement—as well as by those which encourage hope. By no miraculous remedy, nor yet by months of watchful care of themselves can they hope to reach a condition of health. Months, and in some complicated cases even years of skillful alterative treatment is necessary to so change the constitutional condition as to leave nothing for their troublesome symptoms to hold fast to. Whether in acquired or inherited chronic disease, it is necessary *to remove the predisposing causes* which exist in the system. These causes may lie in the blood or in the nervous sys-

tem. Blood impurities are capable of obstructing vital changes and may fasten upon tissues and produce almost every physical ill known to the human family. Nervous disturbances may unbalance the mind or may affect one or more of the vital organs to the extent of inducing inharmony of action throughout the physical machinery. Whether inherited or acquired, the derangements, whether in the blood or nervous system, must be taken hold of by a specialist who has made such chronic ills a study, and then the remedies must be administered or applied with such regularity and persistence as will effectually dispose of the diseased conditions. The family physician is not usually the one to carry out successfully a treatment of this kind. His pharmacopœia is too limited, his practice in such cases too small and his own patience too unreliable to enable him to attain success. Having selected the physician in whom the invalid has confidence, the work should go forward earnestly and patiently on the part of both physician and patient. Progress must not be expected without interruption. In the changes of the seasons we have snow storms in April and Indian summer in October. In geography, sand bars, islands and innumerable little bays obstruct our approach to the boundless ocean. So in diseased conditions which are recognized as chronic, we should be patient with the intermediate discouragements which must be encountered in seeking the haven of health. So long as there are some encouraging symptoms, even though there be but few, and even if the improvement be slow, the only hope of success is in obeying implicitly the directions of the physician and following his advice to the end. If those who have been discouraged by the failures of the family physician and of a great variety of recommended panaceas, would take this course we feel confident that the great army of chronic sufferers would

be returned to the ranks of industry and the comforts of health. The requisites, however, are so important we will epitomize them thus : A capable physician who has had extensive experience in the treatment of *chronic* ills ; resolution, patience and perseverance on the part of the invalid.

Consumption.

Andrew Clark, F. R. C. P., which means Fellow of the Royal College of Physicians, of London, when visiting the medical fraternity of New York city recently favored the students of Bellevue College with a lecture on the varieties of the consumption of the lungs. His knowledge of the several varieties had been acquired by hospital practice and hundreds of dissections of the victims of consumption. After describing minutely the four or five different ways in which the lung tissue may be destroyed by phthisis, how the process is in one instance quick and in another slow, how in one instance the lung becomes solidified by the destructive effects of more active and feverish inflammation, and after relating cases that had come under his observation, illustrating these different kinds of consumptive disease, he in one short sentence thus disposed of the method of treatment : "In none of these cases have I been able to render any therapeutic service whatever." While the close observation and study which this eminent physician has given to the various manifestations of consumption are doubtless of scientific value, and will in time probably lead to scientific methods of treatment, those who are now so unfortunate as to have the disease developed in them will do better to apply, for treatment, to those who have devoted more time to the discovery of efficient modes of treatment than to acquiring the ability to distinguish nice points of difference between the several varieties of

disease, which are in fact all due mainly to one cause, as rain, snow and hail are different manifestations of the one thing, the fall of water from the clouds. When the eminent students of human disease have pursued their studies far enough to learn that almost all changes of bodily tissues from the healthy to the diseased state are due to the depraved state of the blood or imperfect circulation, and that such minerals as iron, arsenic, bismuth, antimony and mercury are not capable of making good blood or eradicating impurities, there will be a great gain in the number of recoveries from serious organic diseases which now kill their victims by inches, and which are more certainly transmitted to offspring than the worldly goods in these days of contesting wills. By the way, if the children could by quarreling over their hereditary diseases as surely rid themselves of them as they can of their hereditary estates by bickerings, how fortunate it would be! So far as hereditary tendencies to consumption are concerned, there is no well informed new-school physician who is not familiar with the means of removing them. Even the disease itself, after it has been developed, is as curable as almost any other ill, under a rational system of medication.

Advice for Invalids.

THE following letter, which was forwarded to us, is from a patient to a friend:

July 30, 1880.

BROTHER B. H., SIR: When you paid us your last visit you stated your son had some difficulty in the head and you thought you would have him treated, but at an enormous expense, etc. What I wish to say is this—I was almost confined to the house for three years—took treatment of eight different doctors, but got no better. Finally I saw an account of Dr. E. B. Foote, who treats

none but difficult cases of all sorts without seeing the patients. I wrote, took treatment and am mending. If you have not commenced treatment write to him—tell him of your son—request him to send you a list of his questions to invalids; enclose a three-cent stamp for return; then answer those questions, or such as the boy complains of; send your answers, upon which you will receive a correct explanation of causes of the trouble, and all further arrangements needful.

Yours truly, D. L. G.

P. S. Do as you wish, of course. I simply felt it my duty to inform you. Thus you may probably have your son treated for much less: it will cost you but little to find out. Address, E. B. Foote, box 788, New York, N. Y.

Malarial Affections.

Just now the human family seems to be infested with malarial affections. Various attempts have been made to account for the prevalence of malaria. Locations which have never before exhibited any traces of it are in many instances found to give trouble to some of the oldest inhabitants. It is probable that there is more than one cause for this. Our atmosphere varies in its qualities even more than a stream varies in the character of its waters. The air that we live in may not only be affected by celestial bodies but by the vegetation above ground and the minerals under ground. These complex causes may produce atmospheric conditions altogether different at one time from those existing at another. It is not impossible that the perihelion has something to do with promoting malaria. Another cause has not perhaps been thought of. It is the hard times through which the business and laboring people have passed. Since 1873, until quite recently, those who depended upon business or upon daily labor for support have been nearly worried

to death. The vital system greatly lowered by any cause becomes more easily the prey to disease. A person in rugged health in many instances may be found to be living in a well-known malarious climate without suffering from malaria. It is when, from any cause, his vital system becomes reduced that he prepares himself for the reception of a malarial poison. We submit, therefore, in all seriousness the proposition that the hard times have had much to do with the prevalence of malaria.

It used to be supposed that malaria could only produce fever and ague, or chill and fever. It has been found, however, that, like a cold, malaria affects the weakest part or brings to prominence latent physical difficulties. Without having any of the characteristic symptoms of malaria, according to the old idea, a person may be a great sufferer from it. It may awaken rheumatism, neuralgia and a host of aches and pains in different parts of the system. It may affect the liver only, or the digestion only, or the urinary organs only. It may produce nothing more than drowsiness and general debility. If there be lung affection, or a uterine trouble, or a spinal affection, or, indeed any ill to which the flesh is subject, it may be greatly aggravated by what is now commonly denominated "malarial influence."

The treatment of physical ills produced or aggravated by a malarial influence must be comprehensive enough to give attention to every disabled part. Usually only anti-periodics like quinine or other preparations of bitter barks are employed. Nearly all the panaceas for malarial troubles are composed of these anti-periodics. Hence, they can only succeed in uncomplicated cases. Their success in uncomplicated cases give them something of a standing, not only with the profession, but with the people. But even this class of cases would be more successfully treated or, in other words, more speed-

ily cured, if every weakened part were to be carefully inquired into, and as thoroughly attended to. If there be liver torpor with the customary constipation, elimination should be thoroughly awakened. If the kidneys are failing to perform their work, then the treatment should include proper diuretics. If respiration be somewhat imperfectly performed in consequence of some affection of the bronchia or lungs, then the respiratory organs should receive their share of attention. We might illustrate the proposition farther still, but this will suffice. The thing to do is to build up the entire system, every organ and part, to the end that the recuperative powers of the system may be fully restored. This accomplished, nature will soon divest herself of malarial influence. We receive many letters of consultation, and many visits at our office from those who are unquestionably affected by the prevailing influence. Unless the location of their residences is greatly noted for malaria, we have little difficulty in overcoming the trouble. Even in regions having a bad reputation we can, in most cases, establish a comfortable degree of health in spite of the unfavorable environment. We are always pleased to give our opinion and advice in any case presented either by mail or in person.

Cancer—Cause and Cure.

LINCOLN, NEB., February 21 1881.

"I COMMENCED taking your little monthly last year and have got many good ideas from it. I wish you would give us an article on cancers, explaining if possible why they are so prevalent. There have been five cases among my acquaintances in different parts of the country within a few months. If this is an example of their frequency among people in general, I think it would be well for people to know something about their *cause* and *cure*, if there is such a thing as the latter."

In our Plain Home Talk, on page 544, we present our views on the causes of cancer. We there speak of it as

a disease of the blood. This view of it presented by us over twenty years ago, is beginning to be accepted quite largely by the profession. Even the celebrated Dr. Carpenter, the English physiologist, falls in with the theory. It is questionable, however, whether there is any great increase in the prevalence of cancer. If one is so unfortunate as to have this disease his attention will be so directed to it that he will find out every case within a radius of a hundred miles of him. If, instead of being a victim himself, some relative or friend is afflicted, his attention will be sufficiently called to the matter to lead to more or less conversation upon it, which conversation will bring to his knowledge many other cases in his immediate neighborhood. Whereupon it is conjectured that the disease is becoming more prevalent, while the real fact is that he has become more interested in it. The nature of the difficulty naturally suggests the cure. The old surgical method of removing the diseased tissue with the knife is well known to most people. The parts immediately diseased may be thus completely removed without eradicating a tendency to cancer. One cancer removed will be pretty certainly followed by another. We once successfully treated a case of cancer on the neck, the patient having had both breasts amputated in the course of some six years. There are various cancer plasters which are believed to be effective in removing the tumor. The application of these plasters is usually attended with as much pain as an operation with the knife. In some instances even more. Unless accompanied with constitutional treatment for a radical change in the character of the blood, this plan is not attended with permanent success. In cases where suppuration has set in, however, the knife or the cancer plaster may as well be resorted to, for when the tumor is discharging the exposure of its virus to the air seems to renew its poison-

ing power and, by reabsorption into the system, it vitiates the blood more rapidly than any blood purifiers can improve it. In all cases which have not reached the stage of suppuration constitutional treatment is far preferable. In our practice we would rather see a case of bilious headache than one of cancer; but taken in time a large percentage of cancerous cases are curable, and in those we have accepted as patients we have generally succeeded.

Female Weakness.

In the *Medical Record* we find the following frank statement of the result of that very popular practice of employing pessaries to prop up displaced organs:

"It is an an *every-day* occurrence for a practitioner to be called upon for the relief of uterine trouble, to apply a pessary and leave the patient to go her way without caution or instruction, may be never to be seen by the same medical man again."

This was followed by a detailed account of a case in which a surgeon found it necessary to resort to a tedious and difficult operation, requiring the use of anæsthetics, knives, cutting forceps, etc., in order to remove a hard-rubber pessary which had been placed in position four years previously, and, in course of time, had caused ulceration and thus become deeply embedded in and covered by the tissues. This is of course an exceptionally severe result of this mode of treatment, but injury from pessaries is not at all uncommon, and we have heard one of the most expert of their advocates declare, that on the whole, more harm than good follows their use; that in fact but very few physicians understand the art of applying them properly, though a host of tyros have the self-conceit to consider themselves proficient. It is not our intention here to compare in detail the merits and demerits of this method of treating "female weaknesses" with methods which we consider far preferable, but we

will frankly confess that to us it would seem as sensible to provide a boy with a pocket multiplication table instead of drilling it into his memory, as it is to prop up a relaxed and weakened part instead of using proper means to restore the muscular tone and contractibility of the tissues whose duty it is to keep it in place.

In view of the acknowledged carelessness in the use of pessaries, and the many evil results which are known to be not only possible, but probable, we would recommend all unfortunate women to beware of them, and avoid those physicians whose minds are so pervaded by "mechanical principles," to the exclusion of physiological facts, that they can think of nothing more effective for weak spots in the human body than *props*.

Local applications of various cauterizing and strengthening astringent preparations by the attending physician are also objectionable. Twenty years or more ago we were put to our "wits-end" to devise means for local treatment by the patient herself, so as to give proper attention to sufferers at a distance who consult us. These means have been steadily developed till they positively exceed all known devices for curing such difficulties when properly supplemented with constitutional aids calculated to remove the predisposing causes.

Our "Evidences of Success," which are all free, show what are being done by our methods.

