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VIVILORE

THE PATHWAY TO MENTAL
AND PHYSICAL PERFECTION

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MOTHERHOOD

"The joy of Motherhood
The height of woman's sphere."

THE GIFT

"His manly face entwined with gold
Hath to her heart the secret told."

VIVILORE

THE PATHWAY TO

MENTAL AND PHYSICAL PERFECTION

THE TWENTIETH CENTURY
BOOK FOR EVERY WOMAN

BY

MARY RIES MELENDY, M. D., PH. D.
AUTHOR OF SCIENTIFIC WORKS AND EMINENT PRACTITIONER

A BRAVE AND SCHOLARLY TREATMENT OF

SEX-LIFE, PARENTHOOD, CHILD TRAINING, BEAUTY LAWS

AND VITAL INTERESTS OF WOMEN AND OF MEN

ALSO A COMPREHENSIVE TREATMENT OF DISEASE AND ITS REMEDIES,
INCLUDING MATERIA MEDICA. A PLEA FOR SELF-KNOWLEDGE,
SELF-MASTERY, AND SELF-DEVELOPMENT.

EMBELLISHED WITH 140 ILLUSTRATIONS

IN RICH COLORS AND EXQUISITE HALF-TONES, WITH NUMEROUS SCIENTIFIC PICTURES WHICH ANSWER ESSENTIAL QUESTIONS.

COMPLETE INDEX AND GLOSSARY

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This Work,

presenting

Life-knowledge as learned

through a

Generation of Professional Service

is

Dedicated

to

Humanity and Its Progeny

by

The Author

PREFACE

THE life-knowledge which brings health to body, mind and soul, is the practical, crying need of the twentieth century. Dawning light is seen in the new revelations of medical science, in the discovery of hitherto unknown laws of pre-natal culture and of mental control; so that the pathway to physical perfection is opened wide before humanity of to-day. It is woman who must walk therein, and it is woman's gift to the world that makes the onward and upward steps possible.

The object of this book is to teach humanity how to keep well, and to give to the sick the necessary advice and treatment to make them well. There is not a muscle or nerve in the human body which cannot be brought under the control of the mind. Many physicians have been and are giving their attention almost entirely to the study and prescribing for the body only, neglecting to cultivate the natural force of recuperation which is inherent in every human being, which constitutes the mind and will. Scientists or Metaphysicians have gone to the other extreme, refusing to recognize the body, or sanction the use of necessary remedies. The wise physician is he who bends all things to his service in the evolution of good to mankind.

The normal condition of man or woman is one of health. The physician should be broad minded, accept the best in the healing art, place the patient in the right way of regaining his health, and Nature will perfect the recovery. The power of the mind cannot be relied upon for the cure of all diseases, neither can medicines always be relied upon alone, for a cure.

By combining the two the best results are always obtained. To refuse to employ remedies of any kind is the height of folly and indicates the weak spot and prejudice of the mental healer; on the other hand for a highly qualified physician and surgeon to refuse to acknowledge the power of mind over disease, when intelligently directed by scientific methods, indicates weakness, ignorance or prejudice unpardonable on his part.

The true physician must be a physician to the soul as well as to the body. By the bed-side, he is the minister, the doctor, the healer, the teacher to the suffering soul seeking relief from mental and physical bondage.

The study of Physics and Metaphysics harmonizes all science, solves the problem of evil, sickness, sorrow and death, and how to rise above them; explains the nature of mind, soul and spirit and makes man the conscious child of the Infinite Spirit, with power to control his body unto perfection and to wield all the forces of Nature for his use and pleasure.

The author and compiler of this book, Mary Ries Melendy, M. D., Ph. D., is an eminent physician of Chicago, born in Switzerland, having the unparalleled record of *twenty-five years of general practice without the loss of a single case originally placed in her hands.*

Dr. Melendy is a graduate of Hahnemann Medical College, Chicago; of Bennett Eclectic Medical College, Chicago; Student at Rush Medical Clinic, Cook County (Chicago) Hospital; Lecturer on Diseases of Women and Children in the American Health University, Chicago, etc., etc. All this is supplemented by her rarely successful experience in an extended practice, and by her own independent researches and discoveries.

For more than thirty years Dr. Melendy has made a study of the finer healing, remedial and constructive forces of Nature. She has attended many different medical schools, and numerous hospitals. She was the only woman in one hospital of 300 students. With indomitable pluck she overcame all obstacles and gained her knowl-

edge. In addition to her school-lore and hospital experience, she has engaged in valuable original researches, which have penetrated to the very centers of life, and wrested Nature's most precious secrets for the good of humanity.

Because a large share of her practice has been with the delicate organizations of women and children, it is a happy circumstance that her remedies, treatments, and, in fact, her whole habit of thought have been in deep sympathy with these elements of society, and her message to them is one of hope and new life.

In her early years in Switzerland she was the direct personal pupil of the great Froebel, whose principles of child-education have revolutionized the world. Dr. Melendy is an ardent admirer and advocate of these principles, and hence she gives to the production of this book (the culmination of her beautiful life-work) a combined knowledge, experience, art, love and power which will bring hope and joy to countless homes in every land.

We are pleased to lay these pages, thus richly freighted, before the public, knowing that they are full of virtue and power for humanity.

THE PUBLISHERS.

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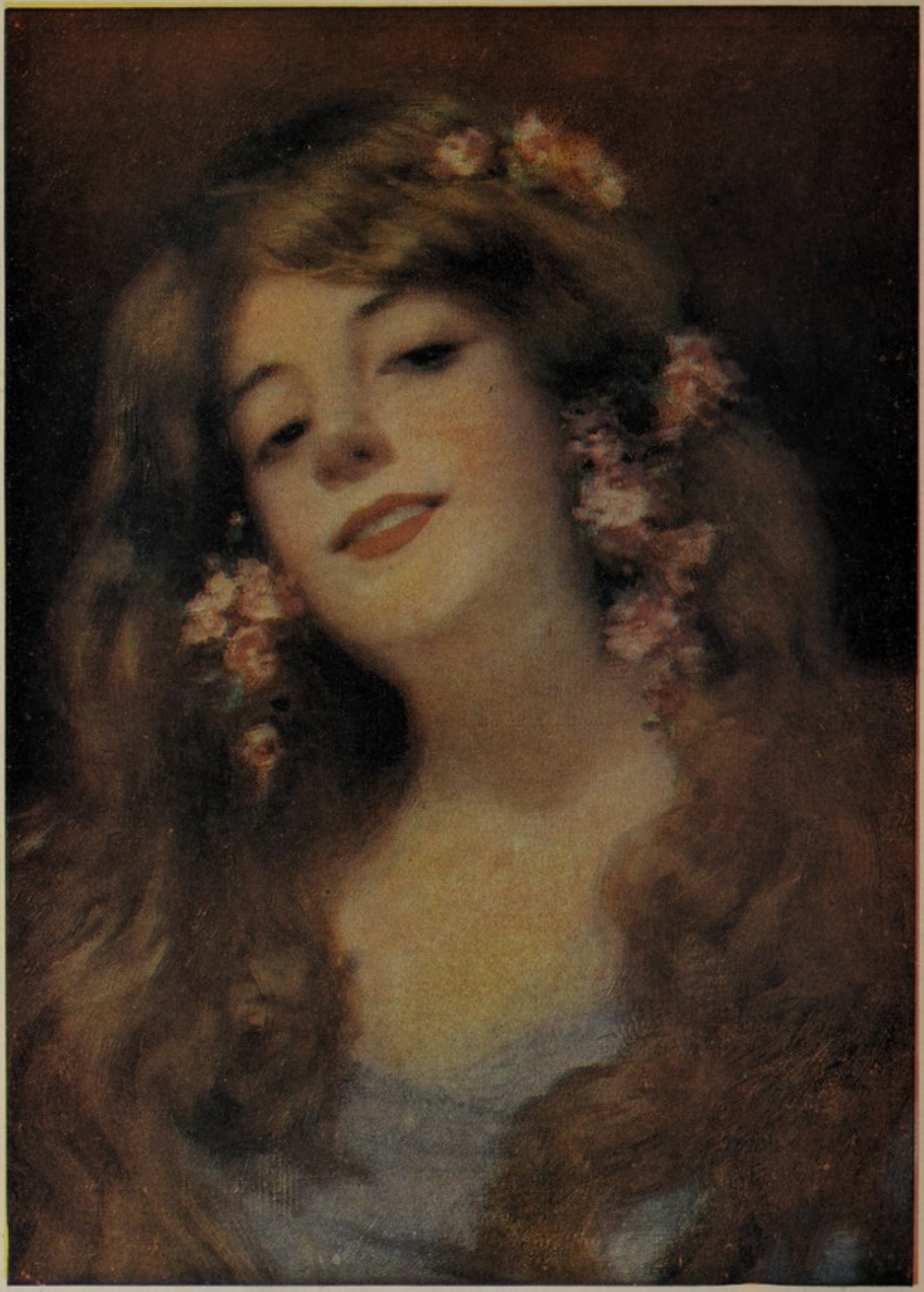
A FULL-BLOWN FLOWER OF GLORIOUS BEAUTY

"What winning grace, what majestic mien!
She moves a goddess, and she looks a queen."



THE COQUETTE

"Coquet and coy at once her air,
Both studied, though both seem neglected;
Careless she is with artful care,
Affecting to seem unaffected."

for Maturity's Joy and Blessing—Perverting Them Depletes Blood—Inflames Nerves—Promotes Stupidity and Destroys Healthy Play-Faculties—You Want to Be Strong—Keep Away from Impure Companions—Keep Thoughts High—Tell Father or Mother—They Love You and Can Help You—The Conquest—You Become a Prince—The Girl's Treasure, Her Growing Womanhood—She Must Keep Herself Pure—What Is at Stake: Beautiful Home-Life; Husband's Affection; Darling Children of Her Own—The Sexual Organs Are Sacred—Controlling the Thoughts—The "Card Plan" for Boys or Girls—The "Friendly Witch"—Men and Women of Purity and Power 259

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GLOSSARY.

