THE ILLS OF BABYHOOD.

Some Advice to Mothers About the Rearing of Infants.

THE SACRIFICE OF CHILD LIFE.

(Nell Nelson in N. Y. World.)

From a physical standpoint babyhood, which embraces the first two years of life, is the most important period of life. In all the animal kingdom the most helpless is the human offspring. The new-born babe can utter a feeble cry and is possessed of a degree of automatic motion, but until the ninth day of existence there is no evidence of intellectual life. Infancy is more often than otherwise the victim of ignorance, and in the very first stage of life is laid the foundation of diseases that swell the list of mortality.

This fearful sacrifice of child life is not a necessity, but a natural sequence of the violence done to nature. There is no more reason why the modern baby should run the list of so-called infantile diseases than the parents should wrestle alternately with the boils, gout and rheumatic twinges, to which the clubmen of the day are subjected for violated laws of health.

It has been proven by the registry of vital statistics that one out of every five infants dies before the completion of the first year and one out of six before the second year, the best argument that can be advanced for the importance of a more general knowledge of the care of young children. For the following facts I am indebted to Dr. F. J. Bowles:

During the early weeks of existence the conditions essential to growth are food, digestion, nutrition, respiration and sleep. It is not until about the sixth month that the muscles and ligaments have acquired sufficient strength to enable the child to support its head or to sit upright. Parents who do not heed this natural process of development must not be surprised to find indications of pressure upon the internal organs or curvature of the spine.

A healthy baby will sleep a greater part of the time for the first few days, and it is not necessary to waken it for nourishment. It sometimes happens that the milk does not supply the required amount of nourishment, and nature offers a compensation in an increased amount of sleep. These two states must not be confounded. In the latter a regular habit of weighing, and of noting the conditions of the muscles will show a lack of firmness, and that the baby is not gaining its one pound per month.

The demand for warmth for the first week will require that the baby sleep at night in contact with the mother, but not that it be wholly covered so that it breathes nothing but impure air, freighted with emanations from the skin. It is well to begin at an early date to accustom the baby to going to sleep in its crib. This will do much towards establishing a regular and early hour for retiring, and will save the mother a good deal of care, in addition to allowing her the disposition of her evenings.

The position of the child in the crib is more favorable to development than that of lying in the lap, and its sleep is not interrupted by being transferred to the crib. Some one has suggested a basket for carrying a baby to and fro in the nursery, the swaying motion being agreeable and the sides admitting of a covering being thrown over without interfering with the motion of the limbs.

A baby that is held in the arms of the mother or nurse a great deal and rocked to sleep before being put in the crib will soon become so exacting that the mother's time and strength are all consumed in waiting upon a healthy child.

As the child increases in interest with age the wisdom of having strictly observed the hour for "putting to bed" will be apparent. The demands made upon the nervous system by vigorous playing in the fresh air can only be met by a full night's sleep.

No child should be out of bed at 7 o'clock in the evening. However pleasing the intercourse with children may be, they cannot with impunity be allowed to figure at evening receptions. Of the many failures to succeed in adult life, how many can be traced to unstable nerves. The way to keep them strong is by supplying in full doses that best tonic of all, "Nature's sweet restorer."

It is not well to have the room painfully still in order that baby shall sleep. Rather accustom it to sleeping in a room where there is the ordinary noise incident to moving about. We are creatures of habit, and this, when acquired, will save many wakeful hours later, as well as add to the comfort and freedom of those in charge. The nursery should be an airy room on the sunny side of the house.

Fresh air should be given undiluted and unsparingly. Children born in warm weather may be taken out when a week old. It is better at first to go out often, for fifteen or twenty minutes at a time, than to take a prolonged airing. It is a bad practice to cover the faces of babies with a thick hood for the purpose of keeping the cold air from the lungs. You compel the child to breathe the air it has already exhaled, at best but partly mixed with pure air. This increases liability to take cold, in addition to depriving it of what the blood and other tissues need so much.