Scrofula a Cause of Skin Disease.

Those who are familiar with our ideas of chronic diseases in general, either from reading "Plain Home Talk," or by letter of consultation, are aware that we have maintained in opposition to many of the so-called authorities, that *chronic* skin affections are invariably due to a scrofulous taint in the system. This idea has been fast making its way in the minds of medical men, but we do not re-

member to have seen it so distinctly stated in print in any of the old school journals as it is in the following quotation from a paper read by the late venerable Dr. L. P. Yandell, of Louisville, Kentucky, before the society of his state:

SCROFULA IN DERMATOLOGY.—Both the profession and the public are likely to obstinately combat, and indeed to resent, the idea of the origin of skin disease, for the reason that scrofula is universally considered a vulgar and disreputable disease, and no one likes to acknowledge its existence either in his person or in his family. My time will not admit of the consideration of the nature of scrofula at any length on this occasion. I believe it to be a disease of nutrition leading usually to the deposit of tuberculous matter. It affects all portions of the system. In the lungs it is called consumption, and in the glands and bones it is called scrofula. It is found in all races and climates, and no age is entirely exempt from it. It is both hereditary and acquirable. It may remain latent in the system of an individual for an indefinite period of years, and indeed it may not only remain latent in the system of an individual, but even for a generation or more, and may then be brought into active existence by some disease or injury, or by the performance of a natural function, as of dentition, menstruation, parturition, or the like. It is immensely the most prolific of all the sources of human death. It not only kills of itself, but often determines the course and the termination of other diseases.

But few physicians even, I am persuaded, have a just conception of the extended prevalence of scrofula. According to Sir James Simpson, this disease carries off seventy thousand persons annually in Great Britain, in a population of thirty millions, which is two thousand and a third to every million; and it is fair to estimate

that this calculation only embraces the frank, well-defined cases, and does not include numerous deaths from obscure forms of scrofula. Lawrence, in his work on the eye, quotes Beer as follows: "*Nine-tenths* of the opthalmia in Vienna in children is scrofulous." In Breslau it is greater, according to Benedict, the proportion being *ninety-five per cent.*; and "*not a single family in Scotland is free from scrofula*," according to Dr. Gregory, of Edinburgh. Dr. John Thompson, in his lectures on inflammation, says: "*It is rare to meet with an individual who has not, at some period of his life, experienced disease in some shape or another belonging to one of the several forms of scrofula.*" The latter quotations are from Lawrence's work.

Skin Diseases.

ERUPTIONS of the skin so frequently met with, while depending for their persistence upon a vitiated state of the blood, are often communicated by causes which might be avoided. If there be a kind of family towel in the house, and a member of the family or one casually entering it having an eruption of the hand or face, there will be at least a great liability to the spread of the cutaneous affection among other members. Sometimes, indeed, that horrid, loathsome disease, syphilis, is communicated to an innocent person by the use of a towel which some one affected with it has failed to properly dispose of.

The use of public hairbrushes is often a source of scalp diseases. A family hairbrush is hardly a proper thing, but when one steps into the wash-room of a hotel and picks up a hairbrush which is used by all sorts of people, he runs great risk at least of contracting some disgusting affection of the scalp.

Second-hand clothing, especially that which must come next to the skin, is often a curse rather than a

blessing to the poor to whom it is given. Cutaneous diseases are often conveyed to innocent persons through this instrumentality. No one adopting a second-hand garment of any description should put it on his person until it has been thoroughly cleansed, either by the laundress or by the clothes cleaner. And to the clothes cleaner we would suggest the employment of disinfectants in renovating old clothes, even when such clothing is to be worn again by the person who has enjoyed the new of it. When it is remembered that the human body throws off from twenty to forty ounces of effete matter through the skin every day, if it be properly active, it will be readily perceived how—particularly heavy—woolen goods may become permeated with effete matters if the fabric be not cleansed from time to time.

Those who employ barbers should watch their movements closely. Many knights of the razor are intelligent men who look out well for the personal comforts of their customers. But they are not all of this class. When somebody has left the chair after a "shave," and you are about to occupy it, take a little pains to observe the cuticle of your predecessor. If you see any indications, however slight, of skin disease request your barber in an undertone to thoroughly wash his hands before applying the razor to your face; and be sure always that it is your own razor which he holds. In having what is called *a close shave* there is often sufficient irritation of the cuticle produced to permit a pretty thorough inoculation if the fingers of the barber or the blade of the razor have so much as a microscopic particle of the exuded matter of a pimple or face-sore upon them. Then, again, watch the towel which he uses, and if necessary remind him that you want a clean one. One who patronizes a barber should really always have his own

shaving cup, shaving brush, hairbrush and comb as well as razor.

These valuable little hints might be followed out in numerous details, but what are here given ought to be suggestive enough to enable every reader to trace them out for himself in a variety of directions. There is much said now-a-days about stamping out epidemics, and school children suffering with measles, scarlet fever, etc., are urged to sequester themselves during the presence of these maladies. We would like to urge in this connection the importance of stamping out cutaneous affections which are so often communicated through gross carelessness.

All having such affections must generally resort to constitutional as well as local remedies for their extirpation. If the eruptive affections are the products of their own blood, then manifestly the blood must be thoroughly attended to. If they have been contracted by some such means as we have indicated they have inoculated the blood with an impurity which forms, so to speak, a root for their continuance. Therefore in cases belonging to this class the blood needs to receive attention fully as much as the local difficulty.

Anti-Lean.

Some experiments made on patients in a large hospital in Philadelphia, proved that in the majority of cases cod-liver oil passes through the alimentary canal without being absorbed. A second series of observations in the same institution, but conducted by another physician, gave the same results. When the state of the system shows lack of due assimilation of fatty materials, it is of no use to crowd them down even in the easily digestible form of cod-liver oil, which is the favorite plan of most physicians. The proper plan is to employ remedies that

will improve the assimilative functions, and then the patient will be able to appropriate sufficient fat from the ordinary diet.

Nervous Debility.

We feel safe in saying that next to scrofula and its allied blood impurities nervous debility is the cause of more varied and various ills that flesh is heir to than any other cause. When we come to look for the causes of nervous debility itself, we find that like scrofula it is both inherited and acquired. Functional depression of the nervous system or lack of nerve-tone is as surely a matter of hereditary transmission as are the more serious nervous diseases manifested in insanity, epilepsy and chorea, but it may be acquired by physical or mental overwork, by excessive or misdirected action of any of the emotions, by sudden shock or long-continued and exhausting disease. Its signs or symptoms are usually self-evident to its unfortunate victims, but it is nevertheless true that many chronic sufferers are misled to believe that they are suffering from an actual disease of some of the vital organs, perhaps the heart, stomach or kidneys, when the real fact is that the functions of one or more of these organs are imperfectly carried on, merely from lack of sufficient nerve-stimulus or the proper balance of the circulation of the nervous forces or impulses. In other words, functional diseases of vital organs are often merely manifestations of nervous debility. Just as one may suffer from blood-congestion, or too much blood in the head while the extremities are cold, so in cases of nervous debility there may be such an imperfect distribution of the nerve-forces that the brain will be over excitable and irritable, and may be affected with neuralgic pains, while in the "pit of the stomach," actually in the main ganglia of the sympa-

thetic nervous system, there will be a sense of "goneness" or depression that will cause the sufferer to believe that indigestion is the real source of all his trouble. Often the nerve-forces exhaust themselves in periodical congestion and over excitation of the sexual organs—a disease known as spermatorrhœa—the waste in this direction being sufficient to cause a detraction from vital organs of that nerve-stimulus which is needed for the perfect and harmonious operation of their functions. A very large number of cases of nervous debility are of this kind, but as this subject is more fully treated in special pamphlets, we will invite those interested to send ten cents to the Murray Hill Pub. Co. for an address which was delivered by Dr. E. B. Foote before a medical association of the state of New York, in which he presented his views on the proper methods of treatment for this class of cases.

We propose now to offer an explanation of the reason why cases of nervous debility are called difficult and obstinate, and why so many come to consider life not worth living, through believing that it is incurable. A great many proprietary or patented specifics are widely offered through advertisements, and the general arguments put forth to prove their merits are much the same. It is said that in cases of nervous debility the nerve-centers or ganglia are lacking in certain vital elements, mainly phosphorus and the phosphates, and that the blood needs iron. It is claimed for these specifics that they supply these needs in a form that will furnish food as it were for the starving nerve centres and blood corpuscles. Some are doubtless honestly made up with this intent, but to prepare food of this nature in a form to be readily assimilated is a very difficult thing, and the reason why the really nutritious articles fail in so many instances is simply because the digestive and assimila-

tive powers of the body are too far below par to be able to take up and convey such material to the nerve centers. Of what use would be food if one could not carry it to the mouth? Then again where there is perverted action of the nervous system, such so called nerve tonics may simply serve to aggravate the trouble. Cases of simple nervous debility are indeed rare, and the vast majority of cases really require a wise selection of remedies such as will be well suited to the needs of each particular case. There must be included not only such things as will serve as food for the nerve centers, but also those which will at the same time correct perverted nerve-action. Others to improve the process of digestion and assimilation, so that "all shall be grist that goes to the mill," and no really useful material, whether consumed as food or medicine, thrown out as waste.

Low vitality may result from anxiety, watching, overwork, intemperance, vice or from a lack of adequate nourishment. High health offers little lodging-place to the germs of disease, somewhat as the seeds of weeds find no room in a well-cultivated grass-field. Low health opens a chance at almost every point. Few things however so let down the system as insufficient or improper food and want of sleep.

CHAPTER III.

SOME HYGIENIC CURATIVE MEASURES

Obesity.

Remarkable Reduction of Flesh; One Hundred Pounds in a Year.

THOSE of our readers who received the July, 1877, number of the HEALTH MONTHLY, may remember to have seen an account given therein of a "Cure for Obesity." To refresh their memories, and for the benefit of recent subscribers, we will now reprint a portion of that article:

"Last summer we met a prominent government official who weighed something over 300 pounds, and who felt that his excess of flesh and lymph were quite a burden to him. We therefore prescribed an anti-fat remedy which he took for about three weeks and which he thinks gave him a start in his efforts to lessen his weight. Being a man of intelligence, however, he brought his own good sense to bear in regard to his habits of diet and exercise. He breakfasted upon one-half a pound of the round of a steak and two or three tablespoonfuls of oatmeal mush. For dinner he used about the same articles of diet that any one would excepting that he avoided pastries and sweet things. For tea he partook of oatmeal mush together with stewed prunes or other dried and stewed or canned fruits. He exercised every day; put on warm clothing and walked four or five miles from his house to his office and back again. Then in the evening he bundled himself for the purpose of promoting perspiration and walked from four to six miles perspiring so that the perspiration ran off the ends of his hair. This was during the past winter, and he says that many times he came in with icicles clinging to the hair which projected from between his coat and head covering. He commenced this on the 28th day of January, 1877. He then weighed 304 pounds. He reduced his flesh at the rate of about two pounds a day; sometimes more and sometimes less, and on the sixth of May when we last saw him he had reduced his weight to 230¼ pounds."

Just one year from that time this gentleman commenced to take advantage of our advice, Jan. 28, we had the pleasure of another call from him, or rather, as we should say, we were favored by a call by what was left of him—only two-thirds of our first acquaintance. He came to account for the disappearance of the other third, and gave us the following information: While accumulating the many pounds which finally caused him to turn the scale at 304, he was in the habit of drinking much water, eating late dinners, and partaking freely of pork and beans and other fat-forming foods. The diet to which he confined himself for a year is stated in the above quotation. During the past year he has twice, by way of experiment, succeeded in checking the fall of the tide, and even caused a rise of two or three pounds by resuming a promiscuous diet, and particularly ice-cream. After the first of May last he gradually dropped the sweating process by long evening walks, but still continued his daily walks between his home and place of business, and of late has taken to horseback riding. The progressive decrease of weight was recorded by weekly tests, and from his long list we select a few items showing the loss each month, first remarking that the slack in his dress-coat shows a difference of 18 inches about the waist:

DATE.	POUNDS.	DATE.	POUNDS.
1877. January 28th	304	1877. August 27th	212
" February 26th	274½	" September 24th	208
" March 26th	264½	" October 20th	207
" April 30th	235	" November 12th	204
" May 28th	227	" December 19th	202
" June 25th	220	1878. January 19th	199½
" July 30th	214	" " 28th	200

A comparison of these figures shows that during the first month there was the remarkable reduction of thirty pounds, during the second month twenty pounds, and

thereafter a much slower decrease, due to the less amount of exercise taken in the summer months.