Abrasions .....Injuries where the skin is rubbed or scraped away.
Acarii .....Parasitic insects causing the skin disease known as itch.
Allantoise .....Membrane connecting the foetus and chorion.
Anemia .....Deficiency of blood.
Angina Pectoris .....Neuralgia of the heart.
Anteflexion .....Tipped backward.
Anteversion .....Tipped forward.
Aperient .....Mildly cathartic.
Aqueous .....Pertaining to, or containing water.
Areola .....The colored circle about the nipple.
Articular .....Pertaining to the joints.
Astringent .....Binding.
Biliary .....Bilious, or pertaining to the bile.
Calculi .....Hard deposits, resembling pebbles.
Cathartic .....Laxative.
Cerate .....A medical compound of oily and waxy substances.
Cervix .....The neck of the womb.
Chordee .....Downward inclination of the penis during erection, occurring during gonorrhea.
Chorion .....The external foetal membrane.
Coition .....Sexual intercourse.
Copulation .....Sexual intercourse.
Congestion .....Overcrowded blood-vessels.
Coryza .....Nasal catarrh.
Dermoid .....Skinlike; pertaining to the skin.
Diaphoretic .....Producing perspiration.
Diaphragm .....Parietal muscle between chest and abdomen.
Diphtheria .....Malignant disease of the throat.
Emaciation .....State of being reduced to leanness.
Embryo .....Egg.
Emmenagogues .....Medicines to stimulate the menstrual flow.
Enema .....Injection.
Ensiform .....Cartilage in front; soft part of sternum.
Epidermis .....The cuticle, or outer skin.
Epididymus .....The convoluted tube in the testis opening into the vas deferens.
Fallopian Tubes .....Oviducts.
Faeces .....Discharge from the bowels.
Fauces .....The parts bordering on the opening between the back of the mouth and the pharynx.

THE PRINCESS

"Thy beauty,—not a fault is there:
No queen of Grecian line
E'er braided more luxuriant hair
O'er forehead more divine."

VIRGINIA

"All beaming with light as those young features are,
There's a light round thy heart that is lovelier far;
It is not thy cheek—'tis the soul dawning clear—
Though its innocent blush makes thy beauty so dear."

Febrile .....Feverish.
Fimbriated .....Finger-like.
Flatulence, or Flatulency .....Accumulation of gas in the stomach and bowels.
Flexions .....Bending; in parturition, the inclining forward of the foetal head.
Foetal .....Pertaining to foetus.
Foetus .....Child in the womb.
Follicles .....Minute cavities, sacs, or tubes.
Fomentation .....Hot applications to the body.
Fontanel .....The soft part in an infant's head, where the bone is not yet formed.
Fundus .....That part of a hollow organ the farthest from the entrance.
Gestation .....Act of carrying a foetus in the uterus; pregnancy.
Gonorrhea .....A contagious inflammation of the mucous membrane of the urethra or vagina.
Graafian Follicle .....Ovarian cavity containing egg.
Hemorrhoids .....Piles—Tumors in and about the anus.
Hygiene .....The art of preserving health.
Incubation .....The period between the time of exposure to an infectious disease and its development; also the period of gestation.
Inguinal .....Abdominal; in the region of the groin.
Intra-Uterine .....Within the womb.
Labia .....Lips of the vagina.
Lancinating.....Sharp, sudden, shooting, lacerating.
Laxative .....Cathartic.
Lobules .....Minute bundles of cells, blood vessels and ducts.
Mammary .....Pertaining to the breasts.
Massage .....Rubbing and kneading the body.
Menstruation .....Monthly flow from the womb.
Nates.....The buttocks.
Nidus .....Nest.
Nodosities .....Knotty protuberances.
Obstetrics .....The branch of medical science connected with the treatment and care of women during pregnancy and parturition.
Oedema .....Dropsical swelling or puffiness.
Os-Internum-Uteri .....The interior of the mouth of the womb.
Os-Uteri .....The mouth of the womb.
Osseous.....Bony.
Ova .....Eggs. Plural of egg.
Ovary .....Generative organ in which the ova are developed.
Oviducts .....Fallopian Tubes; passage for the ovum from the ovary to the womb.
Ovulation .....Laying of the egg.
Ovum .....An egg.
Papillae .....The nipples; or the minute, nipple-shaped protuberances of the skin, tongue, etc.
Parturition .....Childbirth.
Pelvis .....Lower part of the abdomen.
Perineum .....The part between the genital organs and the rectum.
Peristaltic .....Worm-like movements of bowels.

Peritoneum ..... The membrane lining of the walls and covering the organs in the abdomen.
Pessaries..... Instruments or objects worn in the vagina to remedy a uterine displacement; of various forms and materials.
Placenta ..... The part supplying nourishment to the foetus; the after-birth.
Polypus ..... A tumor arising from the mucous membrane of the womb and projecting into the cavity.
Pre-natal ..... Before birth.
Prolapsus Uteri ..... Falling of the womb.
Pulmonary ..... Pertaining to the lungs.
Pustular ..... Proceeding from, or marked by, pustules.
Pustule ..... An elevation of the skin resembling a pimple or a blister.
Rachitic ..... Affected with rickets; weak-jointed.
Rectum ..... Lower portion of the bowel.
Rete Mucosum ..... The deeper part of the epidermis near the papillae.
Rete Testis ..... The network of seminal tubes in the testis.
Retroflexion ..... Bending backward.
Retroversion ..... Falling backward.
Sanguineous ..... Bloody.
Sequelae..... Morbid conditions occurring as a result of a preceding disease.
Sternum ..... The breastbone.
Syphilis ..... An infectious venereal disease, contracted directly or by heredity.
Umbilicum, or Umbilicus The navel.
Urethra ..... The duct by which urine is discharged from the bladder.
Urinary ..... Pertaining to urine.
Uterine ..... Pertaining to the womb.
Uterus ..... The womb.
Vagina ..... Passage leading to the womb.
Varicose Veins ..... Veins permanently dilated with blood.
Vasa Efferentia ..... The ducts at the top and rear of the testis.
Vasa Recta ..... The straight portion of the seminal tubes in the testis.
Vas Deferens ..... The large duct conveying the seminal fluid from the testis.
Venery..... Sexual indulgence, especially when excessive.
Vertigo ..... Dizziness.
Vesicles ..... Small, bladder-like cavities.
Vesicular ..... Pertaining to, or composed of, vesicles.
Viscera..... The organs in the abdominal cavity.
Vulva ..... The external opening of the female genital organs.

INTRODUCTION.

BY
A. R. HEATH.

"Finds progress, man's distinctive mark alone.
Not God's, and not the beast's;
God is, they are,
Man partly is, and wholly hopes to be."
—*Robert Browning.*

HISTORY may be remorseless. She may write with iron finger the lesson of "the survival of the fittest"; she may proclaim in harsh tones that "the weakest must go to the wall."

And yet, when we look through the ages, we shall find that History herself is but the exponent of Progress, and that Progress means ever "the greatest good to the greatest number." If some "go to the wall," if some cannot "survive," it is only the expression of that larger truth which replaces weakness with strength and sings the anthem of Progress, forever.

Comparing, therefore, the beginnings of time with our twentieth century, we see the brighter light, the evolution of strength, the prophecy of good.

This book is multiform Progress. It speaks to the ambition. It tells of hope and achievement. It lifts the reader to the uplands, and lo! he sees visions of personal power, and even legions of angels upon the mountain side! To him shall come, as he reads these pages, the higher self-respect, the consciousness of the larger and stronger life. That is the mission of this work.

Woman comes to a time in life when she yearns for a broader work.

With her children grown up and away, she comes to feel the instinct of motherhood extended, the impulse of protective love. And so, with this inspiration, and bearing the spirit of Progress within her, she has enlarged her field, and now in her wise and strong ministrations she touches humanity at a thousand points, and every contact is a blessing.

Impelled by this spirit our author has put forth these pages. They are such as naturally come from the mother-heart, such as womanhood is fitted to present, such as a wise and kind physician can offer to enable men and women to help themselves to a sweeter, more beautiful and stronger life-force.

Here may be found the response to that yearning for beauty and strength which is innate in every human being. All shun and deplore the imperfect. All long for perfection in strength and beauty. How we shrink from the thought of wrinkles or decay! And yet we have been told for generations that it was in the order of nature for us to grow old, wrinkled, unattractive, feeble and weak in body and mind. We have been told and have believed that the mind had no power to repair and recuperate the body so as to bring newness and freshness.

But here are twentieth century truths which show the glad fact that the order of nature is the order of evolution, ever growing finer, stronger, more forceful. The planet was once a molten mass, and then a coarse and crude desert. All life was once coarser, but is now finer. We accept the suggestion, then, that life and power grow—and grow finer. Refined steel is not only smoother, but *stronger* than crude iron. Why must we inevitably wither and decay and lose the best that life is worth living for, just as we have learned to live?

Our author has forcible thoughts on these subjects. She reminds us of the existence of "thought-force" as an active power of nature. She makes it plain that many of the forward steps in our civilization have come directly in answer to the needs and longings of God's children. Millions yearned in silence for faster travel, and for quicker news service. The answer was the steam engine and the electric telegraph. We do not *need* to plan ahead for our becoming old and de-

crepit, but if we *do* so plan, we shall hypnotize ourselves, and all the old-age thoughts in the universe will gravitate to us, and grave themselves in our joints, our muscles and our faces. It is time for us to reverse our thinking. Let us send forth the demand for health, strength, mature vigor, and the lines of beauty which mind can and does write upon face and form. Our author shows us the reality of this process, its hopefulness and its beneficent results. She sets forth the exact ways to combine healthful thoughts with some of nature's kindest remedial gifts, so as to bring to us beauty, grace, attractiveness, strength and magnetic force.

