

HEALTH.

A NEW DISEASE.

An eminent medical authority who has devoted a great deal of time to the study of woman and her nerves has given the name of "house nerves" to the peculiarly distressing as well as depressing set of ailments with which people who remain indoors too much are afflicted.

The name of the disease is certainly commendable, for, as one writer remarked, there was nothing to prevent its scientific godfather from saddling his child with "aekoganglia," or some other name that would be equally terrifying to the unsophisticated. As house nerves, the ailment can be treated with far more complacency. At the same time, the disturbance is not to be laughed at nor treated lightly.

A writer in the Calcutta Medical Review says: "All over Europe the rush of existence is playing sad havoc with our sensitive cerebro-spinal fibres. We recognize all the symptoms which the inventor of house nerves describes as quite common in England to-day." They are low spirits and brooding over wrongs, sometimes real, but more often imaginary; great irritability and a morbid habit of mind generally.

The same authority tells us that women who are inclined to be delicate and who are afraid to go out owing to the weather are those who suffer most from this malady. They are always imagining that something terrible is happening to their husbands or children when they are out of sight. They conjure up accidents of all sorts, analyze their feelings and lose their power of will.

This all happens because people are too sedentary and stay at home too constantly. Unfortunately, a housewife, as her name implies, is one whose duty is to stay at home for a considerable part of each day, and all the mischief arises from her inability to tear herself away from home ties and to forget all about them in some form of out-of-door amusement or occupation.

The woman who gets house nerves usually begins to study herself, her wants, ailments, and loneliness to a painful degree, until at last she thinks she is on a fair road to an asylum.

Putting aside the possibility of the asylum one must admit that there is a deal of truth in the idea that "all home and no spree makes Jill a dull she."

Not only is it very likely to make her dull, but there is always a possibility of converting her into what neurologists call a "nagging woman"—one who through constant nagging drives her husband to the public drinking house or is the means of his giving her sufficient cause for asking for a legal separation with alimony and an allowance for counsel fees.

There may be happy lands—say Bœotia or the peasant state of Bulgaria—where nerves are unknown. Nerves are believed to effect the inhabitants of Southern Europe far less than those of the north. The difference is probably due to the climate; that of southern Europe allows of life being passed more in the open air, and sunshine and ozone are known to be great nerve tonics.

In Russia nerves are attributed to the consumption of tea and Tolstoi.

Europe is not the only sufferer from the disease. There is no country in the world where house nerves are more common than in the United States.

Fortunately for those afflicted the disease is not without a remedy, and the prescription is a simple and very agreeable one. There is no help to be obtained from drugs or doctors; all the tonics and wines and elixirs prepared by the chemists only tend to make matters worse.

All that has to be done is to take walks in the open air and sunshine, pay visits to others, attend teas without drinking too much tea, and go in for gaiety and innocent amusements generally. Morbid thoughts must be repressed as they arise, or they should be expelled by thinking of a necessary duty.

Of course it is much easier to give this advice than to follow it. Most persons when suffering from nerves would be glad to repress morbid thoughts, but it seems the more they try to repress them the more morbid they become. Not only adults but little children also suffer from nerves. They should be sent out to play with merry companions, whose merriment, however, should be sufficiently subdued to spare the "house nerves" of other people.

Bicycling, tennis playing, and horseback riding are very good in the treatment of nerves.

FOR COLD FEET.

The association between cold feet and sleeplessness is much closer than is commonly imagined. Persons with cold feet rarely sleep well, especially women. Yet the number of persons so troubled is very considerable. We now know that, if the blood supply of the brain be kept up, sleep is impossible. An old theologian, when weary and sleepy with much writing, found that he could keep his brain active by immersing his feet in cold water; the cold drove the blood from the feet to the head. Now, what this gentleman accomplished by design is secured for many persons much against their will.