One other fact is worthy of mention in considering this very interesting case. There was doubtless in this gentleman's family an hereditary tendency to the accumulation of flesh. His grandfather weighed 400, his father was a very large man, and his mother weighed at one time 250.

Dietetic Cure for Intemperance.

It seems that many years ago Liebig, the great chemist, said that people could take wine with animal food but not with farinaceous or amylaceous nutriment. On the strength of this statement Mr. Charles Napier has been making some very interesting and instructive experiments. He has prevailed upon old topers to give up the use of animal food and resort to vegetables. At the outset the change was not agreeable to them because it seemed to destroy all their taste for their accustomed "toddy." But gradually they became more attached to their vegetable diet and outgrew their taste for liquors! An old military officer, of Scottish family, over sixty years of age, who had contracted the habit of pouring down whisky while in military service in India, found some difficulty in adopting the diet recommended by Napier until a panic occurred among the flesh-eaters in England in consequence of the cattle plague. He suddenly found himself compelled to change from his roast-beef to a vegetable regimen. He grumbled a good deal, felt rather dissatisfied, but his taste for whisky steadily decreased, and in some sixty days after he became a vegetarian he entirely relinquished alcoholic stimulants, since which time he has neither returned to flesh nor to alcohol. Many other remarkable instances are related by Napier. Among the articles of food which this scientist regards as

specially antagonistic to alcohol are dried pease, haricot beans, maccaroni and lentils, all of which should be well boiled and flavored with plenty of butter or olive oil. Highly glutinous bread, such as that made from the new process flour, is of utility, but it must not be sour. Fermented, sour and salted foods will increase the appetite for alcoholic stimulants. Spicy condiments are, according to Napier, apt to be coupled with a fondness for alcoholic liquors. The *Sun*, from which we gather these facts, remarks that the "carbonaceous starch contained in maccaroni, beans or oleaginous elements appears to render unnecessary, and therefore repulsive, carbon in alcoholic form. Liebig affirms distinctly," adds the *Sun*, "that alcohol and fat oil mutually impede the secretion of each other through the skin and lungs," and says that "nations living on a diet composed largely of starch, such as the rice-feeding population of the tropical east, are less given to drunkenness than are meat-eating communities."

Mr. Napier's experiments are well calculated to support a hint thrown out in some previous number of our HEALTH MONTHLY regarding the value of vegetable food in overcoming the appetite for drink. If the proposition as originally propounded by Liebig, as accidentally discovered by various dietetic reformers from time to time, and as now seems to be sustained by a series of experiments made by Napier, proves, after further investigation and trial, to be correct, the wife who is compelled to support not only a little family but a worthless, intemperate husband, has within her reach a ready and effective weapon for combating her husband's unfortunate habit. In most instances of this kind she is the provider; she supplies the table. The reckless man spends every penny he can obtain for rum. The wife purchases and prepares the food. She has therefore only to abolish meats and substitute vegetable food to reclaim her dissi-

pated companion. Parents who are annoyed beyond measure by a dissolute son, have it greatly within their power to overcome his unfortunate appetite through his food. As a trial of this remedy is cheap, not particularly inconvenient, and in every respect harmless, we would commend it to those who wish to reclaim dissolute friends and to those resolute individuals who are disposed to make an effort themselves to overcome intemperate habits.

Climate Cure.

THERE are two justly definite propositions concerning this climate question which we consider well settled. The first is that unless there is reason to believe that the climate "at home" is specially unfavorable for the invalid, it is better for him to remain at home, and have the best possible treatment there.

The second proposition is, that if a change of climate is found necessary, then it should, if possible, be made permanent, or at least be protracted until every trace of the disease is banished. There is too much waste of time and money in the taking of short trips to "avoid the March of winds." Lives may have been saved in this way, but only to prolong the sufferings. In Bermuda we met an old gentleman of over seventy years, who came of a consumptive family, and who was compelled to leave his home in Boston at the age of twenty-one. He never returned to Boston excepting occasionally during a few months of summer, and when we saw him he exhibited no more evidence of consumptive tendency than of measles.

TIGHT lacing predisposes to red noses by interfering with the free circulation of the blood and causing congestion of the capillaries of the skin.

The Hot-Water Bag as a Curative.

In our January number we made a brief paragraph on the virtues of the hot-water bag. It deserves more attention. We will repeat here what we said then as to what we mean by the hot-water bag. The manufacturers of rubber goods are now making bags of various sizes and of a flat shape. Some of them are just about as large as our MONTHLY. That which we consider the best article is covered with cloth in the making, and we think this idea of manufacturing rubber with cloth attached to it must have been originally suggested by the inventor of our pneumatic truss pads. When Dr. Hicks, some twenty years ago, proposed to cover the face of his pneumatic pads with cloth, the manufacturers declared it an impossibility. By standing over the workers in rubber the feat was accomplished under the suggestions made by Dr. Hicks. Well, it is immaterial who first discovered the process of manufacturing the cloth and the rubber together. The best hot-water bags are found in the market thus manufactured. Those, however, made from the naked rubber may be covered with a case of flannel. Such cases are furnished by the manufacturers and answer the purpose very well. Possibly there are those who would like this arrangement better. The style of the article differs according to the taste of the buyer. What is it good for? It is something invaluable in every household for sickness. The hot-water bottle has been used from our earliest recollection. It has proved useful for a variety of purposes. But a hard, round body like a bottle is not so convenient for use, nor can it be applied in so many ways as the hot-water bag. When a member of the family takes cold and something is needed for the feet, perhaps the only advantage of the bag over the bottle is that it will hold more water, will hold the heat longer, and will feel more comfortable to the feet. But

when there is any trouble about the abdomen, the form and cushion-like character of the bag render it vastly superior to the bottle. In all cases where it is desirable to apply heat to the stomach or abdomen it is just the thing. When it is deemed advisable to apply some embrocation to a part, it is well oftentimes to, at the same time, apply something which will warm it in. Consequently in inflammation of the bowels, colics, cramps in the stomach and bowels, etc., the hot-water bag may be used with great advantage. In nervous chills or in coldness proceeding from a low state of the blood, the application of the bag to the pit of the stomach will give wonderful relief. Applied in this way to one who cannot get bedclothing enough to keep warm, it will prove a most valuable bedfellow. For warming the feet in most cases it is best applied directly to them. But in some conditions of the system, when digestion is sluggish and the blood poor, the circulation will be best stimulated by the application of the bag to the pit of the stomach. Applied here it will generally produce the most agreeable warmth of the extremities and of the entire body. In many nervous disorders the application of the bag to the pit of the stomach produces almost instantaneous relief. In affections of the mind bordering on insanity, it has been found useful applied directly to the head. Sometimes such mental troubles proceed from a want of blood in the brain. The application of this warmth to the head directs the blood to the affected part. Some have found relief from headache by laying the head on the bag filled with hot water. One would suppose this would be only beneficial to persons deficient of blood. But we have known at least of one gentleman of full-blood and healthy appearance who says he can relieve his headache in this way. Those who find that cold water answers better can fill the bag with ice water if desirable. In

cases of congestion of the head this plan might prove the most beneficial. While we were crossing the ocean we found nothing so efficacious in sea-sickness as the application of the bag filled with hot water to the pit of the stomach. Perhaps it would not serve all persons as well as it did us; but some fellow passengers did try it with advantage.

In the various ills of children, the hot-water bag in the hands of a mother of intelligence would prove "a friend in need and a friend indeed." In the nursery it would certainly save many a doctor's bill. The cost of the bags, we believe, is from $1.75 to $5, according to size and finish. But if they even cost $100, an investment in one would in time pay for itself besides relieving an incalculable amount of suffering.

Sand Bag for the Sick Room.

THEY can be made at home at no expense save that of the necessary amount of flannel and linen cloth. The sand should be fine and dry. Bags may be made of several sizes. They can be put in the oven to be heated before using, and hold the heat a long time. In readily conforming to the surface of the body, they must necessarily be more comfortable than hot bottles or bricks. Their cost is very much less than rubber bags for water.

Restoring the Sight.

WE daily receive letters from those who are using the Eye Sharpener with success, but we do not feel at liberty to make use of such testimonials unless our correspondents say we may. Mrs. S. J. Stoddard, of Richland, Dak., gives us permission to publish the following which comes to us in a letter dated January 5, 1881: "We received the Eye Sharpener which I am using, and find my sight

much improved. I shall continue its use until my sight is perfectly restored, for considering the improvement already made, I have reason to believe that by using it according to directions, it will do all that it is recommended to do. It is a wonder that those who are obliged to wear glasses do not avail themselves of the opportunity and buy your Eye Sharpener when it can be had at the low price of $2; and a still greater wonder that those whose sight is failing and are about to wear glasses do not use your restorer instead of being bothered with spectacles, for, of course, all dread them and feel a delicacy in wearing them at first."

This is good but hardly as valuable as a testimonial as the letter from Mr. Louis Bancroft, given below:

SPRINGFIELD, CLARKE CO., OHIO, Nov. 26, 1880.

DR. FOOTE:—I received a sample copy of The HEALTH MONTHLY and find excellent reading matter in its columns. I bought your Eye Sharpener several years ago, used it and set aside my glasses. So has my wife. We have no use for glasses now. I have passed my *eighty-eighth* birthday and my wife has passed her *eightieth* birthday, and we are both enjoying very good health at this time. I can say as to the Eye Sharpener that if any person desires to retain good sight he must use the Eye Sharpener, not only once or twice, and then lay it by thinking it will not do him any good, but continue the use of it according to directions as occasion may require. Used rightly it will help the eyesight as it has mine, for I can now, after using it, see better without glasses than I could ten or fifteen years ago when I used glasses. I have not written anything for publication, but if it will be of benefit to the Eye Sharpener you may publish it, or any part thereof, as you think best. Respectfully yours,

LOUIS BANCROFT.

Sore Eyes.

An eminent physician of this city, who devotes most of his time to the treatment of the eyes, gives the following very excellent advice for cases of scrofulous eyes which are so commonly met with in poorly nourished children; though we imagine that in active practice he would to a great extent nullify the good effects of his hygienic advice by the administration of such drugs as arsenic and Epsom salts, the use of which he advocates:

"We are prepared to urge that in every case of inflammation of the conjunctiva (the lining membrane of the lids and eyeball) the diet and regimen be placed upon a hygienic basis. The practice common in every walk of life of giving the diet of the family table to the young child as soon as it can stretch out its hands to gratify its naturally gluttonous propensities, is here seen to produce one of its many evil results. We should prescribe woolen underclothing, with a change of the same for the night, in order that the winter temperature of the domicile need not be kept above 65 deg. We should insist upon daily outdoor life, and keep the child when domiciled in a well lighted room, warmed, at least, ventilated if possible by an open fire in winter, and its eyes free from shades, bandages, poultices and sugar of lead washes. The child should never be allowed, sick or well, to play long or sleep in a room that is not above the ground-level and provided with direct sunlight during some portion of the day."

Pneumatic Truss Pads.

The following letter was received from an old correspondent who inquires as to the present price of the relief and permanent cure pads for rupture: "In the year 1869 I purchased several rupture pads of you, and by wearing them about three weeks they effected a perfect cure of a rupture which had been standing ten years; so I laid the truss aside and never was in need of wearing a truss again. For this I can say I am very thankful to you."

The pamphlet advertised in this pamphlet, "Comfort and Cure for the Ruptured," not only explains the

mechanism of these pads but presents many valuable hints in reference to the management of ruptnre and hernia.

How to Warm the Feet.

In our Plain Home Talk we have suggested proper methods for warming the feet. We will repeat those and also suggest one other. Pressing the palm of the hand closely over the instep and toes while the boots are on will restore circulation. The hands of another person are better than one's own hands ; but the latter will answer. Putting the right leg across the left knee and firmly grasping the instep and toe of the shoe or boot with the left hand will in a little while induce a warmth in the right foot ; then put the left foot across the right knee and grasp that with the right hand and hold it until it becomes warm.

