

Health Department.

INDIGESTION.

America has the reputation, less deserved now, perhaps, than it was half a century ago, of being the land of the dyspeptic. When we consider the causes that were formerly at work to prevent healthy digestion, we cannot wonder that so many suffered from this malady.

The men were too busy to devote the necessary time to their meals, and bolted their food without the thorough mastication which ensures the proper beginning of the digestive process. The women had more time to eat, if they would have taken it, but they went out little, taking almost no exercise, and the amount of food eaten was almost always in excess of the needs of the body—a most favorable conjunction for the production of dyspepsia.

Finally, the food itself was of such a kind, and prepared in such a way, as to tax the digestive organs to the utmost. The frying-pan reigned supreme, and greasy, smoke and corned meats, with hot saleratus biscuits or heavy pancakes, led the assault at breakfast-time upon the sorely overworked stomach, hardly recovered after a night's rest from its herculean struggle with the hot bread, pie and doughnuts of the preceding supper.

So much has been said and written on this subject that these causes are less active to-day, but they are still sufficiently so to bring misery to large numbers.

The familiar symptoms of dyspepsia are a coated tongue, a disagreeable breath and a bad taste in the mouth. The appetite may be poor, or it may be ravenous, there may be nausea and vomiting, a feeling of weight in the stomach and often of oppression in the chest. There will probably be much flatulence and heartburn, and more or less acute pain.

Palpitation of the heart, a sound of beating arteries in the head, and a very rapid or an unusually slow pulse are often present, and may lead the patient to believe that he has heart-disease.

A great danger to be avoided in dyspepsia is self-treatment. The patient watches himself, cuts off one article of diet after another which he has led to believe, often without reason, to be injurious to him, until he nearly starves himself; or he swallows box after box of pills, or bottle after bottle of Doctor Somebody's anti-dyspepticum, until his powers of digestion are utterly ruined.

If an intelligent physician is ever needed by any one, it is by the sufferer from this distressing and complicated malady, which must be taken in hand early to be cured easily, or perhaps at all.

HEMORRHAGE.

Since the "good old days" when bleeding was the panacea for all diseases, when it was thought that the summer could not be survived without a copious bleeding from the arm in the spring, and when bleeding, was employed even to stop bleeding, we have swung over to the other extreme.

A pretty copious nosebleed or a rather obstinate trickling from a cut finger often causes great alarm when it ought to be welcomed as a salutary depletion. Still there are times when hemorrhage is excessive, and life itself depends upon its prompt arrest.

In all classes of "first-aid" instruction, rules are given for arresting bleeding from an open wound by compression of the main artery of the limb. This is very well, and if the pupil can keep his head sufficiently to remember the anatomy of the part, and where and how to make the needed pressure, the instruction will not have been in vain. Unfortunately nature has omitted to mark on the skin the course of the arteries beneath, an omission which it has been proposed to supply artificially in the case of soldiers going to battle.

For those of us who lack such a map it is useful to remember that by strongly binding the joint above the bleeding part, if the wound is on one of the limbs, we can often so reduce the flow of blood in the artery that the hemorrhage will cease spontaneously. The same result may sometimes be reached by raising the wounded member, and so opposing the force of gravity to the blood current.

When the hemorrhage is from an internal organ, as the lungs or stomach, benefit may sometimes be obtained by bleeding part, if the wound is on one or more of the extremities so as to prevent the return of blood through the veins. In that way the volume of blood circulating in the body is reduced, and that which remains tends to clot at the part where bleeding is going on.

Dry heat, in the form of a hot-water bag or a hot brick, applied to the bleeding part, will be found efficient in many cases; on the other hand, ice-cold applications are often equally serviceable, while sometimes alternate hot and cold applications will stop bleeding where neither will succeed alone.

Among the so-called styptics which are useful to stop troublesome bleeding from a small cut, may be mentioned vinegar, lemon juice and other weak acids; creosote or carbolic acid; alum, tannin, sulphate of copper and sulphate of iron. The last is a powerful arrestor of bleeding, but should be avoided, if possible, as its use often interferes with the subsequent healing of the wound.