Then there are the sublime truths of sex-life. These are so interwoven with our existence at every point that we have a thousand admonitions that they must be studied and understood, and their blessings brought into our lives. It is truly a boon to have them explained with such plainness, such reverence, such loving desire for our best good, and withal by such convincing wisdom and capacity that we feel that we are in the presence of a friend indeed. No longer dare we despise these most marvellous revelations of the divine wisdom. Our thoughts are uplifted, and we feel just as did the one who declared "the undevout astronomer is mad!"

Wonderful life-lessons are here! The counsels to the young are full of power, and will linger long in the memory. The advice to mothers and fathers on how to save their children from innocently falling into sad habits must command our earnest respect. The padlock must be removed from the lips. Parents dare no longer preserve silence when their darlings may be drifting over the precipice. They are to speak, speak freely, speak in time. And after all, the truths are so beautiful, so sublime, and tend to such feelings of reverence for the divine order, that the act of speaking to the little ones becomes itself a sacrament.

Not only so, but these confidences check the tendency of childhood to drift away from us. Who has not seen the change? What mother's heart but has been sore when her child ceases to confide in her, holds her "at bay," and she sees that there are chambers in her darling's

mind that are closed and locked against her. The child has been misinformed by associates. He dreams that he knows that of which she is ignorant. He dares not tell her that which he has heard. Against his will he puts up the barrier, and often his own heart aches at the mystery which has arisen to close the old bedtime confidences, and put impurity in their place.

This need not be. It has come because the parents have delayed too long, and have let the child seek other sources for the knowledge which is best received from the parents' lips. So our author gives us kindly pressure as to promptness in performing this duty, and wise hints as to methods of meeting the natural and innocent curiosity of the little ones. Thus we may keep them pure, save from error and disease and retain their priceless confidence.

Woman, with her delicacy of organization, and especially with her long fixed thought-habits and mistaken methods of attiring herself, has fallen a victim to legions of troubles peculiar to her sex. These need not be—ought not to be—as our author clearly shows. From her very childhood she has been woman's friend in need. And now, after a generation of helpfulness for women, she has willingly put in this form the truths that have proved highly valuable to thousands.

The information in this book is *priceless.* It will enable woman to bring great relief and glad development into her own being, so that her life shall be attuned to songs of gratitude and praise. People can work wonderful cures for themselves and pass on these words of healing to their friends. The author traces (especially with nervous troubles) the causes of disease back to false *mental habits;* and a part of her remedies consist of mental treatments that brace and invigorate.

The author cherishes the history of the growth of modern healing principles. There was once the day of harsh purgatives, physic, bloodletting, and the ever-ready surgeon's knife. But science has gradually disclosed the milder, yet more effective way. To trace this growth would tax the pen of an expert. The author in all modesty disclaims literary skill, but does insist that she stands for *truths* in science

which have been attested by a most marvellous record of blessing for humanity; and also that in her hands this system of using the milder, kinder and more spiritual forces, so to speak, has been a system of continuous success.

Who, then, should offer these beneficent truths to the world, if not one who has proved their efficacy by thousands of bedsides? Her wide and indiscriminate practice of more than twenty-five years has had a remarkable outcome. No death certificate bears her name as original practitioner in all that generation of time!

She has used the mild powers which cure. She has studied to put hope into the patient's thought, and what is of almost equal importance, into the thought of those who surround the patient. She has traced disease to cause, and treated *cause*. She has remembered to treat *mind*, because mind is at the source of life. She has praised Nature and given full honor to Nature's own tendencies towards recovery, and she has come to every case with the strong, uplifting, soul-cheering *confidence of success!* It is the spirit of mastery. She has put her strong, wise finger upon the place where Nature is striving to restore and to revive, and she has added just the mild yet potent agencies which have reinforced Nature and made the victory complete.

In this book the author has placed the ripened and most modern fruit of her experience before the public. In plain words for plain people she has set forth the very heart-secrets of Nature. No family, no mother nor father, no wife nor husband, no youth nor maiden need fail to understand and profit by her instructions. All is made clear. Details are given. Principles of cure are set forth. The exact treatment is laid bare. Names of remedies are given. Symptoms, treatments, doses, surroundings, convalescence, all are told in words strong with the directness of truth and good will. Where literary finish was required, it was provided; where illustrations would throw light, they appear; where business ability and experience were needed to bring these truths quickly before great masses of people, it has been supplied. The truth is supreme! Room for the truth!

It did not meet the author's ideals nor satisfy her strong yearnings for the spread of truth to tell this story calmly and in the academic spirit. These things are the highest exemplifications of the dramatic. They touch the deepest springs of human life. They deal with the destinies, not only of those now living, but of those unborn, and their progeny after them for ages. Back from the very jaws of the grave she has come and now, with magnificent vigor and health that challenges comparison, she stirs our souls by the recital of these experiences. We say as we read these revelations, "Here, indeed, is one woman who has learned how to live!" Her readers will grasp eagerly for the rich lesson, and the priceless gift it bears to humanity. With a fervor peculiar to one who is mastered by a mighty truth, these scenes and pen-pictures are laid before the reader, and they may well be called "drama in prose."

These truths penetrate to the centers of life. They are food for the soul-hungry. They are balm for the wounded in life's journey. They meet human needs as no other book on similar lines has done. We find here provision for emergencies and times of crisis which come into every home. More than this, we are led into the archways of Nature's beautiful truths, and we are entranced by the lessons which uplift. But more even than this, before us and our dear ones are opened higher conceptions of life, the chains of self-depreciation are stricken off, we become possessed by nobler ideals, and we see the prophecy of a sweet and soul-satisfying success.

And so this work means an advance step for humanity. It spells progress for every home it reaches. It means wise and happy parents, strong and noble children, welcomed, planned for, with their highest qualities developed; and it means that they in turn will plan for their offspring on wise and broad lines; and as this shall go on and on, in ever widening circles, the author's ideal will come true, and there will be Progress for Humanity and Its Progeny.

CHAPTER I.

LIFE-CENTERS.

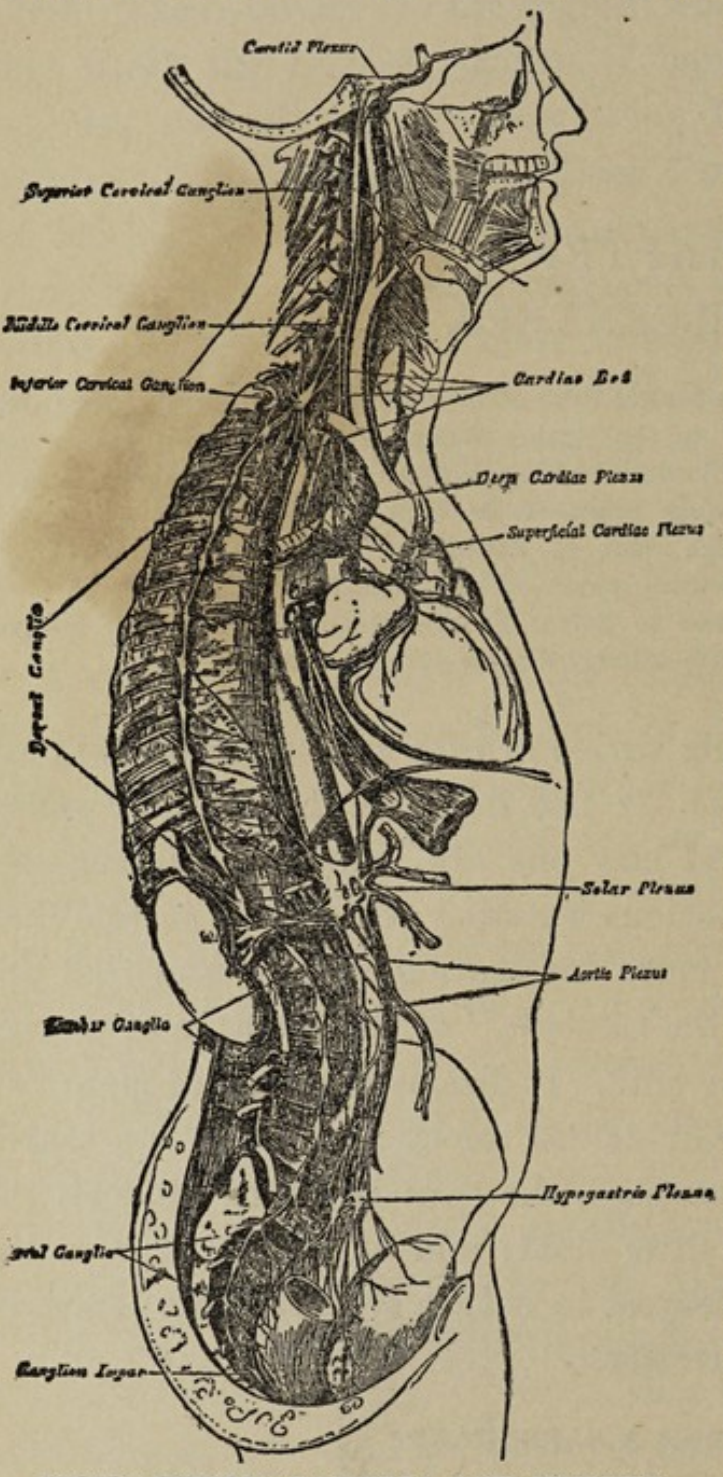
A Fascinating Search—Knowledge that Makes Pure—The Four Power-Houses—Little Cells that Are Specialists—"Wrinkles" in the Brain—Woman's Lofty Brain-Development—Amusing Anti-Climax of the Philosopher—Why Woman Has "Intuitions"—Causes of Insomnia—How to Have a Vigorous Brain—It Is Wise to "Change Your Mind"—Getting Rid of "The Blues"—The Seat of Magnetic Power—Chasing Away the Burglar-Thoughts—The Greatest Nerve-Center—Why Woman Is Elastic—Must Mate to Be Complete—The Temperaments to Select From—People Who Mature Early—Large-Jointed Folks—The Red-Faced—Sleepy People—Not Slaves of Fate.