Putting thin-soled slippers on the feet and sliding them rapidly over a woolen carpet—a Brussels, a Velvet, a Wilton or an Axminister preferable—is another effective plan. The exercise continued for a few moments will make the feet "burning hot," to make use of a common expression.

How to Cure a Cold.

Nothing is more necessary than to restore the activity to the skin. Taking cold closes the pores of the skin, and the thirty or forty ounces of effete matter which would otherwise pass off from the pores every twenty-four hours are retained in the circulation, and are often thrown upon the mucous membrane, causing irritations if not inflammations. In this condition nothing gives more speedy relief than a Russian Vapor or Turkish Bath. The old-fashioned method of drinking herb teas and piling on blankets is much better than neglect ; bet-

ter still is an alcohol bath. For this purpose seat the patient in a cane-seat chair ; wrap blankets about him and pin them closely about the neck ; allow the blankets to fall to the floor so as to exclude all air ; then place in a little saucer a little alcohol and light it ; when lighted raise the blankets and push the saucer under the chair. Repeatedly renew the alcohol till the patient is brought to profuse perspiration. Then, without removing the blankets, he should wipe himself dry and creeping from the chair to the bed pass as carefully and quickly as possible beneath the bed clothing while shedding the blankets used for the bath. A good night's rest with warm covering and a sponge bath in the morning in a warm room, using cool but not cold water, will give the patient relief. Exposure to the wintry air should however be avoided for twenty-four hours to give time for the recuperative powers to do their work and prepare the skin to take care of itself.

How to Prevent Croup.

FEBRUARY 6, 1879.

DEAR DOCTOR : * * * I think there are a number of ladies who would send for the Croup Tippet were it not so high, but for my part I think it very cheap at the price you ask for it, far cheaper than a *little coffin* or long doctor's bill and untold suffering for children and mothers both. Mine has proved satisfactory so far, and I have newly covered it this winter. It is strange to me that even if people are slow to try anything new or unknown to them, that they should be so after seeing the good results brought about by others who are not afraid to try for themselves, as those hereabouts have seen in my example with the Croup Tippet." The "Croup" pamphlet (price ten cents), should be read by every mother.

Infantile Diarrhœa.

MANY of the methods and processes of the water-cure plan of treatment have been of late favorably received and adopted in acute affections by the leaders of the old-school profession, and they seem to be gaining in favor. The free use of water both externally and internally in fevers was a wise change for the better from the not yet forgotten rule of withholding it from fever patients. In one of our medical journals we find Dr. Comegys, of Cincinnati, credited with having first employed to advantage cold bathing in the very distressing stages of infantile diarrhœa which have so frequently ended fatally. By immersing children from fifteen to twenty minutes in cool water every three hours until the alarming symptoms of high fever, vomiting and diarrhœa and threatened collapse have subsided, this physician claims that he has not lost a patient in five years of constant practice. We should not be surprised if some of our hydropathic friends could show that this method of treatment had been known among them for over twenty years, and that the credit of its origination belongs outside of the regular ranks; but the fact that this plan of cool water immersion has been proved by long practice to be beneficial is of more importance than the discovery of its origin, and when a prominent author of works on therapeutics speaks of it in the following manner we may be sure that it is efficient. Prof. H. C. Wood remarks: "The sudden sweet sleep, replacing after the bath the fretful nights and days of unrest, is a thing never to be forgotten when once seen, and the arrest of the diarrhœa is no less remarkable."

SMEARING the body with salad oil two or three times a day has proven to be excellent treatment in cases of infantile bronchitis, convulsions, diarrhœa and fevers.

Soliloquy of Dr. Ole Fogy,

An Opponent to "Fewer Children and Better."

Such children undesirable?
Not if they have a sire able
To pay my bills as they come due,
For treating ills they fall heir to;
The colic, cramps, and throwing off,
The measles, mumps, and whooping cough,
Sore eyes, swelled glands, and skin disease,
The more the ills, the more the fees!
Why should I wish that children "fewer
And better" were. Though I can't cure
My syrups soothe, and help them to
Enjoy this life a year or two;
I visit oft till "death ends all,"
Then leave "regrets" at my last call.

E. B. F., Jr.

CHAPTER IV.

"FEWER CHILDREN AND BETTER."

How to Avoid Having Undesirable Children.

The opinion that all children born with physical and mental deformity are undesirable now meets with pretty general assent, and among them should be included children of little or no vitality and those of incorrigible evil tendencies. The Spartans would not permit imbeciles and cripples to live lest they become a burden to the state, and intellectual and humane people now would not willingly cause them to be born; nor would the average American family wish to bring into the world children of such low vitality that they could not survive more than five years, or children with such evil moral propensities that they must become criminals. The father of Charles Guiteau, the assailant of President Garfield, long before that insane act was committed, regretted that he had become the father of such a being, and after fruitless efforts to reform him resigned him to fate as an utterly hopeless case. Who will not say that Charles Guiteau ought never to have been born? The Pomeroy boy was born with fiendish propensities to cruelly torture living things, and was imprisoned years ago for mutilating his playfellows and killing a child. His evil propensity grows no less and seems ineradicable. Who will not say that he ought never to have been born? Who would like to be known as the father of such a monstrosity? Yet half the children born have too little vitality to carry them through five years' existence, and of

the other half but a small proportion can be considered desirable children. Some are positively undesirable because of weak minds and deformed bodies, which render them a burden to themselves and society; others develop in the course of time evil propensities that bring them to the prison, or to the gallows. Why is it that so many imperfect specimens of humanity are born? It is mainly because the laws of reproduction and heredity are little understood, and the multiplication of human beings is haphazard and accidental. There is needed a careful study and thorough discussion of the laws of reproduction, and a wide dissemination of the knowledge acquired. This would be simply an extension to the human family of methods which have been employed for the improvement of live stock. In the words of Herbert Spencer: "It is time that the benefits which our sheep and oxen have in the years past derived from the investigations of the laboratory should be participated in by our children. Without calling in question the great importance of horse-training and pig-feeding, we would suggest that the rearing of well-grown men and women is also of some moment."

We have not space here for even a brief review of all that is known of the improvement of species by wise and cautious regulation of the reproductive function and selection of parentage, but we can give a few suggestions for the guidance of those who desire to avoid becoming the parents of sickly, weak, imbecile, deformed, evil disposed, *undesirable* children.

First, let it be remembered that the constitution and character of the child are resultants of the physical and mental conditions of the father and mother for years previous to conception, at the time of conception, during the fœtal life of the child, and during its development after birth. One who desires to become the parent of a

prize boy cannot go back and reform his grandparents, but if he has been so unfortunate as to inherit physical infirmities he can by a life of strict obedience to hygienic laws do much to rid himself of his unwelcome inheritance, and by a judicious marriage with a woman who is strong in his weak points he can be sure to have children far better than the average—children that will not have occasion to regret that they were born. Nature has a wonderful faculty of wiping out old scores and scars when favorable conditions are offered; and, on the other hand, she exhibits a wonderful and useful faculty of destroying the power of reproduction where evil tendencies are too much multiplied or aggregated by fusion of specimens possessing similar faults, weaknesses and perversions.

Those who wish to take part in the reproduction of their kind should, therefore, from the time when they can appreciate the importance and responsibility of it, always remember that everything which tends to their own perfection in physical and moral development will render them fit for parentage, while every new vice or acquired infirmity must not only detract from their own comfort and happiness, but also burden their children, it may be even unto the third and fourth generation. "By their fruits ye shall know them," and by defects in the children faults in the parents are made manifest. "Ye cannot gather grapes of thorns nor figs of thistles," and hearty, healthful and beautiful children cannot be expected to be born of dissipated, tobacco-chewing, tippling fathers, or tight-laced, dyspeptic, constipated, nervous and fretful mothers.

Of equal importance with healthful parentage is a good selection of partners, or temperamental adaptation in marriage. This is a large subject which we can only refer to here, but those interested to know what we have

written on the subject can obtain for ten cents apiece two pamphlets entitled respectively, Physiological Marriage and Physical Improvement of Humanity; also see several chapters of Plain Home Talk, advertised elsewhere.

Even those who are in good general health and well mated may, at times, find themselves temporarily out of health or otherwise so circumstanced that children if born to them would not be likely to have a fair start in life. This should of course be sufficient reason for postponing any increase of family until more favorable conditions can be had. It is no uncommon thing to observe robust and sickly children in the same family, though by a wise exercise of parental prudence all of them might have had an equally happy start.

It is very fortunate when the inception of the life of a human being results from the union of well-mated healthy parents. Then begins what is called its "prenatal culture." In the womb of its mother the child is influenced for good or evil, its physical features and moral characteris.ics moulded by her habits of living and habits of thought. This subject has been much talked of during several years past, and has formed no small part of the subject-matter of the HEALTH MONTHLY and the *Alpha*. An excellent pamphlet has been written by A. E. Newton, entitled "Pre-Natal Culture." It is to be had of the *Alpha*, 1 Grant Place, Washington, D. C., for twenty-five cents. At the same address may be obtained for ten cents a pamphlet entitled "The Relation of the Maternal Function to the Woman Intellect," by Augusta Cooper Bristol, an essay possessing the usual interest and high merit of writings by this lady. We refer to those pamphlets because we have not space to take up in detail any of the important branches of the subject to which we are calling attention, and to show that the information is ready for those who wish to acquire it. It is

the object of an organization known as the Institute of Heredity, that held its first convention in Boston during May of 1881, to encourage the advance of knowledge on the subject of stirpiculture or race culture, and its proceedings have been and will be reported in the HEALTH MONTHLY.

The College of Archæology and Æsthetics, of the city of New York, is in its ethnological sections giving the subject especial attention, bringing it before a class of students and professional men who can do much to direct popular views and feelings.

Not only have pre-natal influences been too little considered, but an error has also been made in forgetting that the true education of a child commences with its birth, and cannot be postponed until it is old enough to learn its A. B. C. A child's mind is deeply moulded by its earliest impressions, and whether it has good discipline or bad management will make every difference in the bent of its mind, the control of its passions, and the capacities of its intellect. The publications which have been sent forth by the promulgators of kindergarten methods of early education are very useful to parents in the instruction which they afford concerning the management of very young children. They can be obtained from all bookdealers and in all libraries, but we have in mind to recommend one entitled of "Three Books in One": "From the Cradle to the School," by Berther Meyer; "The Rights of Children" by Herbert Spencer, and "The Government of Children" by Dr. M. Holbrook. It is published by Dr. Holbrook of 13 Laight street, New York, and the price is only fifty cents.

CHAPTER V.

HEALTH HINTS AND SANITARY SIFTINGS.

Terse Suggestions and Timely Warnings.

THREE good physicians—Dr. Diet, Dr. Quiet and Dr. Merriman. Which nobody can deny.

MANY headaches are caused by straining the eyes either because of poor light or because the individual ought to wear glasses to assist the vision.

WHEN the new baby arrives do not at once give it sore eyes by washing its head with an irritating soap. Try the soap on your own eyes first.

CHILDREN who drink tea and coffee are nervous and fretful and lose their appetite for substantial food. They have less ability to resist disease and become stunted in growth.

DR. JACKSON'S arguments in favor of only two meals per day are, in brief, that this plan gives both the women of the family and the stomachs a chance to have the rest they need.

IT is not wise, nor in the long run economical, to "turn down the lamp" when leaving the room. When burning low foul gases are generated and there is much more danger of explosion. Keep the lamp well filled.

FOR reasons well understood sewage always contains salt, and so if the amount of salt in well-water exceeds a few grains per gallon, we should strongly suspect that it is contaminated with sewage.

BITTER FACTS: Analyses made by Nichols, Hoffman and others show that "vinegar bitters" consist of a mixture of aloes, gum guaiac, anise seed, acetic acid, sulphate of soda, gum arabic and alcohol.

THE Shakers, besides avoiding the use of stimulating drinks, including alcohols, tea and coffee, have for thirty years rejected swine's flesh, and believe that they are on this account less subject to fevers and consumptive diseases.

RICE powder, which is much used by ladies upon their faces, is said to often contain lead, which renders it very injurious. If a little iodide of potash is dropped upon the powder the presence of lead will be revealed by its turning yellow.

THE *Scientific American* referring to the fact that Chief Justice Noah Davis was badly poisoned by ivy while gathering autumn leaves, regards it as "evidence of the prevailing neglect, even among educated people, of attention to common objects in nature."