IMPROVING THE COMPLEXION.

The care of the complexion is quite an art, but being easy to acquire, should be learned by every woman. That many minor defects may be remedied by proper treatment is a fact not as well known as it should be.

Freckles and tan are easily removed by applying a simple lotion made of equal parts of rose water and orange water to which a little borax is added. For a pimply skin avoid starchy food, exercise daily in the open air, and bathe the face every night before retiring in very warm borax water.

When the skin is coarse and red, thin oatmeal gruel will be found soothing and improving if applied daily. Coarse, open pores will yield to treatment, but it must be both inward and outward.

Acidity of the stomach must be corrected by medicine and proper diet, and the skin bathed with a wash made of half a pint of cologne, half a pint of boiling water and ten tablespoonfuls of powdered borax.

The complexion may usually be kept in good condition by washing the face every night with hot water and a little pure soap, and then rinsing with cold water, and drying on a soft towel. A little almond oil or cold cream added to a few drops of rose water well rubbed in will aid in toning and softening the skin. In the morning wipe off with a soft cloth wet in tepid borax water.

An extremely delicate skin may be protected during the day by applying a little cold cream well rubbed in, and then dusting the face with fine powder.

It should be borne in mind that an improvement in the complexion will not follow irregular treatment as here suggested. Perseverance must be the guide that will lead to good results. Daily rules must be laid down, habits regular and healthful established, and the diet in conformance with the needs of the individual system.

When these suggestions are faithfully followed the benefits derived will more than compensate for the little trouble necessary in complying with them.

PATCHING ANIMALS.

How London Veterinarians Perform Surgical Operations on Animals and Re-tail Horses.

Dogs with artificial limbs and false teeth, while by no means common may now occasionally be seen. In this connection a writer in the Golden Penny describes a visit to the Royal Veterinary College, in London, where animals are frequently operated upon with great success. Should the animal offer very much resistance when hobbled, he is straightway placed in the operation room, a small, dimly lit apartment adjoining the shed, and here the beast is fastened in a kind of stocks. This room, however, is mostly reserved for cats and dogs, whose hours for gratuitous consultation are in the mornings, when a cataleptic termination often ensues.

Of course there are many cases of malade imaginaire brought to the college for treatment, especially among the feline patients, while sometimes the objections raised by the sufferers prove all powerful. Recently, for instance, a cat, having had its eye removed, was being measured for a glass one, but the prospect seemed to cause it such alarm that it managed to gain the roof above and escape the process.

Doubtless one of the most remarkable operations ever undertaken was that on a Schipperke dog. Being somewhat advanced in years, he found it necessary to consult a specialist with regard to having

A SET OF FALSE TEETH inserted in place of his decayed carnassial molars. Chloroform was given, rough models of the mouth taken and accurate pewter impressions of the jaws obtained. Twenty-four teeth were attached to this plate, which, it should be observed, has a complete palate. The teeth themselves made of Ash's porcelain, with cutting edges of thin platinum foil, upon which gold solder was fused.

We now come to the few instances where wooden, silver or vulcanite legs have been attached to dogs which have lost the original article. Belle, a handsome collie, took quite naturally to its false leg from the first, and rather took pride in hitting other dogs with it, which they on their part could not quite understand and resented accordingly.

The next patient on our list is a mongrel spaniel which had been run over by a van. Amputation was the only course open, and a cleverly devised false leg, made principally of aluminum, with movable joints at the wrist and paw (working on a spring) well supplied the deficiency.

The Roentgen rays play no small part in the work of veterinary operations, the first skiagraph being secured in 1896, disclosing a foreign body in a cat's leg. Operations on big cats are conducted without chloroform (an anaesthetic being deemed fatal to them) but beyond the cutting of lions' ringrowing nails and extracting the refractory teeth of monkeys we very seldom hear of any zoological surgery.

There is only one instance on record of a horse being fitted with an artificial foreleg, but this was not a draught animal. Cows have taken to wooden legs in a few cases. A false caudal appendage is not so uncommon an object with carriage horses, and most of the flowing curly tails of Flemish funeral horses are artificial. The re-tail price is from £2 to £4 per tail.