The advent of a tooth with its attendant irritation, does not offer an excuse for depriving a baby of its outing. Neither should a slight cold with a little cough. Fresh air without medicines will do more to improve both conditions than an unventilated room with medicines.

As a rule a cold, unaccompanied by fever, does not offer an obstacle to a child's going into the open air. It does require, though, that they should be more warmly clad. All are quick to appreciate the importance of protection by clothing against cold when going from a warm room into the open air, but all do not recognize the importance of protection against the shock of coming from the cold air into a warm room. The clothing should be laid aside gradually, so that the system may accommodate itself to the change.

A failure to observe this is a fruitful source of catarrh. It is necessary that the eyes be protected from the glare of the sun's rays, as well as from the grate fire. The vision in young babies is imperfect and the eyes very sensitive, and great harm may be done by carelessness in this respect.

While strong children will be invigorated by exposure to a degree of cold, others who are frail and weak would have their lives endangered by an equal course of treatment. It would be inhuman to attempt making these vigorous by reckless exposure. It is to be remembered that many feeble children, when judiciously cared for, become useful citizens.

Unless reliable indications to the contrary are present, babies should be bathed daily in water at the temperature of the body, dried and rubbed with a soft hand, and then dusted with unscented starch powder. The unscented is to be used, as by it an odor pointing to a condition calling for treatment is not masked.

After a time the temperature of the water should be lowered to that of the room in which the bath is given. The best time is when the baby wakes in the morning and before it has taken nourishment. A light bath at night has a tranquilizing effect upon the nerves and invites sleep. A fixed rule as to frequency for all cases cannot be given.

It is well that the regular morning bath be followed by feeding and then sleep before the baby is taken into the open air.

Children are very susceptible to odors such as from flowers and certain oils, and their nerves are often disturbed and they made irritable by them. A German physician reports disastrous results to a baby by the father rubbing a rheumatic joint with sabine oil while near the crib.

The practice of drying wet and soiled clothes in the nursery is a pernicious one, and should not be tolerated for a moment. They should not be used a second time until washed, but baby's room should not be used for laundering purposes. Nothing should be permitted that takes from the purity of the air that the baby breathes.

The Girls' Brigade.

The Girls' Brigade in Scotland is fast becoming as popular and beneficial an institution as the widespread and famous Boys' Brigade. The girls belonging to these brigades are usually from 12 to 18 years of age, and are wage-earners in printing offices, factories, shops, etc. They wear red aprons with red and white borders and red and white shoulder sashes over their dark dresses, and the girl officers have scarlet and silver stripes denoting the rank of the corporals and sergeants. Their drill consists of calisthenics to music, without apparatus, but with precision and grace, exercises in which rings, flags and ropes are used, and marches, including several intricate figures—wheeling turning and a maze. There is also singing, and sometimes a May-pole dance, with a little address from the superior officers, who are usually ladies of leisure with philanthropical purposes. The work was inaugurated by two or three young ladies in Edinburgh, who formed the first brigade, and there are companies now in all parts of Scotland. In addition to the drill there are classes for singing, sewing and Bible teaching, and kindly talks on temperance, thrift and purity, somewhat of the same nature as our working girl's clubs in America.—*New York Sun.*

Archdeacon Farrar on Meat.

Secondly, I venture to believe that all society would gain by diminishing the consumption of meat. Queen Elizabeth ordered a fish diet on Wednesdays and Fridays, not for any ecclesiastical reason, but (ostensibly, at any rate) to encourage the fish trade and to diminish the demand for flesh. That interference with the market was not wise, but I think that the adherents of the vegetarian society will do good if they persuade multitudes to learn the value of whole-meal bread, and oatmeal, and vegetables and fruit, and not rely so exclusively on beef and mutton. The poor especially might find in porridge and lentil soup and well-cooked vegetables a far cheaper, more wholesome and more sustaining diet than the often unsatisfactory, coarse and even unwholesome scraps which they buy from the butchers at a far greater cost.—*Archdeacon Farrar in English Illustrated Magazine.*

Loved for Herself Alone.