THE Boston *Journal of Chemistry* ventilates the delusion that a pitcher of water will ventilate a close room by absorbing all its noxious gases, and denies that even a large tub of water would serve instead of an open window for purifying the air of a sleeping apartment.

A DAILY paper tells how a boy almost lost his eyesight by rising to wipe his own face with a handkerchief which he had previously used about the mouth of a horse suffering from epizöoty. One experience of this kind, if widely published, ought to be the last to occur.

A COLD bath as a tonic can be safely used "all the year round" (by those who can bear it at all), if one will remember that the temperature of the water should be uniformly about 60 deg. F., and not take it as it comes, cool in summer and way down toward freezing in winter.

A SANITARY inspector of Glasgow, Scotland, says that the colors used in painting bright colored toys are of a mineral nature and injurious to health, if not directly poisonous; and this reminds us that

"Little Willy had a monkey, climbing on a yellow stick;
And when he licked the paint all off, it made him very sick."

IN one of our city hospitals a case of obstinate malarial fever was treated with all the medicines (one after another) usually employed in such cases without success; but a cure was effected by taking the patient to the upper floor. All houses in malarial districts should have an "upper floor" for refuge.

ANATOMICALLY and physiologically it is a complete mistake to have the heel of the foot raised from the ground beyond the level of the palm of the foot. The moment the heel is raised, the plan of the arch is deranged, and the elastic, wave-like motion of the foot impeded. The arch always ought to have full play.

BY the ignorance and carelessness of the attendants in charge of an orphan asylum in Brooklyn, N. Y., a large number of boys became affected with a contagious disease of the eyes, by wiping indiscriminately on the same towel. Some will lose their sight entirely, and the guardian of one has brought suit against the institution.

MR. GEORGE CATLIN, in his history of the North American Indians, says that he never met one that breathed through the mouth, nor one that was deaf, unless born so. The habit of breathing naturally through the nose would therefore appear to preserve a healthy state of the air-passages leading from the back of the throat to the middle ear on each side.

DR. F. BARKER, who has had many years of medical experience in this city, thinks that there is abundant evidence to prove that the poison of scarlet fever can be preserved in houses, in clothing, etc., for weeks, months

and even a year, and finally develop its full effects on any person in a favorable condition to receive it. This fact shows the necessity of thorough disinfection of all rooms in which contagious diseases have been prevalent.

Dr. Anders, writing in the Philadelphia *Medical Times*, argues that house plants are not unhealthy in sleeping rooms. He thinks that the moisture they throw off is beneficial, and after a number of inquiries among gardeners and florists, he thinks it probable that living in a room with plenty of plants tends to lessen the predisposition to consumption in those who have a hereditary tendency that way. He says the plants should have soft, thin leaves with extensive leaf-surface, but should not bear flowers with heavy perfume.

The vapors arising from the igniting of the chemical toy known as Pharo's Serpents' Eggs have often been declared to be hurtful—poisonous—but how fatal they might be was never known until the daily press reported the death of Mr. J. Dickinson, of Brooklyn, who made a business of manufacturing these eggs, and died from the effects of inhaling the vapor which escaped from a crack in the retort in which the chemicals were mixed and heated. It will be a gain to the rest of us if the secret of the manufacture was lost with the victim.

Whisky.—"There is nothing like whisky in this world for preserving a man when he is dead; but it is one of the worst things in the world for preserving a man when he is living. If you want to keep a dead man, put him in whisky; if you want to kill a living man, put whisky into him. It was a capital thing for preserving the dead admiral when they put him in a rum-puncheon; but it was a bad thing for the sailors when they tapped the cask, and drank the liquor till they had left the admiral, as he had never left his ship, high and dry.—*Dr. Guthrie.*

A. R. GROTE tells us that "insects on a blade of grass or a fallen bough are carried down a river by the current to found colonies for their race far from their place of origin;" and specialists in skin affections inform us that the migratory and restless cat, and the amiable but inconstant lap-dog are often the abode of animal and vegetable parasites that are thus enabled to establish new colonies in the children of families that kindly take them in, and are, in return "taken in" by them. Indeed this is a common source of the parasitic ring-worm. Beware of quadrupedal tramps!

THE question arises: "Is there any connection between the tiresome and unvarying drudgery of the life of a farmer's wife and the meaningless jabber of an insane asylum?" for it is well known that farmers' wives form no small proportion of the unfortunates found in insane asylums. It is certainly fair to presume that the question should be answered in the affirmative, for endless monotony will wear the fiber of any mind, and cause aberration, or else react on the body and create disease, and such a result is all the more likely if overwork be added to monotony and drudgery.

BOYS who are about to run in races or to leap, put on a belt and strap it tightly in order, as they say, to hold in their wind or breath. Workmen who are about to lift weights or carry heavy burdens put on a belt for the same purpose, their declaration being that it gives support. Actually there is not a figment of truth in this belief. The belt impedes respiration, compresses the abdominal muscles, compresses the muscles of the back, subjecting them to unnecessary friction, and actually impedes motion. Beside the other injuries the use of the belt frequently causes hernia or rupture.

ASPARAGUS and celery are good food for rheumatics.

Food Facts.

MAIZE, or Indian corn, is one of the most nutritious of the grains, and contains more of the fatty elements than the others.

THE substitution of from four to six drams of glycerine for the amount of sugar usually added to cream, milk or water is recommended in preparing food for infants.

THE better qualities of flaxseed contain about thirty per cent. of oil, and if well masticated may be eaten freely by those whose system requires more fat—such people as are recommended to use cod-liver oil.

BEANS contain all the elements of true aliment excepting fat. To obtain this it is not necessary to bake beans with pork. A fat piece of corned beef is an excellent substitute and is extensively used by those who entertain a prejudice to pork. Try it.

DURING the first two months of an infant's life it should not be fed oftener than once in two hours. After this the intervals between meals may be lengthened with advantage, and at the end of six months farinaceous or starchy food may be allowed in small quantity.

A WRITER in the *Laws of Life* speaking of pork parasites tries to make the swine-eaters flinch by stating that an ounce of flesh may contain a quarter of a million of the infinitesimal larvæ of the trichinæ, and that a pork eater may with a few mouthfuls fill himself with 50,000,000 vermicularis.

ONE who has made the calculations finds that as a flesh-producing food eggs are equal to meat; that they surpass it in ability as a heat and force-producing agent; and that a pound of corn will be more than twice as valuable if transformed into eggs by means of the hen, as when put into the form of meat by feeding to pigs.

"If a fit of passion in a nurse will so vitiate the quality of her milk as to cause colic, spasms, and even the death of the *nursing* child, who has reached an almost independent existence, what must be the effect upon delicate organization in the formative stage, when so wholly dependent on the mother for life and nourishment as to be almost a part of herself?"—*Alpha.*

Curry, the sauce used so largely by the natives of India upon their rice, and by the English in all parts of the world for flavoring meats and soups, is a most abominable mixture compounded upon red-pepper as a base. It acts like a curry-comb to irritate and inflame the stomach, and those who desire to use it ought to prepare themselves by having the stomach tin-lined.

Actual experiments made upon nursing women with such substances as iron, arsenic, zinc, mercury and antimony, which are readily detected by chemical analysis, show that they reappear in the breast-milk after a few hours in sufficient quantity to affect the sucking infant. The morals to be drawn from this fact are that the mother should be very careful in her diet while nursing a child, and that if it becomes necessary to give a child medicine perhaps it can be done best at second hand.

Mothers who begin to feed their babies meat before they are two years old should remember that if it was intended that meat should be given thus early, teeth would have been provided for the purpose; or in other words children should not be fed on articles requiring mastication until they have something better than gums to chew with. Milk and those farinaceous articles which can be prepared in it are sufficient for a child's nourishment up to the fifth year, and meat may well be postponed till the twentieth.

In its circular on the care of children during the summer months, the Board of Health of New York city re-

commend in certain instances the giving to very young children of brandy on sugar. We are glad to see in the *Independent* a just and necessary caution against such very injudicious advice both on moral and physiological grounds. It is ill-advised to administer alcoholics to infants; more especially dangerous is it to give such advice for home prescription of brandy among a class of people who are already too free to use this very harmful drug on slight occasions, and often when it is even positively injurious. The writer in the *Independent* says that a few drops of ginger is just as effective as brandy for the troubles for which the latter is recommended.

"THERE can be no doubt that nurses' bottles may be worse for children than nursing bottles. M. Anarian, in the *Archives de Toxologie*, reports two cases in which children, at the breast of apparently healthy and well-to-do nurses, were suffering from convulsions, and in which the children were saved by depriving the nurses of alcoholic potations, in which they were found to be freely indulging. As the Philadelphia *Reporter* remarks, it is a pernicious delusion of nursing mothers and wet-nurses, that, when suckling infants, they require to be 'kept up' by alcoholic liquors; and women who are little given to alcohol at other times become, for the nonce, determined tipplers,—this being, perhaps, of all times that when alcohol is likely to do most harm and least good."

Knacks worth Knowing.

AN eminent physician once wrote this prescription for a patient suffering from imaginary ills: "Do something for somebody."

IF the collar or cuff be too stiff to button easily press the finger a little damped with water to the button-hole, and you will have no further trouble.

When the glass-stopper of a bottle sticks pour some warm water on it, or lay a cloth saturated in warm water around the neck of the bottle and the stopper can be easily removed.

A pleasant acidulous drink can be made by pouring boiling water on West India tamarinds, and allowing it to cool; but the stones of the fruit should first be removed, as they contain poisonous properties.

A cheap deodorizer and disinfectant can be made by dissolving a teaspoonful of lead nitrate in a pailful, and a teaspoonful of common salt in a jugful, of soft water. Then mix the two solutions and sprinkle about the floors or saturate cloths to be hung where needed.

Salicylic acid is being largely advertised in France for preserving wine, beer and cider during the summer months, and for preserving milk and bouillon from souring; also for aiding the preservation of jams, jellies and other confections, with an economy of sugar of 25 per cent. The comparatively slight quantity needed for these purposes is not likely to have any injurious effect on the system.

A dentist in Philadelphia has for sometime successfully employed a simple method of producing anæsthesia before removing troublesome teeth. He requires the patient to practice during several minutes short and rapid respiration. The first effect is to make the head feel a little full and confused, but soon the sensibility is benumbed and the teeth can be pulled with comparatively little pain.

Sciatica is one of the most distressing and obstinate of nerve pains, and any effectual way of affording even temporary relief during the severe paroxysms is thankfully received by the sufferer. A French physician thinks he obtains the combined influence of heat and

electricity by covering a hot flatiron with a woolen cloth wrung out in vinegar and applied over the seat of the pain. For many years it has been his custom to employ this method in cases of neuralgia and sciatica, and by repeating the application two or three times a day, not only temporary relief but permanent curative results have often been brought about.

Guide Posts and Danger Signals.

Don't.

Don't sleep in a draught.

Don't go to bed with cold feet.

Don't stand over hot-air registers.

Don't eat what you do not need just to save it.

Don't try to get cool too quickly after exercising.

Don't sleep with insecure false teeth in your mouth.

Don't start the day's work without a good breakfast.

Don't sleep in a room without ventilation of some kind.

Don't stuff a cold lest you be next obliged to starve a fever.

Don't try to get along without flannel underclothing in winter.

Don't use your voice for loud speaking or singing when hoarse.

Don't try to get along with less than eight or nine hours sleep.

Don't sleep in the same undergarment you wear during the day.

Don't toast your feet by the fire but try sunlight or friction instead.

Don't neglect to have at least one movement of the bowels each day.

Don't try to keep up on coffee and alcoholics when you ought to go to bed.

Don't drink ice-water by the glass; take it in sips, a swallow at a time.

Don't eat snow to quench thirst; it brings on inflammation of the throat.

Don't strain your eyes by reading or working with insufficient or a flickering light.

Don't be too modest to ask the way to the water-closet when you have a call that way.

Don't use the eyes for reading or fine work in the twilight of evening or early morn.

Don't try to lengthen your days by cutting short your nights' rest; it is poor economy.

Don't wear close, heavy, fur or rubber caps or hats if your hair is thin or falls out easily.

Don't eat anything between meals excepting fruits, or a glass of hot milk if you feel faint.