Cold feet are the bane of many women. Tight boots keep up a bloodless condition of the feet in the day, and in many women there is no subsequent dilation of the blood vessels when the boots are taken off. These women come in from a walk, and put their feet to the fire to warm—the most effective plan of cultivating chilblains. At night they put their feet to the fire and have a hot bottle in bed. But it is all of no use; their feet still remain cold. How to get their feet warm is the great question with them in cold weather.

The effective plan is not very attractive at first sight to many minds. It consists of driving the blood vessels into firm contraction, after which secondary dilation follows. See the hands of the boy who throws snow balls. The first contact with the snow makes the hands terribly cold; for the small arteries are driven thereby into firm contraction, and the nerve endings of the finger tips feel the low temperature very keenly. But as the snow ball perseveres, his hands commence to

glow, the blood vessels have become secondarily dilated, and the rush of warm arterial blood is felt agreeably by the peripheral nerve endings.

This is the plan to adopt with cold feet. They should be dipped in cold water for a brief period; and then, immediately before getting into bed, they should be rubbed till they glow, with a pair of hair flesh gloves or a rough Turkish towel. After this a hot water bottle will be successful enough in maintaining the temperature of the feet, though, without this preliminary, it is impotent to do so.

Disagreeable as the plan at first sight may appear, it is efficient, and those who have once fairly tried it continue it, and find that they have put an end to their bad nights and cold feet. Pills, potions, lozenges, "night caps," all narcotics, fail to enable the sufferer to woo sleep successfully; get rid of the cold feet, and then sleep will come of itself.

HOUSEMAID AND DUSTPAN.

To those who know the true inwardness of things the sight of a housemaid brushing a dusty carpet is suggestive of many evils. The death of Pasteur has reminded the world of what is constantly present in the thoughts of medical men—namely, that while micro-organisms are the great producers of disease, dust is the great carrier of micro-organisms. Now that we know these things, it is distressing to find how little our knowledge is put to practical use, and to see old customs still unchanged, old habits which we knew to be destructive carried on, and to find the housemaid on her knees, with her brush and dustpan, stirring up dust to the detriment of everyone, and breathing germ-laden particles to her own destruction. It needs but a small amount of common sense to see that if carpets must continue, a thing greatly to be deprecated, they should be rubbed with a damp cloth rather than brushed, and that if, in deference to prejudice, they must be brushed, this should be done by a covered sweeper with plenty of damp tea leaves. Of all ways of removing dirt from a carpet the worst is by the use of the ordinary short brush, which involves the housemaid kneeling down in the midst of the dust which she so needlessly creates, and drawing it into her lungs with every breath. For ordinary household use something like linoleum, something which can be washed with a wet cloth every morning would seem to be the best covering for floors; but if carpets must be, and it is impossible to teach the present generation the evils of seeking present comfort at the expense of future risks, at least let us remember that carpets may be washed even where they lie; that till the day of washing comes, a closed sweeper is far better than a brush, and that the worst form of brush is one with a short handle.

BRIDAL CUSTOM.

A singular marriage custom prevails among the French Canadians in Quebec. After the morning marriage service in the church the bride party, in calache or cabriolet, make a tour of calls upon relatives and friends during the day, and then return again to the church for vespers.

Before the evening dance at the bride's new home comes the supper. When the company rise from the table the bride keeps her seat, and some one asks with great dignity: "Why does madame wait? Is she so soon in bad grace?"

She replies: "Some one has stolen my slipper; cannot walk." Then they carry her chair and all, into the middle of the room, while a loud knocking announces a grotesque ragged vendor of boots and shoes. He kneels before the slipperless bride and tries on a long succession of old boots and shoes of every variety and size until at last he finds her missing shoe.

The groom redeems it for a good price, which is spent in treating the company. If the groom is not watchful they steal her hat and cloak, which he redeems in the same way; and they have been known to steal the bride, for which there must be liberal pay. The church forbids round dances. The event of the evening is a jig, in which the guest volunteers to outdance the bride. If successful, the visitor demands a prize from the groom.