'TIS a wonderful plant in its varied growth and bloom—this flower that we call human life! To find its roots, that we may understand its deeper mysteries, and how one life influences another—ah, what a task! It is a more audacious wresting of nature's secrets than Edison has yet attempted; a more fascinating search than that for "the pot of gold at the end of the rainbow," or the fountain of eternal youth, for in a sense it includes both. It discloses treasures more valued than any hidden by pirate or delved for by miner. It is a search worthy alike of the sage philosopher, the earnest young student, the conscientious mother and the little child; and of these, perhaps, the little child is wisest, because nearest to nature's heart in its innocent, eager, and too often baffled curiosity.

KNOWLEDGE A SAFEGUARD.

A common error is that of confusing ignorance with innocence, while in fact, the two are wholly different in their nature and results. Ignorance is not the true heritage of any human being. The knowledge

that satisfies, uplifts and protects should be given to all. It is harmful beyond measure to make a dark, forbidding secret of what all should learn, or to carelessly leave young people to acquire false and base views of God's beautiful work. If "the proper study of mankind is man," then the youthful questioner's "How?" and "Why?" should be answered; and to answer wisely and well, the world itself must seek knowledge, and learn so to use and impart it as to further a pure and reverent self-development.



SYMPATHETIC GANGLIA AND NERVES.

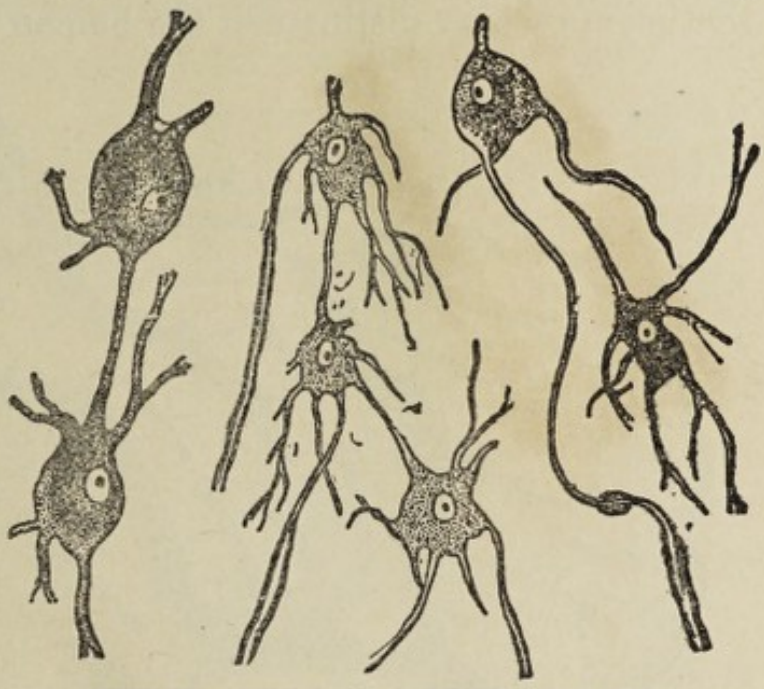
Though man is more than physical, yet in finding the centers of a human life, we are led first along the highway of the great sympathetic nervous system, which, whether we wake or sleep, continuously performs its marvelous functions of controlling nutrition, respiration, the circulation of the blood, and all the various vital processes. In this we find four great power-houses, so to speak; points from which vitality is sent forth in all directions.

THE BRAIN—MALE AND FEMALE.

The first great center, the brain, has been well called the guardian and at the same time the servant of the mind; and through the mind

the functions of every part of the body may be affected. The nerve-cells of the brain are specialists in their business; that is, they are so arranged that each group of cells controls its own peculiar work whether mental or physical, doing that specific thing and nothing else. Thus, some cells enable us to think, others to speak, still others to move our hands; some cause us to enjoy a beautiful landscape, others help to plan a battle; and so on through the whole list of mental and physical acts, sensations and emotions.

These brain cells, like all other parts of the body, must be fed; hence certain nerves stimulate each cell to select from the blood-supply exactly the elements suited to its own peculiar need. Other nerves act as messengers from the cells to different parts of the body.

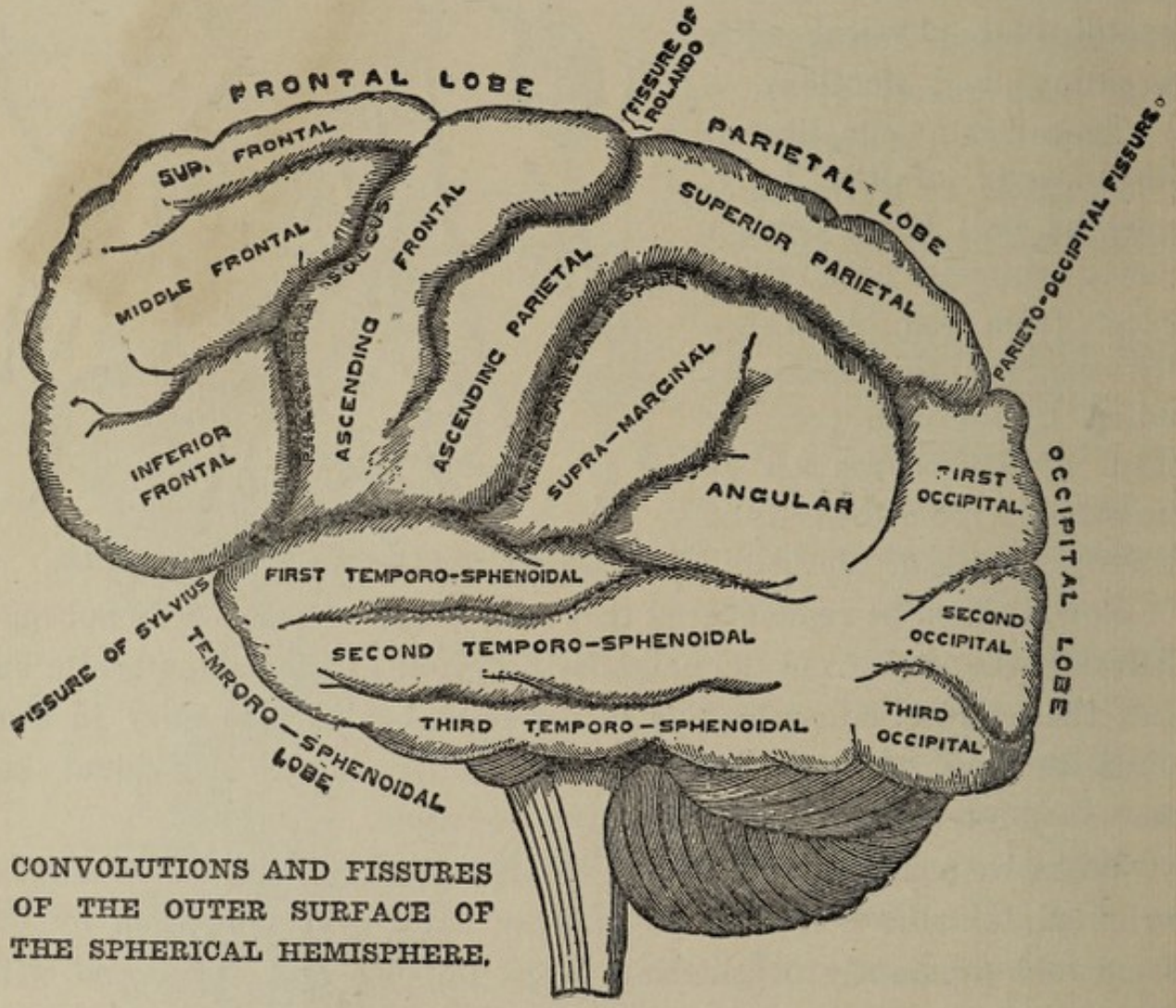


NERVE CELLS OR NERVE CENTERS.

Now, it must be remembered that each group of nerve-cells not only differs in its work from the neighboring groups in the same brain, but that the corresponding groups in different brains also vary in size. Thus we have not only the different faculties in one individual, but the varying temperaments in society as a whole.

When we come to consider the brain, therefore, with its wonderful wrinkled folds or convolutions of gray nerve-cells nourished by the blood and constantly originating force, impulse and ideas, and with the white nerve fibers acting as messengers to transmit them, we see why this organ is so powerful a life-center. One fact of especial interest is that certain striking differences exist between the brain of the male and that of the female. We see this in the shape of the skull; in the gentle arching upward of the woman's forehead and the decided elevation at the top and near the center of the cranium.

Few skulls of the female fail to show this peculiarity, which is lacking, as a rule, in the male. Phrenologists and scientists generally agree that Nature has thereby put her mark upon woman as the more moral, the more conscientious and more highly developed in the spiritual qualities. Here, in the loftiest portion of her cranial construction she is proclaimed superior to man in many of the finer and higher sentiments which distinguish the human race from the brute creation.