Don't take some other person's medicine because you are troubled somewhat as they were.

Don't blow out a gaslight as you would a lamp: many lives are lost every year by this mistake.

Don't conclude that anything looking like water is fit to drink; it may be a fatal poison, such as lye.

Don't act upon the supposition that exhausting physical exercise is strengthening; it is debilitating.

Don't permit yourself to think too much on one subject; the brain is rested by a change of thought.

Don't attempt to cool off quickly when overheated; many a fatal "cold" has been caught by so doing.

Don't consider brandy a remedy for half the ills that flesh is heir to: its medicinal uses are really quite few.

Don't poke things into your ears to remove dried secretions; warm water syringing is a safer and a better way.

Don't take a dose of medicine without first looking at the label and making sure you are not getting a poison or an overdose.

Don't punish a child by boxing or pulling its ears; there is a better place for the application of the palm when necessary.

Don't think you can with impunity adopt the follies of other folks; your constitution may not be equally well able to bear abuse.

Don't be too anxious to check a cough by some quieting syrup; the mucus is better raised than left to decompose, irritate and cause ulceration.

Don't think the more you eat the stronger and fatter you will become; all food more than can be easily digested is a needless strain upon the system.

Don't do that which you know to be hurtful, thinking that you may escape the penalty; nature is unrelenting, and there is no vicarious atonement for sins against her.

Don't be too ready to diagnose your own symptoms, or to practice medicine upon yourself; physicians when sick prefer the judgment of professional brethren except in mild attacks.

Try.

Try popcorn for nausea.

Try cranberries for malaria.

Try a sunbath for rheumatism.

Try ginger ale for stomach cramps.

Try clam broth for a weak stomach.

Try cranberry poultice for erysipelas.

Try gargling lager beer for cure of sore throat.

Try a cabbage leaf in the hat to prevent sunstroke.

Try a fresh cut of watermelon in feverish conditions.

Try a wet towel to the back of the neck when sleepless.

Try swallowing saliva when troubled with sour stomach.

Try eating fresh radishes and yellow turnips for gravel.

Try eating onions and horseradish to relieve dropsical swellings.

Try buttermilk for removal of freckles, tan and butternut stains.

Try to cultivate an equable temper, and don't borrow trouble ahead.

Try the croup tippet when a child is likely to be troubled that way.

Try a hot dry flannel over the seat of neuralgic pain and renew frequently.

Try taking your codliver oil in tomato catsup, if you want to make it palatable.

Try hard cider—a wineglassful three times a day—for ague and rheumatism.

Try breathing the fumes of turpentine or carbolic acid to relieve whooping-cough.

Try taking a nap in the afternoon if you are going to be out late in the evening.

Try a cloth wrung out with cold water put about the neck at night for sore throat.

Try snuffing powdered borax up the nostrils for catarrhal "cold in the head."

Try an extra pair of stockings outside of your shoes when traveling in cold weather.

Try walking with your hands behind you if you find yourself becoming bent forward.

TRY a silk handkerchief over the face when obliged to go against a cold, piercing wind.

TRY planting sunflowers in your garden if compelled to live in a malarial neighborhood.

TRY a saturated solution of bicarbonate of soda (baking soda) in diarrhœal troubles: give freely.

TRY manipulating the bowels with the hands when troubled with wind-colic or constipation.

TRY the patent inflated rubber pads for cure and relief of rupture. (See advertisement elsewhere.)

TRY a newspaper over the chest, beneath your coat, as a chest protector in extremely cold weather.

TRY to remember that regularity in eating and sleeping conduce to health; order is nature's first law.

TRY a teaspoonful of fine charcoal after eating when fermentation is taking the place of digestion.

TRY glycerine in place of sugar in your tea or coffee when troubled with flatulent (wind) dyspepsia.

TRY tobacco water—one pound of tobacco boiled in three pints of water—for removing insects from plants.

TRY barley grains or peas roasted in place of coffee if you find the latter is causing headaches and nervousness.

TRY the application of kerosene twice a day to warts—after scraping the surface a little. It will cause them to depart.

TRY eating lightly at supper, retiring early and eating a hearty breakfast, if you wish to keep a clean tongue and good appetite.

AN orange eaten before breakfast curbs the craving for liquor and improves disordered stomach.

A glass of water, taken when retiring, and on rising, will often relieve costiveness.

Hints to Bathers.

Dr. J. H. Kellogg, of the Battle Creek Sanitarium, gives these ratings of temperature for baths:

Cold	33 to 60 deg. F.
Cool	60 to 70 "
Temperate	70 to 85 "
Tepid	85 to 92 "
Warm	92 to 98 "
Hot	98 to 112 "

1. When using baths as curative means do not depend upon your hand to determine the temperature, but use a thermometer.

2. Let the room be heated above 70 deg. and made impervious to draughts.

3. Extremes of temperature are seldom useful in health and may be dangerous to very young or old persons, to invalids and convalescents.

4. Cool baths are not well borne by anyone when cold or fatigued,—during the menstrual period, nor by many persons not constitutionally robust.

5. Do not bathe soon after hearty eating or drinking or when overheated; though a cool plunge is not likely to be hurtful when somewhat overheated if it is of but a few minutes' duration and followed by brisk rubbing.

6. Before leaving a warm bath add a little cold water, unless the bath is to be immediately followed by a warm bed.

7. Neither in health or disease is there any advantage in prolonging a bath more than fifteen minutes, and tonic cold baths should consist mainly in a plunge or a dip and a rub.

8. If reaction or a returning glow of warmth in the skin is not made sufficient in brisk rubbing and exercise, a warm drink will assist, and sometimes the use of a mild stimulant may be necessary.

9. The head should as a rule be wet proportionately with the rest of the body, so that the blood circulation may be equalized.

10. In fevers the sponge bath is usually the safest, and a decrease of bodily temperature is more safely and surely achieved by warm than by cold water.

11. In sickness, nervousness, restlessness and exhaustion, relief is often afforded by a salt sponge-bath, and a little alcohol or ammonia in the water may make it more agreeable.

12. In administering sponge baths it is usually best to finish one part by wiping before wetting another.

13. Compresses are folded wet cloths, which may be wrung out with cold, warm or hot water, laid upon a part and covered with a dry flannel cloth.

14. Full baths, half baths, sitz and foot baths and compresses are employed for tonic, sedative, quieting, astringent, laxative, warming and cooling effects, either on the whole body or locally.

15. In use of local applications for relief of pain be guided by the experience of the patient, and use cold, cool, warm or hot water as pleases him best.

Hints on Nursing the Sick.

Endeavor to keep an equable temperature of about 65 deg. to 70, and good ventilation.

Have no superfluous furniture or clothing about, and often matting is preferable to carpets.

Cover all food preparations, medicines and drinking water that must remain in the sick room.

Anticipate the patient's wants and attend with regularity to the administering of food and medicine.

For a sick person select a room on the sunny side of the house, and preferably one having an open fire place.

In cold weather keep an open fire, and admit fresh air from outside the house or from an adjoining room with a window open.

In warm weather the air of the room can be cooled by hanging before open windows blankets, frequently wrung out in ice water.

Remove dishes, slop-pans and all other utensils from the room as soon as there is no longer use for them. See page 22 for directions about disinfecting.

Avoid whispering, washing dishes, rattling of newspapers, swinging of rocking-chairs, creaking shoes, rustling silks and all unnecessary noises, such as make some people feel nervous.

Be sure that you always get the right bottle when about to give a medicine, and be accurate in measuring the dose.

Teaspoons vary greatly, but most in use now will hold *two* drams, and not *one* as is ordinarily supposed.

Tablespoons will usually hold about half a fluid ounce, or four drams; a wineglass about two fluid ounces, and a teacup four fluid ounces.

"Drops" are not accurate, their size ranging according to the bottle, the amount in the bottle, and the weight and fluidity of the medicine.

Apothecaries' measure: 60 minims (approximately drops), one fluid dram; 8 fluid drams one fluid ounce; 16 fluid ounces one pint; 8 pints one gallon.

The pulse in health varies from 130 per minute in the infant to 70 or less in the adult, and is more rapid when standing than when sitting or reclining.

In disease the pulse varies not only in number of beats per minute, but also in its regularity, fullness and other qualities to be recognized by a sensitive and experienced hand.

RESPIRATION occurs in health about eighteen times per minute, but becomes more frequent in some diseases.

THE normal temperature is about 98 deg. It may be increased in fevers to 105 deg. or more, and is a bad indication in proportion to its increase and steady continuance above the normal.

A FALL of temperature two degrees below the normal is more dangerous than an equal rise above, as it indicates prostration, and especially if continuous.

Two thermometers are often required, one for the room and one to test the temperature of the patient, by being placed in the armpit or beneath the tongue.

A GOOD way to prevent ice from melting has been suggested by Dr. Gangee in the *Lancet*. Instead of placing the broken ice in the ordinary bowl or tumbler it should be suspended in a piece of coarse open flannel stretched across the mouth of the bowl and allowed to fall partially into it. The ice thus supported in the flannel pouch had better be covered over with another piece of the same material. Protected in this way from the light and the water formed by its own melting—which filters through to the bottom of the vessel—it can be kept for 10 hours.

NOTHING is more easy to an experienced nurse, or more difficult to an inexperienced one, than to change the bed linen with a person in bed. Everything that will be required must be at hand, properly aired, before the beginning. Move the patient as far as possible to one side of the bed, and remove all but one pillow. Untuck the lower sheet and cross sheet and push them toward the middle of the bed. Have a sheet ready folded or rolled the long way, and lay it on the mattrass, unfolding it enough to tuck it in at the side. Have the cross sheet prepared, and roll it, also, laying it over the under one and tucking it in, keeping the unused portion of both

still rolled. Move the patient over to the side thus prepared for him; the soiled sheets can then be drawn away, the clean ones completely unrolled and tucked in on the other side. The coverings need not be removed while this is being done; they can be pulled out from the foot of the bedstead and kept wrapped around the patient. To change the upper sheet take off the spread and lay the clean sheet *over* the blankets, securing the upper edge to the bed with a couple of pins; standing at the foot, draw out the blankets and soiled sheet, replace the former and put on the spread. Lastly, change the pillow-cases. —*Scribner's Monthly*.

For more complete instructions procure Florence Nightingale's "Notes on Nursing" (Appleton & Co.), or the "Handbook of Nursing," 260 pages, published by J. B. Lippincott & Co., for the New Haven, Connecticut, Training School for Nurses.

Hints for Emergencies.

Unconsciousness: If you see a man suddenly become unconscious and fall helpless, don't conclude right away that he is drunk. *Smell his breath*, for it may be that apoplexy, **sunstroke**, heart disease, or mere exhaustion is the cause. If palid, it is probably a faint; if suffused or red in the face, apoplexy; and if struggling while unconscious it is probably an epileptic fit.

Fainting: Lay the person flat on the back, loose the clothing and sprinkle cold water on the face. If the fainting is from exhaustion a few drops (10 to 30) of aromatic spirits of ammonia taken in water will afford a good stimulant.

Apoplexy is always attended by congestion of the brain, and the injury to the brain is proportionate to the congestion. So fix the patient into a sitting posture and sup-

port the head well. The presence of blood in the head can, in extreme cases, be relieved by tying bandages about the limbs near the body. Such bandages permit the blood to pass into the limbs by the arteries, but prevent the return flow by the veins, and by congesting the limbs take off the blood-pressure on the head. The bandages should in fifteen minutes be removed, one at a time.

EPILEPTIC FITS: During a fit no remedy can be applied, but observers may do much to save the patient doing himself an injury, by holding him down and placing a wooden wedge between the teeth to prevent biting the tongue.

SUSPENDED ANIMATION AT BIRTH: Many a child stillborn may have beating of the heart though enirely without breathing, and something must be done to establish respiration. Sprinkling cold water on its face and body, slapping it and placing it first in cold then in warm water are methods that have been found successful. It is important to clear the mouth of mucus and to rub the limbs *toward* the body, but if these means fail, artificial respiration should be faithfully tried. The infant being upon its back its lungs can be inflated by closing the nostrils and blowing directly into the mouth—the mouth of the operator making a tight joint with the face of the child. Pressure upon the chest will force out the air, which can be again blown in. Many repetitions of this may be necessary before breathing will go on naturally.