DIMINUTIVE AZTECS.

The feminine direct descendants of the famous Aztecs are tiny creatures, exquisitely formed and refined in feature. They carry the heads with the upbearing grace of the full-blooded Indian; their skins are not red, but a clear, smooth copper color that shines like gold in the sun; their hair is coarse and black as ebony, and they are decorated with bright feathers and gay ornaments. These women make the most wonderful pottery that comes to us from Mexico, for they have kept the old Aztec forms and decorations in their art, and they also weave wonderful baskets and do exquisite embroidery.

SARCASTIC.

What does it remind you of when these homely Muglet girls wash their faces?

I don't know. What?

Irrigation of the plain.

CONSISTENT FATALITY.

I was just dying to see it.
Yes?
Yes; and when I saw it it was perfectly killing.

TRIFLING WITH SCIENCE.

What made that X rays lecturer so mad?
Somebody worked him with a piece of boneless codfish.

EVIDENCE OF IT.

She—Do you believe that dreams go by contraries?

He—Certainly. I dreamed last night that you wouldn't let me kiss you.

PROOF OF INTELLECT.

Walker—Your friend Sagely has a massive head. Is he intellectual?
Drywit—Profoundly so.
What has he written?
Several learned books that nobody reads.

SIX LIVES FOR REVENGE.

MINSHALL SHOT SANDS AND KILLED ALL HIS OWN FAMILY.

A Lawyer of Pentwater, Mich., Shoots the President of the Village, Goes Home, Kills His Wife, Three Children and Himself—Death of the Village President.

S. B. Minshall, an attorney and an insurance agent of Pentwater, Mich., made an attempt on Thursday night to assassinate William B. O. Sands, President of the Sands & Maxwell Lumber Company, Village President and the leading man of the place. Sands died at his home next evening. After leaving Sands for dead, Minshall went to his home and shot his wife and three children dead, and then committed suicide by shooting himself through the head.

Minshall came from Chicago three years ago and was in the employ of Sands & Maxwell until a year ago, when he began the practice of law and also began writing insurance. He had a big line of insurance on Sands & Maxwell's property, which the firm cancelled a few days ago. This and other financial troubles is supposed to have made Minshall insane. He left letters which showed that he intended to be revenged on Sands.

Mr. Sands had been working in the office of the company and started home about 9.30 o'clock. When within a few rods of home Sands met Minshall. The latter had a rifle and demanded that Sands accompany him. Sands attempted to disarm him, and Minshall fired, the bullet striking Sands in the upper part of his right arm and shattering it badly. Sands then ran toward his home, but was unable to get the door open. Minshall, who had followed his victim,

FIRE FOUR MORE SHOTS.

three of which took effect. By this time Sands had managed to unlock the door, and, as he entered, he fell insensible, and Minshall fled to his home.

The noise caused by Sand's fall aroused his family, and help was summoned. A general alarm was raised by the use of the town's fire whistle. A cartridge was found near where the shooting occurred, and it was identified by S. W. Fincher, a druggist, as belonging to a rifle which Minshall had borrowed from him to shoot crows. This turned suspicion towards Minshall as the attempted assassin of Sands, and the big crowd which had gathered went to his house.

The house was found lighted, but as no response could be obtained to the repeated knockings on the door it was forced open. Mrs. Minshall's body was found lying against the door in the main room. Her throat had been cut. The body of Ruby, a sixteen-year-old daughter, and a promising musician, was found in a corner of the same room. She had been shot through the head. Mr. Minshall's body was found near his wife's. In a bedroom were found the bodies of Georgia, aged four, and a two-year-old baby boy. One shot from the rifle had ended both of their lives.