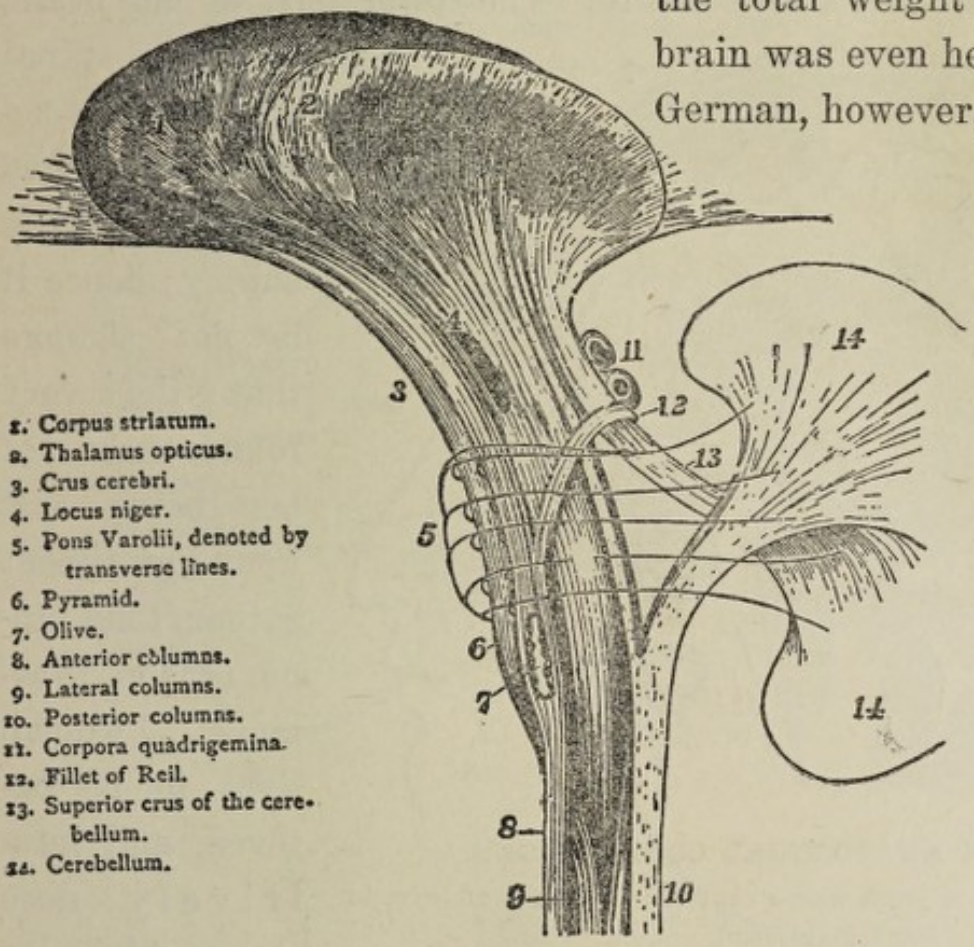


CONVOLUTIONS AND FISSURES OF THE OUTER SURFACE OF THE SPHERICAL HEMISPHERE.

The average brain and skull of the man is about one-tenth larger than that of the woman. But it is now generally admitted that the size and weight of the brain as a whole do not absolutely determine intellectual capacity. Fineness and purity of tissue are also to be considered, as well as the relative proportion of the gray to the white

matter. In all these points woman appears to be more graciously endowed than man.

Bearing directly upon this point of size and weight as a measure of intellectual capacity is the case of a certain Munich physiologist of note who, after years of wide investigation, attempted to uphold the ungallant claim that woman must necessarily be inferior to man because of her smaller brain. Others protested that in comparison with the total weight of her body her brain was even heavier. The plucky German, however, insisted upon his point, his weight of the average female brain being placed at 1,250 grammes against 1,350 for that of the male—a difference of three and one-half ounces. Upon the death of the scholar, who had expended so many years of intellectual energy upon the study, it was found that his own brain weighed only 1,245 grammes, less than the feminine standard which he himself had established.



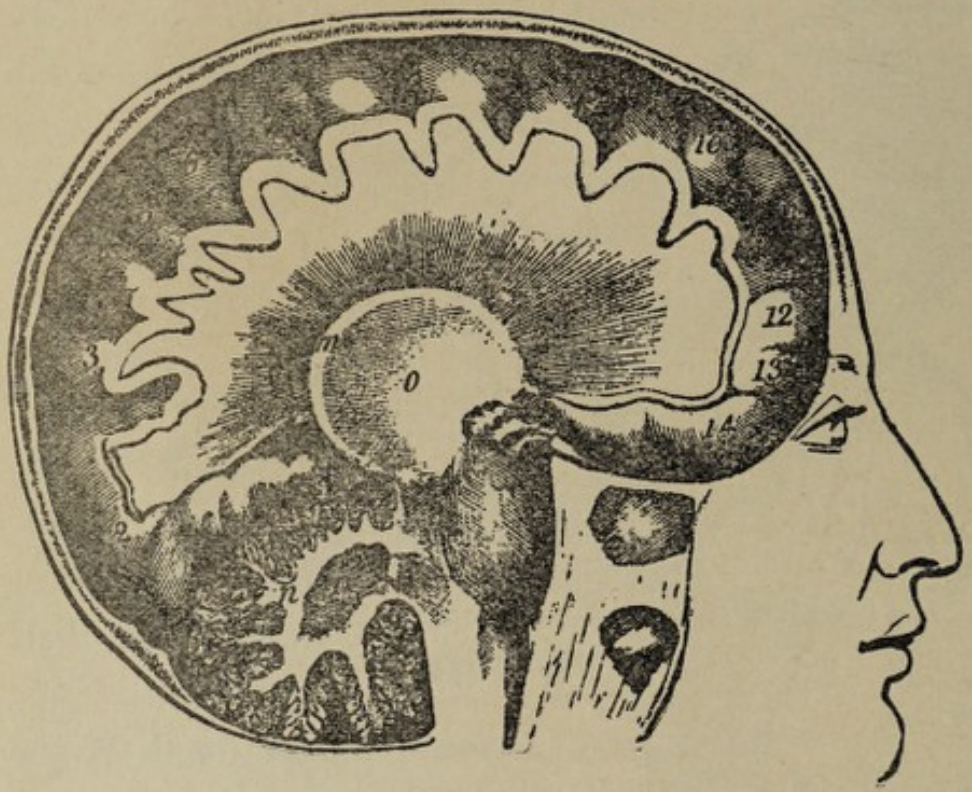
COURSE OF THE NERVE-FIBERS THROUGH THE SMALL BRAIN.

WOMAN'S INTUITIONAL NATURE EXPLAINED.

Close and vital indeed is the relation of the brain-action to the process of thought, and to the general health of the body as well. Increase of the blood-supply in any part of the body, as all recognize,

means a corresponding increase of that part's activity. Nowhere is this more evident than in the brain. Now it has been learned that in woman's brain a richer blood-supply stimulates those portions controlling the unconscious processes. Her "sub-conscious mind," as it is sometimes called, is, therefore, more active than her conscious intellect; and for this reason she often knows by intuition, in a flash, something that man would laboriously reason out.

So it is with woman's love-nature. The lower part of her brain, near the spinal cord, is most actively nourished by the blood-supply; hence it is not strange that the very foundations of her being rest upon sentiment rather than upon reason. Normally, woman lives to be beloved, and intuitively does those things which are lovely. See illustration, "Love in Its Anatomical Connections." Further, she lives to be beloved of man, while, speaking broadly, he chiefly exists to increase in simple strength of body and of mind. Thus are brought together strength and tenderness, each to modify the other; the positive and negative poles of being which form the complete circuit of creation.

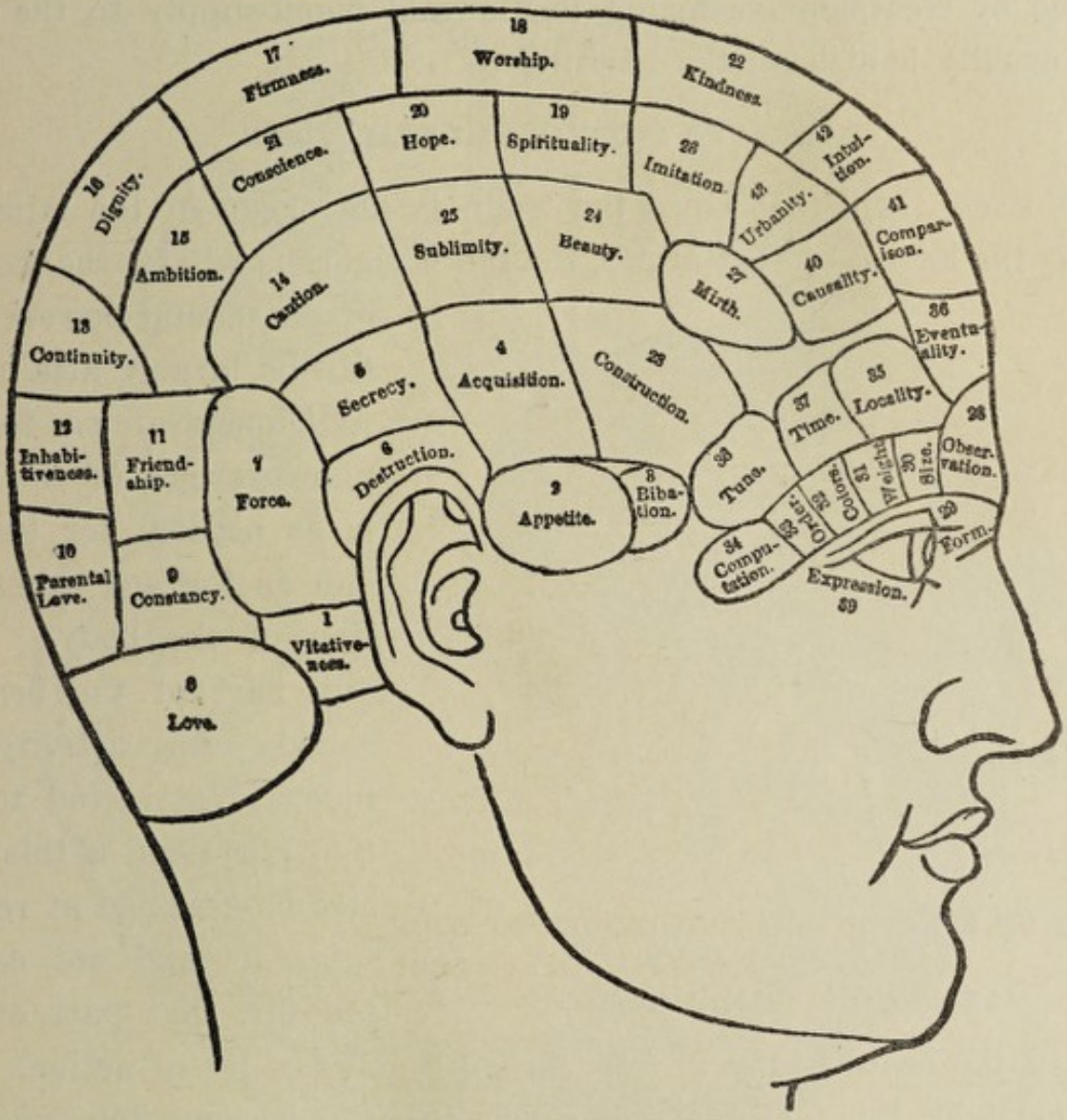


LOVE IN ITS ANATOMICAL CONNECTIONS.

m, the corpus callosum, a great nerve center; o, the seat of love, in the female head.