To remove an insect from the ear, place a sponge wet with chloroform against the opening. This will suffocate the insect, which can then be washed out by means of an ear-syringe and warm water.

MAD-DOG BITES: Lose no time in cauterizing thoroughly and deeply with nitrate of silver, pure carbolic acid, nitric or sulphuric acid, whichever can be most speedily obtained.

NOSE-BLEEDING: Apply something cold to the back of the neck or forehead, and snuff warm water up the nostrils, as it assists coagulation of the blood; or stuff the nostril with soft paper and retain it there for several minutes.

POISONING: If the poison swallowed is known to be a caustic or corrosive substance give sweet oil, melted butter or lard. If the nature of the poison is not known, try to cause vomiting by giving a teaspoonful each of salt and mustard in a glass of warm water, and afterwards give the whites of eggs and *strong* coffee. Iodide of starch is also a useful remedy for many cases of poisoning.

FIRES: If the clothing of a person takes fire, wrap them about at once and completely with blankets to extinguish the flames. If caught in a burning house remember the best air to breathe is near the floor, and that a wet handkerchief placed over the mouth permits breathing and excludes smoke, thus avoiding suffocation.

SOMETHING IN THE EYE: Wash out with water if possible, or have some friend turn the upper lid wrong-side out over a pencil, and this will usually discover the object, which can be removed by a blunt pointed pencil or penholder. To turn the lid over the person must look down while the operator takes the eyelashes between thumb and finger and reverses the lid over a pencil placed upon the lid. The lid readily resumes its proper position. When a particle of steel or other substance is imbedded in the eye itself a physician must be sought at once.

Sunstroke.

LOOK out for sunstrokes, and remember that prevention is always better than cure. Here are some timely hints by the Board of Health which will help to make life endurable during the heated term:

"Sunstroke is caused by excessive heat, and especially if the weather is muggy. It is more likely to occur on the second, third or fourth day of a heated term than on the first. The time when people are most prone to be sun-struck is between 11 and 4 o'clock. Wear thin clothing, sleep in carefully ventilated rooms, avoid loss of sleep and over-fatigue. Put a moist handkerchief in the hat; lift the hat off from time to time in order to obtain ventilation. Do not check perspiration, but drink what water you need in order to keep up perspiration. If you feel fatigue, dizziness, headache or exhaustion, stop work at once. Sit down in a cool, shady place. Apply wet cloths, and bathe the face and neck in cold water. If any one is overcome with heat, send at once for a physician. While waiting for the doctor, give the patient cool water or cold tea. Pour cold water on the neck and wrists, and apply pounded ice wrapped up in a towel to the head. When a person is pale and faint, with a feeble pulse, give some ammonia to smell, and administer a teaspoonful of aromatic spirits of ammonia in two table-spoonfuls of water sweetened with sugar."

How to Restore the Drowned.

Dr. Howard, Medical Officer of New York Harbor, recently explained at the receiving-house of the Royal Humane Society, London, his method of resuscitating persons taken from the water in a state of insensibility. The principles upon which he acts are those of clearing away the water and mucus which prevent the entrance of air into the lungs, and the imitation of the movements of the chest in respiration. He first empties the stomach and passages of water. For this he places the patient face downward, puts a roll of something hard under the pit of the stomach, so that it is above the level of the mouth, and then presses with all his force on the back. Afterward, to set up artificial breathing, instead of the partial rolling of the body or the pumping action of the arms now practiced, the body is laid upon the back with the clothes stripped down to the waist. The pit of the stomach is now raised to the highest point by something under the back. A bundle of clothing or the body of an-

other man will do for this. The head is thrown back and the tongue must be drawn forward by an assistant, so as to keep open the entrance to the air tubes. The hands are passed above the head, the wrists crossed, and the arms kept firmly extended. In this position the chest is fully expanded. The operator then kneels astride the body, places his hands on the lower part of the ribs, and steadily and gradually makes compression. Balancing on his knees he inclines himself forward till his face nearly touches that of the patient, and so lets fall the whole weight of the body upon the chest. When this has yielded as much as it will he throws himself back by a sudden push to his first erect position of kneeling, and the elastic ribs by their expanding bellows-action draw air into the lungs. These manœuvres must be repeated regularly twelve or fifteen times in the minute.

Hints for Pregnant Women.

It should be the object of every woman so to regulate her daily habits of living that she may keep comfortable during the period of pregnancy, have a natural labor and be blest with "just the nicest little baby you ever saw." These may be considered three objects in one, for they will all be promoted by the same favorable conditions. There are women who, throughout the period of childbearing, enjoy perfect health, and say they "never felt better in their lives," and physicians have observed numerous cases that show that the process of childbirth may be wholly safe, speedy and without pain. Professor Huxley has said that "the bearing of children may, and ought to become, as free from danger and disability to the civilized woman as to the savage;" and Dr. Pancoast declares that "pain in all cases is a sign of disease—it has no other significance." It is no assumption to say

that if all women were well formed and healthy throughout there would be no more suffering from childbearing than from breathing. But at the present time every woman cannot expect even under the most favorable conditions during pregnancy to escape all its possible discomforts and trials, and to have a painless labor, for bad habits during childhood, injurious customs during girlhood, and diseased conditions that existed previous to marriage, may have brought about abnormal conditions of the procreative organs or impairment of general health. It is not however too late after pregnancy has occurred to do something toward mitigating the usual sufferings which are expected to result from it.

Among the most important regulations are those referring to diet, dress and exercise. The diet may be so selected as to supply all the necessary elements of food and, at the same time, to avoid the use of foods containing a large proportion of bone-forming elements. By so doing the bones of the fœtal skull will remain cartilaginous, soft and pliable instead of becoming ossified, hard and unyielding, and inasmuch as the difficult part of labor consists in the passage of the child's head, no further explanation is needed of the advantage of preventing too rapid hardening of the skull-cartilages before birth. That it is possible to regulate this matter by restriction of diet, and thereby to favor easy labor without in the least endangering a perfect and sufficient development of the child, has been proved in many cases, the first woman to experience this benefit being Mrs. Rowbotham, the wife of a London chemist, who first thought of this plan. The following list of articles contains but little earthy or bone-forming material, those containing the least being named last: beans, barley, peas, potatoes, flesh of fowls and young animals, arrow-root, sago, tapioca, fish, eggs, cheese, succulent vegetables of all kinds

and fruits. Preparations of corn-meal, wheat, oat and rye flour contain more earthy matter than the articles in the above list, and whole wheat flour has probably the largest proportion. Easily digestible fruits and vegetables afford the best food for pregnant women.

It is an error to suppose that pregnant women must "eat for two." There are nearly nine months in which to build up ten pounds of new tissue in the growing child, and this would not require more than one extra ounce solid food each day. Eat therefore enough to satisfy the normal appetite, and don't unnecessarily urge the appetite.

Special longings for particular and proper articles of food or drink may be moderately indulged, but kept under control. If injurious or unnatural substances are craved the habit of yielding may prove unwise in two ways—because of harm to the mother, and the possibility of transmiting a morbid appetite to the child.

Dress during pregnancy should be extremely loose about the body, to permit free action of the abdominal organs and gradual increase in size. Attempts to conceal the fact of pregnancy by endeavoring to restrain the "form" are silly, unwomanly and liable to lead to disastrous results by compressing and congesting the kidneys, and weakening the muscular power of the abdominal walls.

Exercise should be sufficient to keep up active blood-circulation and good muscular tone, but hard work is injurious, and especially washing, ironing, running sewing machines and lifting or carrying heavy things. An enciente woman should be allowed to "live like a lady," as a brood mare is "turned out to grass," but if her mind can be pleasantly occupied with the *direction* of household affairs she will be liable to remain more "contented in her mind." Weather permitting the exercise

will of course be best taken in the open air, and walking or riding are the available ways.

Bathing is essential in pregnancy and perhaps more so than usual, for an active condition of the skin relieves the kidneys which are the organs most likely to feel the strain of the new condition of things. Hints on bathing will be found elsewhere, but here we may say that a warm bath on retiring will usually be the preferable kind of bath for pregnant women. Its effect is sedative or quieting and soothing, and conduces to a good night's rest.

If nursing a child when pregnancy occurs wean it at once, for otherwise both the child at the breast and the one in the womb will be injuriously affected, either by blood impoverishment or impaired vitality. Women who suppose that it will not be possible to become pregnant while nursing a child very often find themselves an exception to what is really a very poor rule.

The symptoms of pregnancy are in the order of their occurrence about as follows:

1. Absence of menstrual periods.
2. Morning nausea or capricious appetite.
3. Sense of fullness and weight in breast.
4. Darkening of areola about nipples.
5. Gradual enlargement of abdomen.
6. Quickening or "feeling life" (about 4½ months.)
7. Enlargement of breasts.
8. Pulsation of fœtal heart heard by placing the ear on the abdomen.

Dropsy or accumulation of water in the legs, causing sweeling and sense of weight, may be due to impeded circulation in the veins, and can be relieved as varicose veins can be, by rubbing with the hands toward the body, and applying tight bandages from the toes up, or elastic stockings. If dropsy occurs to a woman not yet

under a physician's care, she should boil a little of her urine in a glass bottle, and if a thick deposit is formed like the white of an egg boiled hard, it will be best for her to place herself under a physician's care at once.

MORNING SICKNESS when troublesome may be relieved by taking a glass of cider before rising, dissolving cracked ice in the mouth or using the homœopathic preparations of nux or ipecac.

ITCHING may be relieved by frequent cleansings or sitz baths, followed by local application of solution of one ounce of chloral hydrate in a pint of rose water. For other remedies see chapter of recipes.

SORENESS of the abdomen from the gradual stretching of its muscles is apt to be felt in the last month of pregnancy, and we know of nothing so serviceable for its relief as the use of Dr. Foote's Magnetic Ointment, and this again becomes useful in much the same way during and after labor.

For Itching in Pregnancy.

THE following recipe was suggested by Dr. M. A. Allen:

Thymol.....fifteen grains.
Vaseline.....thirty grains.
Powdered brick clay.....three ounces.

Dissolve the thymol in vaseline and mix with the clay. Apply once a day, and cleanse thoroughly before reapplying.

CHAPTER VI.

READY RECIPES FOR CURE OF COMMON SLIGHT AILMENTS AND PREPARATION OF DELICACIES FOR INVALIDS.

"Black" Eyes.—Moisten dry starch with cold water, and place over the *closed* eye ; cover with a piece of coarse brown paper soaked in weak vinegar.

Boils.—When first noticed apply ointment of extract fresh arnica flowers, two drams ; honey, four drams. When tense and painful keep soft and warm by frequently renewed poultices until ready to discharge freely. Their cure is often accelerated by incisions for relief of imprisoned pus. Then keep clean with a wash of one dram of pure carbolic acid to pint of water. To make the incision of a boil or abscess painless, first apply to the place to be cut a mixture of pure carbolic acid, two parts ; glycerine, one part.

Burns.—Protect from the air by cotton-wadding or lint saturated with olive oil, linseed oil, or glycerine, containing five drops of carbolic acid to the ounce of oil or glycerine ; or apply common baking soda, well powdered, and cover it with a wet cloth ; or apply a mixture of equal parts of linseed oil and lime water, with twenty drops of pure liquefied carbolic acid.

Chilblains.—Dr. Hayden recommends soaking the feet in soft warm water for fifteen minutes, then to rub them dry and apply kerosene oil. Repeat every evening till relieved Or collodion, one ounce ; Venice turpentine,

half an ounce; castor oil, two drams. Apply with camel's hair brush. Or borax, one dram; cold cream, one ounce.

Corns.—Hard corns can be quickly removed by means of a sharp knife, *without pain*, if the knife is expertly used, and the corn kept saturated with alcohol, which not only makes it easier to remove but also benumbs its sensitiveness. When corns are inflamed protect with perforated corn plasters, and use freely Dr. Foote's Magnetic ointment.

Cosmetic—a harmless one.

Prepared chalk.....one ounce.
Pure glycerine.....half an ounce.
Alcohol.....two and a half ounces.
Water.....one and a half ounce.
Extract heliotrope.....one dram.

Cough Mixture.

(Used in dispensaries of New York city.)

Syrup tolu.....one ounce.
Syrup prunus virg.....one ounce.
Tinct. hyosciamus.....one ounce.
Spirits ætheris comp.....one ounce.
Water.....one ounce.