One of the letters which Minshall left was written to a friend in Chicago, asking him to care for his family in case they should survive him. In the letter he complained bitterly of the company's treatment of him in business matters. He wrote that he would demand satisfaction from Sands, and if he did not receive it he would take him along with him "to mix with the elements."

DIPHTHERIA SERUM.

Prof. Langerhaus Says That It Caused the Death of His Little Son.

The celebrated Prof. Langerhaus, medical director of the Moabit Hospital, started Berlin by causing the following announcement to be published in the papers on Wednesday:

"Our darling Ernest, aged twenty-one months, died suddenly in perfect health in consequence of an injection of Dr. Behring's diphtheria serum."

He followed up his statement by a repetition of the publication, together with an announcement giving the date and place of the funeral, all of which was printed in large type. The matter created much excitement, which has reached beyond medical circles, and a lively discussion is now going on in the press. The body of the child was taken possession of by the authorities, who at once seized it after the father's announcement.

Immediately after the death of his son Prof. Langerhaus sealed the phial containing the serum used in giving the alleged fatal injection. The Professor says that his son was in strong health, and was inoculated with the serum merely as a precaution, a housemaid in the family having diphtheria, and he having lost two children in 1895 from the same disease.

In a letter to the Vossische Zeitung, expressing his views on the case, Dr. Asch gives instances of similar cases, one of them the daughter of a high Prussian medical official, who was inoculated with Dr. Behring's serum, and was in consequence ill for three months. The adherents of Dr. Behring ask for a suspension of professional judgment and a calming of the public mind until the cause of the death of the child is proved. Dr. Behring is spending the holidays on the island of Capri, near Naples. Prof. Briege, the leading German bacteriologist, expresses the opinion that it is a serious mistake to draw the deduction from an unexplained case that the serum is dangerous, and asserts that a normal injection of the will not cause death.

HIS POSSESSIONS.

What did she say of me? he asked of the girl to whom he tells his secrets.
She said she thought you were quite self-possessed.

Pleasant.
Yes, only she went on to remark that you had no property to amount to anything, and never would have any.

THE HOME.

CLEANING HOUSE.

Of all uncomfortable times during the entire year, house-cleaning time is the worst. It is true there are many different methods of doing it, but if the housekeeper is thorough and methodical much of the discomfort usually attendant upon such times could be avoided. Professional housecleaners take one room at a time and confine the disturbances to that one room. To have the entire house torn up at once, to make chaos of the whole establishment, so the inmates "have not where to lay their heads," is not only unnecessary, but makes everyone miserable and the work is only half done in the end.

In commencing operations take down all lace and muslin curtains; wash, dry and put them carefully away until after all cleaning is done. Then all that remains to do is to starch, dry and hang up. It is well to take up and clean all stair carpets also, and put them away at the beginning of the campaign, as they will be ruined by dust and dirt carried from other parts of the house. Commence cleaning at the top of the house and work systematically downward, taking one room at a time and putting that in spic-span shape from top to bottom. Portiers should be taken down and cleaned before they are put away. All bric-a-brac, lamps, rugs, etc., should be cleaned and removed to an unused room. Spread an old carpet or a canvas over the carpet while the furniture is being cleaned. Upholstered furniture should be beaten free of dust out of doors. The carpet should then be taken out for a beating and swept before being tacked down again. If there are greasy spots on Brussels carpets or if they are otherwise dirty, they may be cleaned with warm water in which some borax, in the proportion of two tablespoonfuls to a pailful of water, has been dissolved. A flannel cloth should be used. For very greasy or dirty spots a scrubbing brush may be used and a little soap, care being taken to rinse the soap off well. The water should be changed often. The carpet should be rubbed as dry as possible with clean cloths and all windows and doors left open that it may dry quickly. If any carpet looks dull or faded it may be rubbed over with a cloth wrung out of water to which some ammonia has been added. This will brighten it wonderfully.