During sleep, there is only sufficient blood supplied to the brain for the purposes of nutrition. Were there more, the action of the

brain would render sleep impossible. Activity of the mind greatly influences this matter of cerebral circulation. Hence it is easy to see why prolonged worry or study, by retaining or increasing the blood supply, will cause insomnia; also why, if through sickness, monotonous work or other conditions, the supply of the blood to the



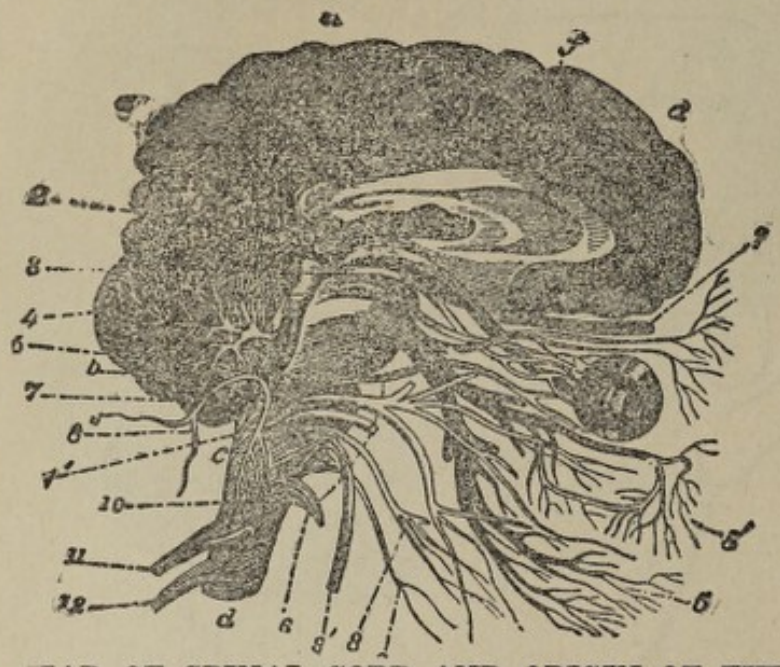
PHRENOLOGICAL CHART
of the Human Brain.

brain is greatly lessened, the brain functions will not be carried on properly in the waking state; memory, concentration, the voluntary mind, the will and the senses become feeble; the brain partially loses control of the nervous system, and "nervousness" is the result. At such a time the mental impressions are likely to be misinterpreted or

greatly exaggerated. The friends of a person thus afflicted should not judge harshly, therefore, if they find themselves accused of many absurd if trifling offences; neither should they be surprised at the nervous one's facility for hearing burglars, seeing ghosts, and discovering fires or other calamities where none exist. A very simple course of treatment restoring the normal blood-supply to the brain will usually banish all the horrors.

HOW TO INCREASE MENTAL VIGOR.

We see, then, that since the brain is the organ of the mind, the better the health of that organ, the more vigorous will be the working of the mental powers. This can be largely attained by judicious exercise; for regular exercise of the brain is as needful for that organ as for any other portion of the body. When any part of the brain is called into activity the blood is attracted toward that part; and if this exercise be resumed at regular intervals and not carried too far, that part or faculty of the brain grows in size, strength and facility of action. This is shown by the fact that some women have become fine conversationalists by dint of regular, thoughtful, persevering practice even when they possessed small natural ability in that direction. It is the same with music, mathematics or domestic skill; and one woman who in time of need took up her husband's work as a landscape architect, beginning as she says with a very poor equipment, is now employed by several railroads and many owners of private

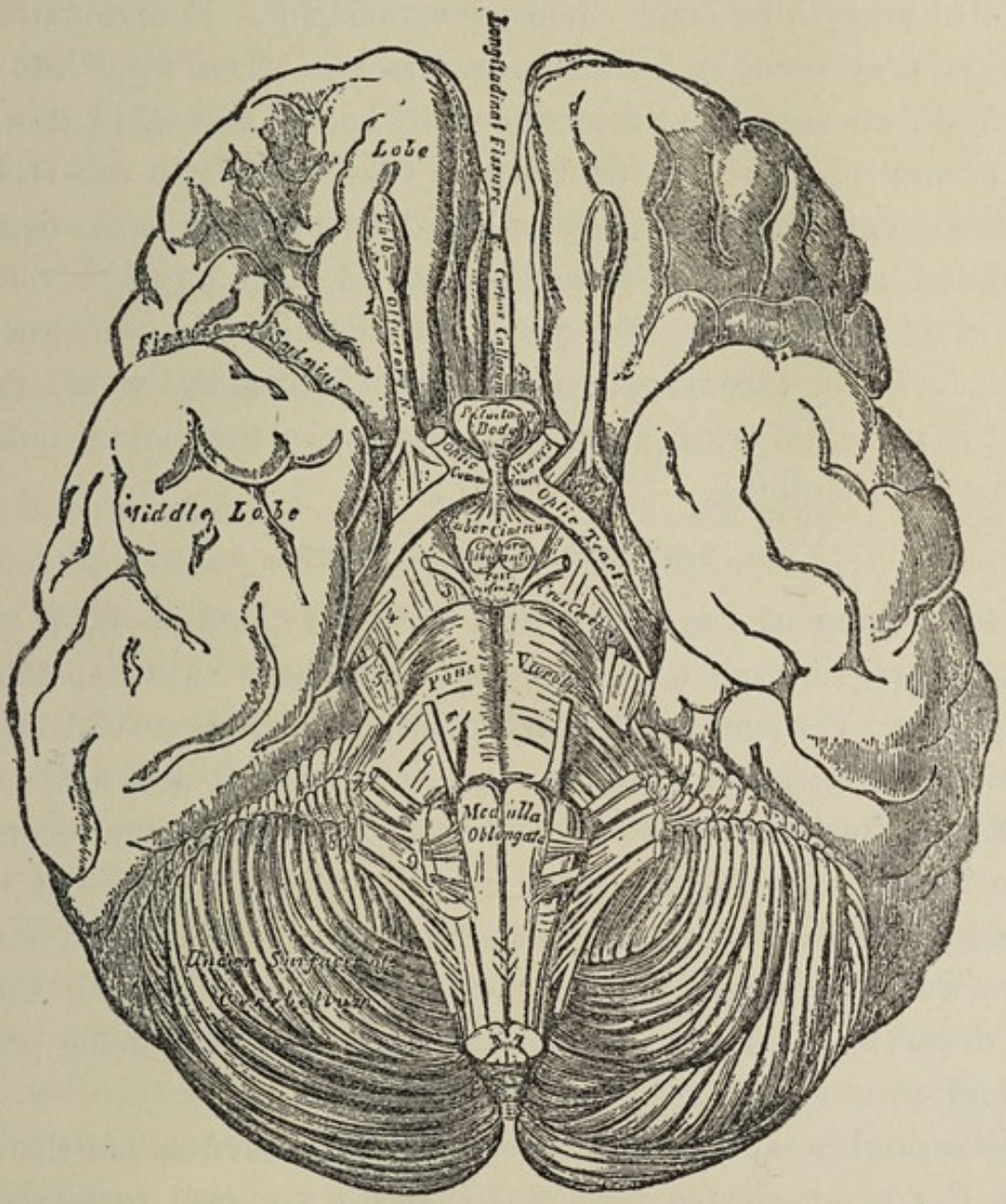


HEAD OF SPINAL CORD AND ORIGIN OF THE SENTIENT NERVES.

"All the Nerves Centering at Love."

grounds, who appreciate the finest work and most able supervision, for which she is noted.

As is easily seen, however, when the exercise is excessive, and the part of the brain thus used is not given sufficient rest to allow



BASE OF THE BRAIN.

Showing cerebellum, medulla oblongata, lobes, etc.

Nature to restore the waste caused by its activity, it becomes exhausted, and brain fever, imbecility, or insanity is the result. A knowledge of this law is most important to teachers and students.

CHANGE YOUR MIND!

It must be remembered also that by the operation of this same law, the habit of brooding continually on one thing keeps the brain on such a strain as to cause it to become weakened or diseased. There must be in everything some chance for variation. People suffer more often than they need, by failing to realize this. Don't get into mental ruts. With an occasional friendly visit, books, travel, pictures, even a new arrangement of the furniture in your room, you can frequently form new mental images so as to keep the brain in some degree refreshed and interested. "Change your mind every day!" is the advice of one who knows how to keep young, beautiful, socially magnetic and mentally brilliant through circumstances which many would find trying. It is in actual truth as important to vary the mental outlook as to change the clothing.

THE SECOND LIFE-CENTER.

In the region of the heart, and closely related to it, is another mighty center, through which the pulse messages rush like telegrams on their way. It seems a pity for science to have disturbed the poetic fancies of the ages by telling us that the heart is not, after all, the seat of the affections. As we have seen that the phrenologists insist on locating the love-faculty in so unromantic a place as the back of the head, we shall have to accept the fact. Still, we will not complain, for are we not already finding the truth more wonderful than any poet's dream? With this consideration we will forgive the phrenologists and proceed towards further light.

This second great knot of nerves, near the heart, called the cardiac plexus, has a mission so powerful that we can well understand the reason for the ancient mistake. Any powerful emotion, whether of love, anger, grief, or fear, is transmitted through the sympathetic nerves to the life-centers everywhere; and the heart being the center of circulation, is quickened in its beating by love or anger, checked by fear, or made irregular by grief; until it does indeed seem that

the heart, even if not the seat of the affectional nature, is at least closely connected with it.