The Home

MY BOY.

The sons of many other mothers
Have pink and white cheeks just as fair
And wealth of gold and brown locks waving;
But none can with my boy compare;
Or in the distance with his comrades
I see him coming, while afar,
Among the whole group, shining radiant
As when from gray clouds gleams
a star!

When merry songs in neigh'ring woodlands
Ring forth like sweet bells, pure and clear,
I hear but one 'mid all the voices—
My son's alone doth reach my ear!
And when a ball in happy playtime
Flies upward to the very roof,
I know that my own boy's hand flung
it—
Of his youth's strength a joyous
proof!

When fifteen more brief years have
fleeted,
The vision ye will see with me,
As slender as a green young fir-trunk!
He stands beneath the apple-tree!
E'en now his bright, clear eyes uplifted

The radiant sunshine strive to bear;
Yes, there are sons of other mothers,
But none can with my boy compare!

THE BABY'S OUTFIT.

Mothers are always interested in children's clothes, and the little, dainty garments always bring with them a special sense of pleasure. Nowadays the baby's outfit is so much a matter of love, that it is almost entirely made by hand, the neatest of sewing being exacted.

The first article for the new baby is the flannel bands, half a dozen in number, cut fifteen inches long, and five inches wide. Turn the edge over once and feather-stitch with white wash silk. This makes a better finish than hems. After the baby is 3 months old these flannel bands are exchanged for knitted ones with straps over the shoulder and a tab on which to pin the diaper.

The little shirts are next in order. They should be high-necked and long-sleeved. Those of silk and wool are best, but are expensive; the cotton and wool are very good and serviceable. Have them open in front, for they are put on and taken off so much more easily.

Linon diaper does not cost very much more by the piece than the cotton, and wears very much longer. There are ten yards in a piece, and the widths vary; a piece each of the eighteen, twenty and twenty-two inch widths should be sufficient. For first use those made of old, well worn table linen are best. Cut in strips fifteen inches wide and thirty long; double, and sew the edges together.

Barrow skirts require a yard and a half of flannel each; there are two widths three-quarters of a yard long, set on a cambric band five inches wide and fifteen inches long. They are open down the front and bound all round instead of being hemmed. Flannel skirts come next. They require two widths of flannel and are about a yard long. One pattern has the skirt and band together of flannel, the upper part being laid in box pleats feather-stitched down and shallow arm-holes cut. The pleats can be let out as the baby grows. These are usually embroidered with white wash silks round the bottom. Every day white skirts are made of soft-finished cambric, with a deep hem and narrow tucks as ornament, or an embroidery as a finish. They should be thirty inches long and require two full widths. It is well to have one or two made of nainsook and more elaborately trimmed. Night-dresses are of the soft, fine cotton and very simply made. The fulness is gathered into a narrow band at the neck, and the only trimming is a narrow lace edging this band and the sleeves. Six should be sufficient.

For the little long dresses nainsook is the best. Two yards will make one. Perpendicular tucks are often used for the front, with lace insertion or fine featherstitching between the clusters. A round yoke of embroidery or tucking, with a ruffle of fine embroidery, two inches wide, sewed round the edge; the neck and sleeves finished with a narrow band of insertion to which are sewed a narrow ruffle of embroidery or lace. A deep hem and four or five tucks make a good finish for the skirt, though insertion can be set in and a ruffle of embroidery put on the edge, if desired.

A couple of shawls,—thirty inch squares of flannel bound with ribbon—are useful, and the little sacks, knitted or crocheted or made of cashmere or outing flannel, are necessary. These are less fussy when made to hang straight from the neck and finished with a rather wide collar, tied with ribbons in front. The cloak is best made of cashmere or eiderdown, and should be silk-lined. A round shoulder cape is the approved finish for the neck. A muslin cap for summer and one of the material of the coat for winter are chosen.