If walls are to be papered or calcimined, too much care cannot be taken (from a sanitary standpoint) to remove all previous paint or paper. To remove old paper hot water should be applied with a large brush, and a scraper will then readily remove all of it. Thin paste, reduced to the consistency of cream, is very effective for that purpose, and for heavy papers it is best to allow it to soak a few minutes before commencing to remove the paper. White-washed walls should be scraped before being thoroughly wet with hot water or thin paste. A large sponge can be used to wash with. A strong solution of vinegar has been found effective for cleaning white-washed or calcimined walls. For painted walls apply a solution of about two pounds of molasses or brown sugar to a bucketful of water. This is also good for varnished paper. Scraping is usually necessary in order to remove every trace of paint or varnish, no matter what other agent may be used for the purpose. For damp walls, two or three coats of shellac will be found to exclude the dampness.

The windows are, of course, not cleaned until all papering, painting, etc., is done. It often happens that when the woodwork is painted splashes of paint get on the glass, and if left for any length of time they become hard and difficult to remove. To obviate this trouble use hot water and soda. Take a pint of very hot water and dissolve in it a piece of washing soda the size of an egg. Wet a piece of soft cloth or flannel with this and rub the paint marks—they will come off quite easily. It is a good thing to thoroughly dust the windows every day when the rest of the room is done—window sills, ledges, sashes and all. If this is attended to they will not require washing very often. The following method of cleaning window-cleaners: Have a muslin bag full of whitening and two wash leathers. Dust the glass thickly with whitening then rub it off thoroughly with a damp (not wet) chamois or sheep skin and finally polish with a clean dry one. This method of cleaning windows imparts a polish unknown to glass washed in the ordinary way.

Now that walls, floor and windows have been attended to nothing further remains but to set the room in order and proceed in a like manner with another.

The kitchen is last but not least. The place where the food for the family is prepared should always be scrupulously clean, but proper attention cannot always be given to walls, plumbing, woodwork, etc. All of this should be thoroughly washed and carbolic—walls as well as floor and sink. The kitchen walls should be calcimined every year to insure perfect cleanliness. Many people believe that painted walls in a kitchen are best, but calcimining is cheaper and can be renewed each year at slight expense. Never paper kitchen walls; it is unsanitary.

EGGS IN NEW FORMS.

Dropped Eggs.—Have one quart of boiling water and one tablespoonful of salt in a frying pan. Break the eggs, one by one, into a saucer, and slide carefully into the salted water. Cook until the white is firm; lift out with a griddle-cake turner and place on toasted bread. Serve immediately.

Spanish Eggs.—Cook one cupful of rice thirty minutes in two quarts of boiling water, to which has been added one tablespoonful of salt. Drain through a colander and add one tablespoonful of butter. Spread very lightly upon a hot platter. On the rice place six dropped eggs and serve.

Cheese Ramekin.—Take half a pint of bread crumbs and put into a gill of milk and stir over the fire until smoking hot; add two tablespoonfuls of butter and four of dry cheese; stir a moment and take from the fire, add salt

and a dash of cayenne pepper and the yolks of three eggs; mix well and add the whites of the eggs well beaten; turn into a baking dish and bake in a quick oven about ten minutes.

Scalloped Eggs.—Chop some ham or tongue very fine, add to it a few bread crumbs, pepper, chopped parsley, and some melted butter. Moisten with milk to make a soft paste, and half fill some patty pans or scallop shells with the mixture. Break an egg carefully in each, and put a pinch of salt on them, and sprinkle cracker dust over this. Place the patty tins in a pan, and put in a moderate oven and bake until the white is set.

Stuffed Eggs.—Cut six hard-boiled eggs in two. Take out the yolks and mash them fine. Add two tablespoonfuls of butter, one of cream, two of three drops of onion juice, and salt and pepper to taste. Mix all thoroughly. Fill the eggs from the mixture and put them together. There will be a little filling left to which add a well-beaten egg. Cover the other eggs with this last preparation and roll in cracker crumbs. Fry in boiling lard until a light brown.