BROKEN HEARTS.

Many have tried to uphold the old theory by pointing out that the "broken heart" is a physiological fact. True, there have been instances in which the hearts of those who died of grief were found to be literally cleft; but that clearly occurred by reason of the irregular rush of blood, as affected by the condition of the nervous system. Serene, temperate, happy natures who are both loving and beloved will rarely have occasion to notice their heart-action, for in all probability it will be normal and even, quickened only by increased vitality and strength as the various faculties are healthfully exercised.

THE HUMAN SUN.

Not half enough has been known or taught regarding the third important life-center, which is to the human being much what the sun is to the earth. This is the solar plexus—the great sympathetic nerve center just behind the stomach.

Do you know persons—of course you do!—who are often troubled with "a dreadful sinking at the pit of the stomach"? Or with the tendency to feel slighted or abused, with little or no cause? Or with the "I can't" paralysis?

Ella Wheeler Wilcox says that there are two kinds of people in the world; the people who *lift,* and the people who *lean.* You have met those of both kinds; the strong, self-reliant ones so full of vital, radiant soul-shine that every one turns instinctively to them to get rid of the blues; and the other sort—the chronically whining, helpless, despondent ones who want everything done for them; who fear they "can't" succeed in anything they undertake, and who consequently never do succeed. Yes, we all know both the "lifters" and the "leaners." Would you be a "lifter"? Then develop your solar plexus!

Do you ask "Why"? and "How"? I will tell you. First, as to why:

LINK BETWEEN BODY AND SOUL.

The solar plexus is in one sense the link between the body and the soul. It is in location at the great center of the sympathetic nervous system, and closely connected with important organs and vital processes throughout the entire body. In its relations with the brain, its state of health has a marked effect on the will. Fright, or sudden, despairing grief, is felt in this region even more readily than near the heart. Such an emotion causes the "sinking feeling at the pit of the stomach" above referred to; and the same sensation only in a less violent degree, becomes chronic in a person who is in the habit of continually depreciating himself or his neighbors—particularly himself. No man can succeed in business, no woman in effectively managing her love affairs or her household, if the solar plexus be weak and unreliable. It must and can be made strong. When this strengthening process is completed, the result is the thoroughly awake, alive, magnetic, successful person whose very presence is a delight to all; whose "feelings" are never hurt, and who is never "out of sorts"; who is so busy doing wise, merry, clever, kind things that there seems never any chance for mistakes or worries; who comes into a room or a group of people like a sunbeam and leaves all refreshed and invigorated as by an ocean breeze.

The reason such a person is not receptive to injuries and "slights" and can accomplish more than others is simply that he has a well developed solar plexus. And this brings us to the other question, "How"?

HOW TO DEVELOP THE SOLAR PLEXUS.

By frequent, regular, deep breathing of pure air and sunshine, so as to increase the blood-supply to that part of the system; by chasing away all despondent or disagreeable thoughts—like the burglars that they are—with a swiftness that will astonish them; and by a liberal use, either mentally or aloud, of the words "I can and I will," followed by acting as if you really believed and enjoyed them. That is

the treatment in a nutshell. More specific instructions for the breathing exercises will be given in a later chapter; but the mental part of the treatment is important also. Power dwells in the solar plexus, and if given half a chance, instead of being squeezed out of all shape and vigor, as it often is, by cramped dressing and cramped thinking, this human sun will radiate until life is transformed.

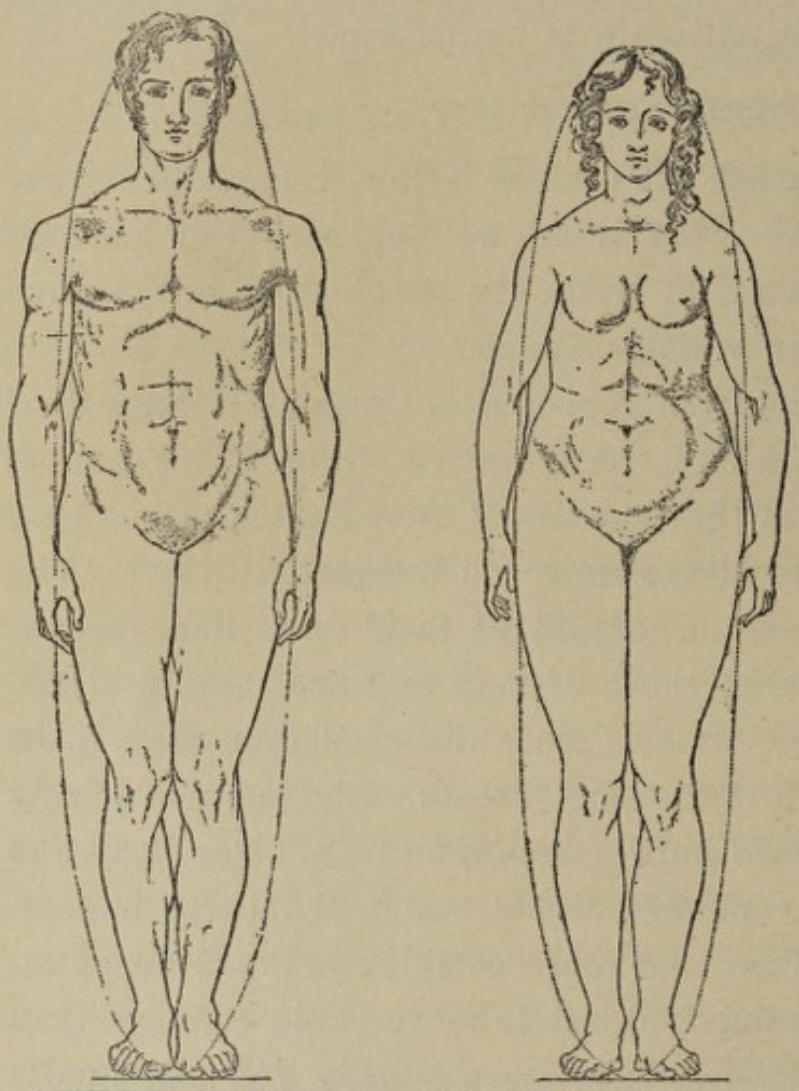
THE FOURTH LIFE-CENTER.

Last on the list of the great life-centers is that related to the reproductive organs. With reverent tread we approach this part of our subject, for who can begin to study the greatest of all creative work without feeling that it is holy ground?

The nerve-center related to the reproductive organs is largest of the four, and in woman, has a vital, recuperative power. This is most needful, since these organs in the exercise of their functions influence the entire nervous and physical system to an unequaled extent. The fibers of the woman's nerves, on account of their more delicate texture, vibrate more rapidly than those of man and are therefore subject to more sudden changes. She is more disposed than man to be hysterical, to weep and laugh in the same breath. She is more quickly and keenly affected by outward impressions than man. Her body and soul promptly recoil from repulsive sights and evil mental impressions. On account of this finer and more complex nervous organization, woman's nature is not only subject to more rapid changes than man's, but it is far more elastic. It is more quickly and profoundly disturbed, but returns more readily to its normal state. Her soul is painfully touched by misfortune or death, but the nervous shock of the blow finds relief in a flood of tears. Her nervous and mental systems, which are one and inseparable, regain their stability with a promptness which would be impossible for the man whose nature had been so deeply affected.

No work of master-artist ever compared in beauty and perfection with the marvelous construction of the human body. It seems difficult

to realize that all this wonderful structure grows from a tiny cell, a seed, so that human life is in fact not altogether unlike that of the beautiful plant-world with which we have already compared it. Not only is the great sympathetic nervous system made up of minute nerve-cells, but were we to trace life back to its very beginning we should find a germ-cell which grows and bursts open as does the flower-seed, sending forth still smaller cells; and within these we should find a mass of infinitesimal, oval-shaped bodies with long tails—curious living beings no larger than the point of a pin! To study the history of these little creatures and learn what becomes of them in the course of their travels is to understand, in some degree, the beginnings of human life. We will take up this important study in due time, giving to each portion its appropriate space. Meanwhile, having found the four great centers of life, let us turn for a moment to certain fundamental differences in sex and temperament which distinguish one human life from another.



OUTLINE OF THE MALE AND FEMALE FORM.

Showing the heavier bone-construction of the Male, as well as the larger muscular development.
Note the broad shoulders of the Male, and the swelling hips of the Female.

"God created man male and female," giving to each sex distinctive qualities admirably adapted to its part in the ever-continuing

creative process. The differences between man and woman, as we have seen, are mental as well as physical. Taking a broad, general view, we see in man the embodiment of strength; in woman, the more passive, receptive qualities; in man the intellect ruling supreme; in woman the spiritual faculties and the love-nature. Physically, man's broader shoulders and chest indicate that he was meant to be the lifter of the world's many and varied burdens; while woman's slenderer form, with exception of the portions meant for child-bearing, gives evidence that with her all else is secondary to her chief life-work, that of bearing and rearing children to be a joy to themselves and humanity. For one entrusted with so grand a creative work, specific preparation is surely most needful, and equally a high and sacred duty.

TEMPERAMENT.

That no human life is complete until rightly mated, is acknowledged; but how few give to this subject that earnest thought which fits them for life's noblest duties, free from all false notions and dangerous misinterpretations of nature's laws.

Marriage, the preparation for it and what it involves, must be considered in many aspects, and before taking up these matters it is well to give thought to the different temperaments to be found in the human body, and how each may be recognized. In this way alone can a knowledge of the great underlying principles of right selection and happy adaptation be gained; for temperament is, in a very real sense, one of the central facts in human life.

MENTAL OR NERVOUS TEMPERAMENT.