A young lady of this city who is said to be worth not less than $50,000 in prospective was the object of the attentions of a young man with whom she was very favorably impressd, but who with encouragement continued to pause just short of a proposal. The young lady managed to put in circulation what appeared to be a reliable report that her pecuniary expectations were simply in the public mind, and in two days the young fellow had proposed and been accepted. It is not often that $50,000 constitutes an obstacle to a young lady's matrimonial success, but it did in this case; and the lady in question does'nt feel in the least put out about it.—*Binghamton Leader.*

Extremely Ingenious.

The Russian policeman when he arrests a prisoner invariably kicks him. The Nihilists therefore carry packages of dynamite in their coat tail pockets, and line the more remote regions of their trousers with iron. The result is that when a policeman kicks a Nihilist the dynamite explodes, and as its force is always exerted in a downward direction the Nihilist himself is unhurt, although the policeman's leg is blown off.—*Paris Edition Herald.*

Foreman—Smith is a good workman, but he's in love and takes so much time to wait on his girl that he can't tend to business. Manager—Well, hire a good looking dude to get his girl away from him and he'll be all right.

"What causes pimples?" repeated a Boston girl in town to one of our peach-complexioned girls. "Your ignorance surprises me. They are caused by the clogging of the sebaceous glands with sebum."

The total amount deposited in the Dominion Post Office Savings' banks during May was $504,164, and the withdrawals $706,084.

Bridge work, as it is called, is a new dental process of inserting artificial teeth on what might be called a band plate, consisting of a narrow band of gold to which are fastened the substitutes for the missing teeth. The plate is permanently anchored to remaining teeth or roots and cannot be removed.

NUMBERING THE PEOPLE.

The United States census is taken this year. The other countries that take their census in the year ending with 0 are Austria-Hungary, Colombia, Denmark and Switzerland. In Great Britain, Canada, Ceylon, France, India and Venezuela the census is taken in the years ending with 1. Our turn will therefore come next year. With respect to Great Britain, the passing of the Population Bill in 1800 was the first provision for a statutory census. The original proposal for such a measure dates from a period some fifty years earlier, when a bill "for taking and registering an annual account of the total number of people" was brought in by Mr. Thomas Potter, son of the Archbishop of Canterbury, a barrister of the Middle Temple, and member for St. Germans. The project was violently opposed; Mr. Thornton, member for the city of York, declaring in the House that until then he "did not believe there was any set of men, or indeed any individual of the human species, so presumptuous and so abandoned as to make such a proposal." This gentleman declared his conviction that the project was "totally subversive of the last remains of English liberty." "Moreover," he added, "an annual register of our people will acquaint our enemies abroad with our weakness." This denunciator of the census was not alone in his antagonism to the scheme. The feeling was widespread. There was a fear that the proposed census would prove the precuser of fresh taxes, and would prepare the way for a conscription.

By the returns of baptisms and burials, reaching back in the case of many parishes to the year 1571, estimates of the population have been framed which show marvellous results when compared with recent statistics. It seems almost incredible that the population of England and Wales in 1651 was actually less than the present population of what is called "Greater London," a designation which includes "Inner London" and the "Outer Ring." Yet a good authority tells us that the figures may be relied upon as sufficiently correct. It thus appears that the population of England and Wales underwent an increase of less than a million in the hundred years which ended with 1751; whereas in the next century the increase was nearly twelve millions. Between 1851 and 1881 there was an increase exceeding eight millions, bringing up the total for England and Wales to twenty-six millions. This point being reached, it was calculated that the population in 1891 would prove to be about 29,843,898. According to the yearly estimates since 1881, there is every prospect that this forecast will be found to approximate very closely to the truth. A feature of great importance in regard to 1871 was, that it afforded the first instance in which a census was taken of the entire population of the British Empire, the total at that date being found to be nearly 235,000,000. The undertaking was described as "the vastest census that had ever been taken in one empire." At the last census the number had risen to more than 254,000,000, the increase in the United Kingdom being 3,400,000.

Lost Its Ball Club.