Dose—one teaspoonful every hour, if necessary.

Cholera Mixture—Dr. Squibb's.

Tincture opium.....one fluid ounce.
Tincture capsicum.....one fluid ounce.
Spirits camphor.....one fluid ounce.
Chloroform.....three drams.
Alcohol, enough to make.....five ounces.

Dose—ten to forty drops.

Diarrhœa in Infants.

Lime water.....two ounces.
Spirits lavender comp.....one ounce.

Syrup of rhubarb.....one ounce.
Laudanum.....ten drops.
Dose—one teaspoonful every two to four hours.

Diphtheria.—To detach the false membrane, use locally pure lemon juice, or blow sulphur into the throat through a quill. Give the patient food—preferably milk—every hour, night and day, to keep up the strength, as great prostration is a prominent feature of the disease.

Diarrhœal and Dysenteric Troubles.

The following is known as the "*Sun* remedy," published by the New York *Sun* many years ago, and made popular by long trial:

Tincture of camphor.....one ounce.
Tincture of opium.....one ounce.
Tincture of rhubarb.....one ounce.
Tincture of capsicum.....one ounce.
Essence of peppermint.....one ounce.
Dose: Ten to thirty drops every hour until relieved.

Dandruff.—Flowers of sulphur, one ounce; water, one quart. Mix and shake thoroughly at intervals of a few hours, and the next day pour off the clear solution. Use as a scalp wash. Dr. Danelson recommends sublimated sulphur, two drams; sulphate of zinc, two drams; rose water, one pint.

Depilatory—for removing superfluous hair. Bordet's: hydrosulphate of soda, three drams; powdered quicklime, ten drams; starch, ten drams. Powder and mix rapidly. Mix into paste with water and spread over the place to be deprived of hair. As soon as the hair falls out readily, remove paste quickly and cover the part with cold cream or "magnetic ointment." Dr. Bartholow's prescription: quicklime, half ounce; yellow sulphide of arsenic, twenty grains; starch, three drams. Used as the other.

Ear-ache.—Place a little black pepper upon cotton-batting, and roll up the cotton with the pepper inside. Then dip it into sweet oil, insert in the ear, and put a hot flannel cloth over the ear, or hold the ear over a cup containing hot water poured upon tobacco leaves.

Eye Wash.—Borax, fifteen grains; soft water, four ounces.

Falling of Rectum. Wash the protruding bowel with a decoction of white oak bark, and in pressing back to its place use freely Dr. Foote's "magnetic ointment."

Felons may sometimes be abated by washing the finger in a twenty per cent. solution of carbolic acid, and after wiping dry apply two or three coats of collodion; or by wrapping the finger tightly with the skin found beneath the shell of an egg. If, however, it persists in forming, don't delay a deep incision too long, for this is the only sure way to avoid deformity, and perhaps even the loss of a joint.

Fetid Feet.—Dust into the stockings salicylic acid, one part; talc, or starch, five parts. Or anoint the feet with salicylic acid, ten grains; vaseline, one ounce. Or use lotion composed of permanganate of potash, six grains; water, six ounces.

Flatulence or Dyspepsia with "wind." (Dr. Farquharson's.) Bicarbonate of soda, two drams; sugar, two drams; aromatic spirits ammonia, one dram; peppermint water, eight ounces. Dose—a tablespoonful after meals.

Freckle Lotion.

Lime sulpho-carbolate.....two ounces.
Glycerine.....fifteen ounces.
Rose water.....fifteen ounces.
Alcohol.....five ounces.
Spirit neroli.....one-half dram.

Mix and apply twice a day, leaving it on half an hour before washing off. Or powdered nitre, moistened with water, applied to face night and morning.

Hiccough.—A lump of sugar soaked in vinegar. Or, five swallows of water.

Hive Syrup.—Compound syrup of squill, three ounces; syrup of ipecac, one ounce. Mix and give one teaspoonful as a dose.

Hoarseness.—Let a lump of borax dissolve slowly in the mouth; or inhale mild ammonia vapor; and put a cloth wrung out with cold water about the throat when retiring for the night.

Itching.—Sulphite of soda, one dram; water, one pint. Use as a wash. Or carbolic acid (pure), one dram; water, one pint, used as a wash. Or borax, one dram; glycerine, one ounce; water, four ounces, used locally. Chloral hydrate, one dram; water, half pint, used as a wash.

Itching in Measles.—Glycerine, one ounce; cologne water, one ounce. Mix and use as a wash.

Itching Vaginal.

Borate of soda.....six drams.
Sulphate morphia.....five grains.
Permanganate potash.....fifteen grains.
Rose water.....six ounces.

After cleansing the parts with castile soap and water, apply the above mixture on a linen cloth. Or use simple balsam of Peru, by smearing the irritable parts with it.

Inflamed Breasts—Mammary Abscess.—Apply with the hand: extract belladona, one part; glycerine, three parts, and cover with oil silk. If not in bed support the breasts well by bandaging.

Incontinence of Urine.—Syrup iodide of iron, ten to thirty drops at bed time. Or extract belladona, in pills of one quarter of a grain each; two a day.

Ivy Poisoning—Muriate of ammonia, one ounce; water, one quart. Apply as a wash to the affected part frequently. Or place a piece of unslacked lime the size of a walnut in a saucer of water, and use the water after the lime has had time to become slacked. Or olive oil, two ounces; salicylic acid, one dram.

Lice.—Follow them up with oleate of mercury, used as a salve.

Moles.—Apply carefully on a splinter of wood nitrate of mercury, and don't let it touch the surrounding skin. It is not painful, and it is very successful in causing the mole to shrivel away.

Pimples and Face Eruptions.

Try local application of camphor, or this wash:

Tinct. gum benzoin.....two ounces.
Hydrarg. bichlor.....half dram.
Rose water.....two ounces.
Glycerine.....half ounce.
Warm water.....one pint.

Use a stone or glass jar to mix the above. First stir well the tincture benzoin and water; then add the hydrag. bichlor. and rose water and stir again; lastly add the glycerine, and stir the whole. Let stand one day and strain.

Piles.—Use internally Dr. Foote's anti-bilious pills, and the magnetic ointment locally.

Rheumatism—acute Inflammatory.

Tincture colchicum.....half ounce.
Tincture cimicifuga.....two drams.
Tincture gelseminum.....two drams.
Sweet spirits nitre.....ten drams.
Essence wintergreen.....two drams.
Simple syrup.....three ounces.

Dose—one teaspoonful every two hours.

Ringworm is not an animal but a vegetable parasite that can best be destroyed by the use of boracic acid, or of citrine ointment—the latter being an officinal preparation kept by all druggists. The citrine ointment is a caustic preparation that must be applied with extreme care, and not left carelessly around the house.

Roach Poison.—Powdered borax, Persian insect powder, powdered colocynth—equal parts mixed.

Snoring.—Sleep with the mouth shut and snoring will be impossible. To keep the mouth shut it may often be necessary to apply a bandage under the chin before retiring, so that the chin cannot fall.

Stammering.—Every other day read aloud with the teeth closed during one hour.

Sore Mouth.—Borax, one dram; honey, one ounce. Mix and use as a mouth wash as often as desired. Or chlorate of potassium, two drams; water, four ounces. Dissolve the salt in the water, and use as a mouth wash; *not to be swallowed.*

Sore Mouth of Nursing Children.—Borax and fine sugar well ground and mixed together may be applied directly to the sore spots.

Sore Throat Gargle.

Pure carbolic acid	twenty drops.
Acetic acid	thirty drops.
Honey	two drams.
Tincture myrrh	two drams.
Water	six ounces.

Sore Throat.—An excellent gargle for ordinary sore throat may be made by pouring a pint of boiling water over a powder composed of an ounce of sumach berries and half an ounce of chlorate of potash, allowing it to simmer in an earthen vessel, with occasional stirring, to three-fourths of a pint, straining and using in the ordinary manner.

Sore Nipples. (Dr. Barker's.)

Tannic acid.....two drams.
Rose water.....two ounces
Glycerine.....two ounces.

Apply lint saturated with the above lotion.

Stings and Insect Bites.—Apply a solution of ammonia or "smelling salts." Or white of egg coagulated with powdered alum.

Sweating Feet.

Burnt alum.....five parts.
Salicylic acid.....three parts.
Starch.....fifteen parts.
Talc.....fifty parts.

Mix in a fine powder for dusting into the stockings.

Toothache.—Have it out or filled at once—unless too much inflamed. Or try any of the following:

Toothache.

Powdered gum camphor.....one ounce.
Chlorate hydrate crystals.....one ounce.

Rub together in a mortar until liquefied, and apply on a small piece of cotton. Or creosote on cotton. Or oil of cajeput on cotton. Or the following (Dr. Danelson's):

Tincture aconite root.....one ounce.
Tincture opium.....one ounce.
Carbolic acid.....one dram.

Apply on cotton.

Ulcers.—When foul-swelling can be disinfected and encouraged to heal by daily use of wash composed of chloral hydrate, one dram; water, six ounces. Or

Thymol.....eight grains.
Alcohol.....two drams.
Glycerine.....half an ounce.
Water.....one pint.

Warts and Corns may be gradually softened and caused to disappear by daily application of "glacial"

acetic acid, applying it cautiously by means of a pointed stick, so that the healthy skin shall not be touched.

Whooping Cough.—Dried red clover blossoms, one and one-half oz.; boiling water, one pint. Steep for three hours Dose—one wineglassful, sweetened with honey or sugar, occasionally during the day. Proposed by Dr. Howard Sargent and found curative in ten days or *less*.

Worms in Children.—(Prof. F. L. Smith.) Fluid extract spigelia and senna, one ounce; santonine, eight grains. Dose—for a child of five years, one teaspoonful on an empty stomach.

To take castor oil add to it an equal part of glycerine together with two or three drops of oil of cinnamon or wintergreen to each dose.

Preparation of Food for Invalids.

Rice or barley water.—Add two quarts of boiling water to two ounces of washed rice or pearl barley; boil it down to one quart, and strain. Add sugar, if preferred, or lemon juice to flavor.

Non-coagulable milk.—(A very useful preparation, employed in Bellevue Hospital when the stomach is too weak to accept anything else): Mix a pint of milk and a pint of water and heat them almost to the boiling point, and add twenty drops of dilute muriatic acid.

Sage tea.—Leaves of sage, half an ounce, and boiling water, one quart. Let stand half an hour and strain.

Panada.—Boil together one ounce of broken wheat bread, one dram of cinnamon, and one pint of water, and add nutmeg and sugar.

Irish or Iceland moss jelly.—Wash the moss and then place an ounce in a pint of water or a quart of milk, and boil fifteen minutes in a covered vessel. Strain while hot and add sugar or lemon-juice, or both, as desired.

GUM ARABIC MUCILAGE.—To a quart of boiling water add an ounce of gum arabic, and let stand till cool.

ORANGE PANADA.—Squeeze into a saucer the juice of several oranges, and crumble cracker into it. Gratefully accepted by feverish patients.

CHICKEN PANADA.—Pound in a mortar equal parts of white meat of boiled chicken and stale bread; add the water in which the chicken was boiled, and boil for ten minutes, stirring constantly.

BEEF TEA.—A pint of cold water is poured upon a pound of finely chopped lean beef, placed in a wide-mouthed bottle and left one hour. Place the bottle with its contents in a saucepan of water and boil one hour. Strain and flavor.

CHICKEN OR MUTTON TEA can be made in the same way as described for beef tea.

LIEBIG'S BEEF TEA.—("Richer and more invigorating than ordinary beef tea," and far superior in nutriment to the store article, but not as agreeable to taste and smell). Half a pound of minced raw beef, nearly a pint of water, half a teaspoonful of salt and four drops of dilute muriatic acid. Mix well and let stand one hour. Strain and take cold or merely warmed a little.

OATMEAL GRUEL.—Mix a tablespoonful of groats with two of cold water, and pour over them one pint of boiling water or milk; boil for ten minutes while stirring. Sweeten to taste.

MILK AND MILK WHEY.—Boil half a pint of milk, add a wineglass of sherry; strain and sweeten.

COOLING AND DIURETIC DRINK.—One teaspoonful of cream of tartar in pint of boiling water, and sweetened slightly.

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