Plain Omelet.—Have the pan very hot and do not put in many eggs at once. Beat the eggs thoroughly and add the salt and milk. Put into the pan a spoonful of butter and the beaten egg. Shake vigorously on the hottest part of the stove until the egg begins to thicken. Then let it stand a few seconds to brown. Run the knife between the sides of the omelet and the pan, fold and turn on a hot dish. Serve at once. For cheese omelet as soon as the eggs begin to thicken sprinkle in three tablespoonfuls of grated cheese. For ham omelet add three tablespoonfuls of cooked ham. For chicken omelet, just before folding, add one cupful of cooked chicken cut rather fine and warmed in cream sauce.

JOSEPH CHAMBERLAIN.

The Best Informed Man in England on Questions of Public Interest.

The most industrious statesman in English public life is Joseph Chamberlain. He has a passion for hard work and never seems to cease from his labors. He requires only a few hours of sleep, rises early for an Englishman, and plunges eagerly into the business of the day.

At the Colonial Office he is closely occupied with the countless questions of imperial administration and policy, and he astonishes the oldest officials with the facility with which he masters the complex details of public business.

He works all day and a good part of the night. This has been the habit of his life. Whether he has been mayor of Birmingham, or an active political organizer, or a leading member of the opposition, or a member of the government, he has always been at work and has never spared himself.

In consequence of his persistent industry he is to-day one of the best-informed men in England on all questions of public interest, and is perhaps the best equipped debater in the House of Commons with the widest range of accurate, well-digested knowledge.

What is most remarkable is the fact that this hard, plodding worker never takes any exercise. He has never played cricket or golf; he takes no interest in boating, yachting or any outdoor sport; he does not know how to handle a gun; and he finds neither pleasure nor recreation in country life. He never rides in Hyde Park; he has not learned how to mount a bicycle, and he never walks. His carriage takes him from his house to the Colonial Office, and he returns in the same way when his dining-hour approaches; but he never takes a drive for pleasure.

According to all rules of health Mr. Chamberlain ought to have broken down and have been a physical wreck long ago; but he is never ill. His bodily vigor is unimpaired. He has good health at all times and seems to need neither exercise nor sleep.

It is the exception, perhaps, that proves the rule. Few public men in England, where the strain of political and social life is very great, could order their lives as he does, and contrive to retain physical vigor and good health. Most of them make a daily practice of taking open-air exercise.

Mr. Gladstone has been a walker and a wood-chopper. Mr. Balfour has been an enthusiastic golfer. Lord Salisbury drives for pleasure and finds constant relaxation in country life. During the long session of Parliament the great majority of the real leaders of public life have their morning hour either for a horseback ride, a long walk, or some other congenial form of exercise; and their vacations are largely devoted to recreation in the open air.

Mr. Chamberlain, as a worker who never rests, is a law unto himself. The pace which he sets would exhaust any of his political rivals. It of course remains to be seen whether this violation of physical law inflicts an apparent penalty later in the statesman's life.

THE EFFECT OF A CANNONADE.

Sir William Thomson has recently been making experiments to discover what the effect of a cannonade of quick-firing guns would be on board the vessel firing and the ship subject to the fire. He finds that after fifteen minutes' firing the survivors of the crew of both vessels would be reduced to a state of mental, if not physical incapacity, owing to the concussion of the projectiles on the sides of the vessel and the noise of the guns.

SPIDER WITH A LARIAT.

There is a spider in New Zealand that throws coils of its web about the head of its prey until the wretched victim is first blinded and then choked. In many unfrequented dark nooks of the bush you come across most perfect skeletons of small birds caught in these terrible snares.

A PUZZLED INVALID.

Well, said Yuss, I've taken a powder for my headache, a pellet for my liver, and a capsule for my zouty foot. Now, what puzzles me is how do the things know the right place to go after they get inside?