An editorial from a recent issue of the Punkin Holler *Weekly Bugle* laments the death of its pet baseball nine in the following touching manner:

They have gone! The darlings of the diamond have evaporated from our midst, and our hearts are bowed down in woe, while we sadly turn us to our patent boiler plate viscera and embossed paste-pots. No more the antics of the tape-wrestler, suddenly taken ill with the cramps, will disturb the serenity of the dry goods store.

No more will the post office close its pigeon-hole at 3 p. m. sharp. No more will our notes go to protest because the cashier, teller and clerks of the bank go to spend an American holiday and swell the multitude in whooping up things lively for the heavy hitters.

Alas! The flower has been plucked from the stem, and Punkin Holler is no longer represented among the Great United Consolidated Empyrean Baseball Constellation.

They were the very flower and gems of our choice; they came among us strangers—and have left us without settling their board and beer bills. But such things are chronic among the fraternity, and we take no note of common occurrences.

Like Hagar in the wilderness we wait for our Jim Dandy pitcher, and he returneth not. Gone to a distant clime where his pristine glories will be lost among his encroaching creditors. As the prong-horned deer pants for the water-brook, so do we sigh for our modest catcher, who wore a bird cage, a pair of boxing gloves and a two-foot liver-pad. In the sad silence of the long-drawn hours of the night, we list to the yells of the bull pen—where of old the kids were wont to congregate—for just one echo of glad rapture, and we hear it not.

The dismal flap of the banner we won last season, and hoped to defend with pride this season, sounds like a knell of mockery as the breezes toy with its rippling folds.

The la-de-da shortstop has gone, and the ruminating bovine has usurped the stamping ground of our diadem third baseman. The outfield grows grass and smartweed where once the agile dandies clomb the blue ether to pluck from the clouds the pigskin. Where the first and second basemen won renown, the fertile tomato cans and ancient Billy-goat flock together.

Thus we bewail the aching void that is left us, and will know no comfort, because a vacuum has been left in our being. In the quiet of the night the wind soughs along the grand stand, and the dim phantoms of the Punkin Holler Nine arise to mock our woe.

Although 85 years age, Isaac McLellan, who was at college with Longfellow and Hawthorne, and who wrote the "Poems of the Rod and Gun," never misses an opportunity to fish.

Policemen ought to be very successful in speculation. The servant girls always let them in on the ground floor.

It is learned that during his stay in Europe Andrew Carnagie will call upon Mrs. Mary Schenley to induce her to give a 30-acre site upon which to erect the $1,000,000 library he proposes to build for Pittsburg.

Temperance reformer—Have you ever taken the pledge? Toper—No, but I've taken everything else.

GETTING THINGS MIXED.

The Lives of Two Western Newspaper Men Saved by a Proof-Reader.

In a certain Western newspaper office the gentleman whose business it is to record the fluctuations of the live stock market sits across from the young man to whose lot it falls to report wedding ceremonies. Both, says the New York *Times*, are graphic writers, and enjoy that latitude of expression characteristic of Western journalism. Both use the same kind of paper and their penmanship is not unlike.

Not long ago the wedding reporter was suddenly called out of the office, and left in the middle of the table several sheets of paper on which was a description of a fashionable wedding. These sheets were gathered up by the live stock writer when he finished his report, and the two stories became mixed. This is what the zealous care of a proof-reader, later in the evening, saved from reaching the public eye:

"The church was elaborately decorated with holly and evergreen and the altar was hidden in a wealth of flowers. Out of the recesses rose rare tropical plants, and from the ceiling hung 15 western veals, which at this time of the year are scarce and correspondingly dear at 6 to 8½ cents per pound. There was also an active demand for choice lambs, and farmers east of the Mississippi river can profitably turn to sheep-raising and take the bride, who wore a gown of white corded silk, a creation of Worth's, with pearl ornaments."