And then, very soon, baby has arrived at the dignity of short clothes. The change is generally made at about six months, though if this comes in mid-winter it is best to wait till spring. It is not best to make the long dresses over into short ones, as many mothers do; they are not wide enough across

the chest or long enough in the sleeves to last as long as they will be needed. Nainsook is liked for these dresses, and the small flowered dimities are pretty. They should be plainly made with little round or square yokes, and perhaps ruffles of embroidery or of the material, lace edged over the shoulders. Colored aprons, low necked and short sleeved, save the dresses when baby begins to creep, and are made of checked gingham or brown holland. When baby is a year old he should have night gowns of canton flannel.

The summer coat is of French flannel, silk, white or colored pique, or cashmere; if lined use a very thin silk. It should be a little longer than the dresses and box pleated to a yoke, with a lace collar over the yoke. The first stockings are black, but little tan shoes and brown stockings are nice for summer. Have the little shoes large enough, whatever else happens.

WASHING THE BABY'S CLOTHES.

This is not an unimportant task for the little garments accumulate very fast, and if the washing is done only once a week, the laundress will be surprised at the size of the pile of clothes that await her attention. In this work as in every other, much time and labor would be saved by adopting the proper methods.

The first thing to be done is to carefully sort the clothes and put everything but the flannels in lukewarm water to soak, having the napkins in one tub, and the dresses and muslin skirts in another. After they have soaked an hour, rub them out and place them in suds, to which a little powdered borax has been added. Strong washing powders should never be used to wash anything that comes in contact with the baby's skin, for if the least trace of it remains after the rinsing is done, it will irritate the tender flesh, causing him to suffer torture.

Put the white clothes in a boiler and allow them to scald a few minutes, then dip them out into clear water. Rinse thoroughly through one blue water, and dip the lower part of the skirts and dresses in thin starch; the waist and sleeves of the dresses should never be starched. A sunny grassy yard should be chosen for drying, or if indoor drying is a necessity, see that it is quick and thorough.

Harsh and full of flannels are entirely unfit for a baby, and there is no need of having them so, if the proper care is taken in washing them.

Heat the water until it is as warm as you can bear your hands in comfortably; add a tablespoonful of borax to every bucketful, and enough soap to make a good suds. Immerse your white flannels in this, having them well covered and let them soak five minutes, then rub gently between the hands until clean. The borax softens the water and cleanses the fabric, leaving it beautifully soft and white.

When the garments are clean, rinse them and shake thoroughly. Have the washing and rinsing water the same temperature, and do the work quickly. Never allow flannels to lie after they are wet, but get them on the line as soon as possible. If they are hung out so that a gentle breeze will blow through them, they will be softer and nicer than if the day is perfectly still.

LIFE.

A little work, a little play
To keep us going—and so
Good day!

A little warmth, a little light
Of love's bestowing—and so
Good-night!

A little fun to match the sorrow
Of each day's journey—and so
Good-morrow!

A little trust, that when we die
We reap our sowing—and so
Good-by.

BURNS WON THE DINNER.

There is a story told of Robert Burns in his youth. Burns was living in the town of Ayr, and though still young had attained more than a local reputation as a poet. One day he was passing through the main street of the town, and saw two strangers sitting at one of the inn windows. With idle curiosity he stopped to look at them. Seeing him, and thinking that the rustic might afford them some amusement while waiting, the strangers called him in and asked him to dine with them. Burns readily accepted the invitation, and proved a merry, entertaining guest.

When dinner was nearly finished, the strangers suggested that each should try his hand at versemaking, and that the one who failed to write a rhyme should pay for the dinner. They felt secure in the challenge, believing that their rustic guest would pay for the meal. The rhymes were written, and Burns read the following: I, Johnny Peep, saw two sheep; two sheep saw me. Half a crown apiece will pay for their fleece, and I, Johnny Peep, go free. The strangers' astonishment was great, and they both exclaimed: Who are you? You must be Robbie Burns!

A GENTLE HINT.

Mr. Giggles (who has been caught by keeper with some fish in his basket under taking size)—Oh—er—well, you see, my glasses—er—magnify a good deal. Make things look larger than they really are.

Keeper (about to receive smaller tip than meets the occasion)—"Ah! makes yer put down a shillin' when yer means 'alf a crown, sometimes, I dessay, sir!"

HIS EXPERIENCE.