"Then came the maid of honor, the cousin of the bride, Miss Henrietta Blower, of Chicago, wearing a dress of white tulle with diamond ornaments, and she was followed by a small bunch of Montana sheep, which bleated most piteously as they were driven on board and shipped to the winter hotels in Bermuda. They will there be cut en train and slightly decollete, and after the rest of the party had reached the rail the minister turned and said impressively: "I cannot bid more than 6½ cents for State veals, but cablegrams from London quote refrigerated beef at a price that will enable me to pay $4.90 for a car of choice Indian beeves, and hearing this there was a rush for the young married couple and the bride fell into the arms of her father, who is known to bear a striking resemblance to—a Connecticut ox, weighing 1,875 pounds. The market here took an upward turn, and the guests, who numbered about 200, were served with a sumptuous dinner at the house of the bride."

Fruit as Medicine.

It is very seldom that fruit is taken as a preventive or cure for illness or disease, yet the value of many varieties in cases of slight ailments, and in some instances of serious indisposition, is indisputable, and advantage might well be taken of this fact by those engaged in the fruit trade to impress it upon the public more strongly. Of the various fruits—English and foreign—grapes stand first from a medicinal point of view. They are both purifying and nutritious. Peaches also are most hygienic, especially if taken at breakfast time, whilst nothing is more palatable and wholesome than this fruit. An orange eaten before breakfast will, to a great extent, prevent or cure dyspepsia, and the juice as well as that of lemons is extremely useful in cases of fever. Stewed apples might with advantage replace many salts, powders or pills given to patients by physicians. A taste for tomatoes, although not natural, is easily acquired, and indulgence in this, to many unpleasant, fruit, has a good effect in liver and gastric complaints. Currants, raspberries, strawberries, figs, and many other kinds of fruit are equally purifying to the system, if taken regularly and frequently but not spasmodically. We might continue to cite examples to a considerable length, but the preceding will be sufficient to indicate the value of this class of produce as health producers and supporters. Besides the almost universal use of the orange as a dessert, the sweet variety abounding as it does in critic acid, possesses in a high degree anti-scorbutic properties. The enormous consumption of this fruit among all classes must have a very beneficial effect on the health of the population. The late influenza epidemic undoubtedly gave a temporary spurt to the orange retail trade. As is well known, the medical profession strongly recommended the fruit as a means of alleviating, if not actually staving off that distressing complaint. This fact was endorsed by the analyst of this publication, and then made the most of by the metropolitan retailers, who, especially in the poorer districts, exhibited large placards with the quoted medical opinion respecting the anti-influenza virtues of the orange. The bitter orange is a valuable stomachic, and the astringent properties contained in the rind make this fruit an excellent tonic. Orange wine is made in great quantities from the Bigarade.—*Fruit Trade Journal.*

That's What She Is.

The sweet girl graduate is the personification of pulchritude, the sublimation of symmetry, the idealization of intelligence, the embodiment of enthusiasm and the typification of tenderness.

Master Eddie Leo, of Cedar Rapids, Ia 11 years old, is about to take the concert stage. His voice differs from that of young Kavanagh, in that it is a boy's voice, while Kavanagh's is a full-grown soprano.

Many a man has made his fortune by keeping his mouth shut, but the rule won't apply to the $2,000 tenor.

A writer says: "There are some things a woman doesn't know." There may be, but no man can tell her what they are.

A NEW WATERWAY.

A press despatch says that the Illinois Supreme Court has affirmed the validity of the act known as the Chicago Drainage Law, which has for its general purpose the taking of the city sewage and the water of Chicago River along the line of the Illinois and Michigan Canal and thence to the Illinois and Mississippi Rivers by gravity.

Chicago has suffered from the emptying of the city sewage into the stagnant Chicago River, from which there is practically no current into Lake Michigan. The water supply for the city had to be taken from the Lake, and it was hard to get drinking water unpolluted by sewage. Now, it will be only a question of providing money to complete the canal from Chicago River to the Desplaines River or some other branch of the Illinois River, which empties into the Mississippi. Lake Michigan will serve as a huge mill pond, from which a never-failing supply of water will be poured through the Chicago, Desplaines and Illinois Rivers into the Mississippi, carrying all the Chicago sewage with it in diluted form, and leaving plenty of pure water in the Lake opposite Chicago to be pumped into the city by the waterworks. The change will certainly cause a great reduction in the death rate.

It will also be of great importance to the shipping interests of the Mississippi. Of late years, since the country has been cleared and drained, spring floods have been common. The rainfall of the country has gone down to the Gulf of Mexico early in the spring, and later in the season there was not water enough in the river to float the boats. An effort has been made to remedy this by converting the little lakes in Minnesota into storage reservoirs, after the pattern of Joseph's old arrangement for the irrigation of Egypt, but none of these reservoirs can compare with Lake Michigan. When the Chicago canal is completed, there will be no scarcity of water on the lower Mississippi. We do not suppose the Chicago people will make their works big enough to dry up the Detroit and Niagara Rivers. Geologists say that the Lakes used to have their outlet through the Mississippi Valley, before a slight elevation of the land just west of Chicago forced the stream down through Lake Erie. The contemplated partial resumption of the old watercourse is all right, but it would not be wise to overdo the thing. If Lake Michigan were once encouraged to widen the canal by a rush of water, she might sweep Chicago out of her way in her mad haste to marry the Gulf of Mexico.

If He Spent Less.

If the American workingman would spend less money for rum, less money for clothes, less money for food, less money for rent of houses, less money for street car rides, less money for newspapers, less money for shaves, less money for hair trimming, less money for—but pshaw, it's no use! We were trying to prove that if he economized on six dollars a week for the year round that he would leave enough cash to his widow to bury him decently without going into the grave on the instalment plan. But we can't do it.—*Harrisburg Patriot.*

Not That Kind of a Critter.

Silversmith (to rural old lady ordering a tea service)—Would you like to have it with repousse decoration?

Old Lady—No, I reckon not. If there's got to be any critters on it, I don't want cats. I'd rather have canary birds and butterflies.—*Jewellers' Weekly.*

Broken glass may become as useful as it is bothersome. The *British Warehouseman* announces that a progess is now known that will work glass into cloth, of any color or thickness, and incombustible.

The pope has protested against the placing of a tablet to Garibaldi's memory in a church at Florence.

—Brigge—Say, old man, what are you doing for that cold? Griggs—Coughing.

The British vessels reported as lost during May, 1890, and the number of lives lost, were 46 sailing ships and 16 steamers with a total loss of 79 lives. These represent the ships reported during May, not those actually lost in that month.

D. C. N. L. 27. 90.

Bermuda Bottled.

"You must go to Bermuda. If you do not I will not be responsible for the consequences." "But, doctor, I can afford neither the time nor the money." "Well, if that is impossible, try

SCOTT'S EMULSION

OF PURE NORWEGIAN COD LIVER OIL.

I sometimes call it Bermuda Bottled, and many cases of

CONSUMPTION,

Bronchitis, Cough or Severe Cold

I have CURED with it; and the advantage is that the most sensitive stomach can take it. Another thing which commends it is the stimulating properties of the Hypophosphites which it contains. You will find it for sale at your Druggist's, in Salmon wrapper. Be sure you get the genuine."

SCOTT & BOWNE, Belleville.

I CURE FITS! THOUSANDS OF BOTTLES GIVEN AWAY YEARLY.

When I say Cure I do not mean merely to stop them for a time, and then have them return again. I MEAN A RADICAL CURE. I have made the disease of Fits, Epilepsy or Falling Sickness a life-long study. I warrant my remedy to Cure the worst cases. Because others have failed is no reason for not now receiving a cure. Send at once for a treatise and a Free Bottle of my Infallible Remedy. Give Express and Post Office. It costs you nothing for a trial, and it will cure you. Address:—H. G. ROOT, M.C., Branch Office, 186 WEST ADELAIDE STREET, TORONTO.

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TO THE EDITOR:—Please inform your readers that I have a positive remedy for the above named disease. By its timely use thousands of hopeless cases have been permanently cured. I shall be glad to send two bottles of my remedy FREE to any of your readers who have consumption if they will send me their Express and Post Office Address. Respectfully, T. A. SLOCUM, M.C., 186 West Adelaide St., TORONTO, ONTARIO.