Mrs. Younglove—Do you think absence really makes the heart grow fonder Harold?

Mr. Younglove—I guess it does. At all events, you are twice as dear to me when you're away at one of those high-priced summer hotels as when you're at home.

MUST DO HIS DUTY.

The Heroism of Robert Blyth Saved a Party of Sixteen.

Disaster in a coal-mine is unfortunately too common a thing to be remarkable, but the self-forgetfulness which raised one such disaster out of the category of commonplace tragedies will never grow familiar enough to cease to send a thrill to men's hearts. The flooding of the "Auld Houseburn Colliery" was like many other accidents of its kind, in that it gave time for only a few of the men to escape.

In more remote parts of the mine other men were working, as yet unaware of their danger. Among those near enough to the shaft to escape was one Robert Blyth. He had a good opportunity to reach the upper world before the mine was fairly flooded, but he turned his back on the chance.

"Good-bye John!", he shouted to a mate. "I'm off to the rise. I've got to do my duty."

That duty led him away from safety. He rushed off to the inner workings of the mine, rapidly warned the men, and himself led the way to higher ground, where he hoped that the besieged miners might be able to hold out till the pumps lowered the water.

There were sixteen men, all told. They did their best to make ready for the siege, which must certainly last many hours.

Collecting all the coats within reach, they carried them to the highest ground, and then huddled together and threw the coats over the company for blankets. The water was all around them, rapidly rising. Until the pumps were at work it would not subside.

They had not to contend with the horrors of darkness, for every man had his lamp. Blyth persuaded the men to put out all the lamps but two, and as they died down others were lighted from them. Two flasks of cold tea were found to be in the possession of the party. With a recklessness that took no account of the future some of the men were for drinking the tea right off.

Blyth urged them to give the cans over to him, that he might save the contents for a time of emergency. This came about midnight. The strength of the men began to give way, and Blyth heated the tea over an oil lamp and gave each man a sip.

Then in turn they offered up short prayers for deliverance and waited, for there was nothing more to be done except to watch the water. It had ceased to rise, and inch by inch was subsiding.

Blyth never lost courage, though the hours were long and the strength of the men giving way. He exhorted them to keep up their spirits, and have faith in final deliverance. And it came. The voluntary prisoner had the satisfaction of seeing every man of the party taken up to light and safety. He had "done his duty."

SPECTACLES FOR HORSES.

It is asserted that spectacles for horses are among recently patented inventions. The purpose is said to be not to improve the sight, but by causing the ground in front to appear nearer than it really is, to induce the horse to take high steps. After a training with such spectacles, it is averred the horse acquires and retains the habit of high-stepping.

FATAL TO MOSQUITOES.

According to the Public Health Journal mosquitoes cannot abide the touch of permanganate of potash. It is instantly fatal to the insects in all their stages of development. A handful, it is averred, will kill all the mosquito embryos in a ten-acre swamp. It is recommended to scatter a few crystals of permanganate widely through marshes in which mosquitoes abound.

A HAIR OF THE BITING DOG.

The hair of the dog to cure the bite finds recent exemplification in the invention of a new kind of paint for ships' bottoms. Its principal and protective constituent is sea-weed. It is said to prevent shells and weeds from adhering to the vessel, and also to discourage worms from boring into any submerged wooden construction. Sea-weed, green and wet, is ground in oil, and then mixed in proper proportions with litharge, lead acetate, turpentine and linseed oil, previously well boiled together. If this paint proves effective, as claimed, it is the solution of a long-standing and vexatious problem.

THE CENTENARIANS OF SERVIA.

Now comes forward Serbia claiming that it has one distinction which no other country can rival. It claims to have, not the most eccentric of deposed monarchs, not the smallest number of emigrants (less than 900 persons left Serbia last year for other countries), not the smallest number of navigable rivers within a separate Government of Europe, but the most centenarians. In Serbia, which has fewer than 2,300,000 inhabitants, there are now 575 persons whose age exceeds 100 years. Serbia is an agricultural country, and by the last census taken 85 per cent. of the heads of Serbia households were landed proprietors, having agricultural holdings varying from ten to thirty acres each.