A person in whom the activity of brain and nervous system strongly prevails, may be known by a slender, well-knit frame, sharp features, thin skin, fine hair, bright eyes; he moves, speaks and thinks rapidly, and is fond of reading and other intellectual pursuits. Such a person is apt to mature early, enjoy and suffer keenly, and carry things to excess, especially all mental activities. Children of this organization

require a great deal of care and attention. Plenty of outdoor exercise, cheerful surroundings, and a gentle, watchful guidance are essential to keep them well and happy. They are more dependent than other children, but their brilliant talents well repay the efforts that must be made to give them physical stamina and self-reliance.

"HEWERS OF WOOD AND DRAWERS OF WATER."

In the bilious or motive organization, bone and muscle predominate. By reason of well organized nutritive processes there is marked physical strength. Persons wholly of this class are solid in bone, flesh and muscle, have large joints, large, irregular features, dark hair and eyes, dark complexions, and are apt to be somewhat dull of expression and slow of movement. Though backward in study, they are good workers at any task requiring strength rather than speed; can endure fatigue and hardships; cling tenaciously to life; and while they seldom originate anything, can carry out the plans made by others. They do the hard work and fight the battles of life; and the world would be in a sad plight without them.

THE VITAL, OR SANGUINE.

This temperament is controlled by the circulation, respiration and vital organs. The ascendancy of the digestive organs sometimes leads to gout and similar troubles late in life. Those having this temperament are known by a general plumpness of body, strong pulse, large face, especially in its lower portion; large base of brain; florid complexion, sandy hair and an expression full of health and animation. All the vital organs are large and active. Persons of this class value life highly, enjoy all its pleasures, breathe freely, sleep soundly, eat heartily; frequent social gatherings; are warm-hearted, sympathetic, and generous; very sensitive and impulsive. They are fonder of giving orders than of taking them. Sometimes they show good mental ability, but they are never close students, as they lack patience and application.

There is also the phlegmatic or lymphatic temperament, whose

chief distinguishing mark is a general sleepiness of appearance. Some of the Asiatic nations, notably the Chinese, are of this class.

Much might be added on this subject of the varying organizations, but enough has been said to enable the reader to distinguish any one of them. When the different temperaments are blended in the same person, the result is a well-balanced mind and a fine physique. This, of course, is the ideal condition. Yet a strongly developed temperament has its advantages, and its disadvantages can be modified. People are not nearly so much the slaves of fate, in these matters, as they have been led to think; and it is but fair to state that a brave, aspiring human soul of whatever organization, will surely find its balance somewhere, somehow. The body is after all the obedient, though untrained servant of the mind, through which each life can learn by degrees to control its own destiny.

CHAPTER II.

MAN'S IDEAL OF WOMAN.

Beauty the Magic Charm—The Hidden Law—Bright Eyes, Animation, Grace, Express the Motherhood Idea—Beauty in Form and its Meaning—No Abnormal Compression Needed—Full Breasts the Artist's Ideal—Sprightliness of Step; Why it Attracts—Musical Voice—Erect Bearing—The Slender Style—The Plump Type—The California Girl—Racial Standards—Soul-Power—Artistic Taste—The Religious Instinct—Love of Mate and of Offspring—Tact—Intuition—Discreet Reserve—Woman's Tact and Eloquence Powerful, Even in Business—Transmitting Qualities Not Her Own—Graces Can be Grown.

WHAT is the great secret of woman's power in history, in society, in all that goes to make up life?

Beauty, expressed through certain physical and mental charms.

No other magic so sways the masculine heart; for men admire beauty more than all else. A woman possessing it can marry when and whom she will; nor indeed is this the full extent of her power, for she can in a sense rule the world.

Let us see in what this peculiar charm consists. It is not wholly of feature or form, yet is expressed through both; and we will first take a brief inventory of the physical feminine attributes that men invariably find most attractive.

NATURE'S BASIS.

It is a curious and significant fact that Nature in her laws governing the reproduction of the race, makes most beautiful the women who, in vitality and formation, are best fitted for maternity; that they may be selected first. It is a rule at the basis of all feminine beauty. If we observe thoughtfully, we can trace its workings, and by thus understanding, every woman can learn to very largely control her own place in the list of Nature's favorites.

First, a woman who is to be entrusted with the great gift of

motherhood must have abounding vitality. This is absolutely essential to the well-being of the lives that are to be dependent upon hers; and is necessary for her own sake as well. Hence it is that the bright eyes, animated manner, clear complexion, and graceful, active movements of a beautiful woman become doubly attractive as indicating her fitness to bring life to others.

THE WELL FORMED WOMAN.

Then, too, a woman's frame must be fashioned in certain proportions suitable for the duties that she will have to take upon herself. The size of the pelvis must be ample, the breasts full, the arms well developed; for all these have their special functions in bearing and nurturing the child. Artists recognize these facts and always represent a beautiful woman as possessing sufficient width from hip to hip, and depth through the base of the body from front to rear; the arms tapering from shoulder to wrist, and the lower limbs having the same tapering quality; while the waist, hands and feet are of moderate size, but never abnormally compressed.

THE SMALL WAIST.

The reason small waists have been so coveted by women and admired by men is because the large ones are supposed to indicate certain unhealthy conditions of the generative organs. It is asserted by some physiological experts that lack of vitality in those organs, and especially scanty menstruation, often leads to a deposit of surplus tissue in the region of the waist. This is not invariably the case; but when it does occur from such a cause, the probabilities are that it could have been avoided by proper health measures, so that tight lacing is not only criminally harmful but absolutely needless for the purpose for which it is employed.

Extremely tall, muscular women, also those very short and abnormally stout, are apt to be lacking in maternal powers; while those only moderately tall or short, and well proportioned, are better adapted. A puffy abdomen generally indicates a flabbiness and weak-

ness of the abdominal muscles; hence all women's instinctive dislike for this blemish, and desire to remove any such tendency. It can be overcome, as will be shown, but not by unnatural pressure or constriction of the clothing.

WHY A WELL-ROUNDED BUST IS BEAUTIFUL.

The sole nourishment on which every new-born life must depend for many months is that supplied by the mother's milk. How admirably Nature has arranged this nutriment will appear when we study its formation.

PSYCHE.
A perfect female bosom.

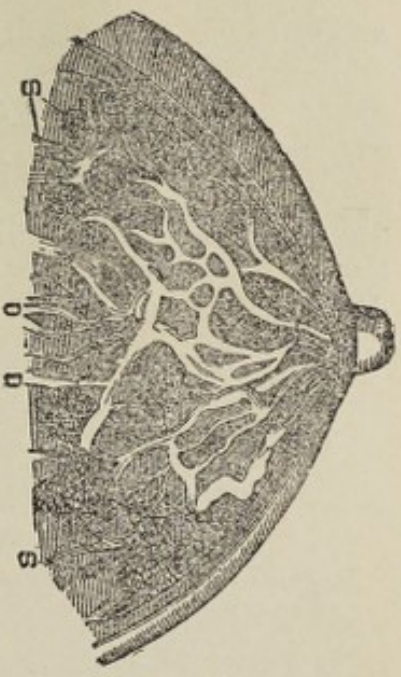
Glands composed of minute sacks called follicles are placed in the mother's breasts; these extract the albumen from the blood and convert it into milk. Each follicle has its own duct which with other ducts empties into larger ones, and these into still larger, until there are from fifteen to twenty, all converging to the center of each breast where they form the projecting nipple, into which the milk is drawn. From the illustrations it will be seen that the breasts resemble half-globes with the flat sides placed against the chest, their inner edges nearly meeting and their upper ones extending slightly below the armpits. When large, they cover the whole chest opposite the upper arm bones; so that in nursing the infant, the mother easily and naturally presses it to her breast.

FULL BREASTS THE ARTIST'S ADMIRATION.

An art critic has said that without a child in her arms a woman does not look well-balanced; and certain it is that a woman is rarely more beautiful than when thus holding an infant. Artists always portray their ideal types of feminine beauty with well-developed breasts.

Of course it will readily be seen that full breasts are an indication of ample nourishment for the infant. They are therefore a prominent maternal attribute, and high in the list of qualities that men instinctively admire. A woman with a flat, poorly-developed bust looks immature and defective. Many who are thus lacking resort to padding, or other artificial devices, but this is uncomfortable and unhygienic. A better way to possess the desired roundness in this portion will be described in the chapter on developing the form.

Breadth between the armpits, even when the bust is not well rounded, is desirable, as it indicates good lung capacity, which is one of the prime essentials in woman; for breath is life, and the breathing power of one must often help to build the life-forces of not one alone, but two.



INTERNAL STRUCTURE OF FEMALE BREAST.
S, S, Sacs; D, D, Ducts.

TAPERING ARMS AND LIMBS.

A woman is so formed that the upper part of the arms and thighs are more beautiful large than small. The arms are meant to hold and nurse children, and must therefore be somewhat muscular; and the large pelvis, always accompanied by large hips, could not merge at once into small thighs without deformity. Feet and ankles moderately small, however, combined with the large thighs, result in an agile sprightliness of step much admired, because it is so distinctively feminine; as are also small, well-rounded wrists and hands. Hence the more tapering the arms and limbs, the more beautiful. This tapering, when not originally possessed, can be cultivated to some extent, without injury, as will appear.

A rich, musical voice is one of woman's greatest charms. Where this exists, it may be safely inferred, the health of the generative organs and the sex-nature is good; but a thin, weak, crackling voice,

whether in man or woman, is one of the almost sure signs of a defect in the reproductive powers. A woman does not need to be a singer in order to captivate with her voice; the speaking voice has power to thrill and enchant.

A GRACEFUL BEARING.

When a woman carries herself, as most beautiful women do naturally, with head erect, shoulders thrown back and breast well forward, it is another sign of superiority. Such a graceful, erect bearing lends attractiveness even to a not over-beautiful face; which is one of the advantages gained in dancing school or a course of physical culture.

TWO TYPES OF BEAUTIFUL WOMEN.

There are two distinct types of beauty in form, for women; the slender, and the full, or plump. One is as beautiful as the other; but to be so, the form must be well-proportioned. The ancients recognized these two types, and a good illustration of both will be found in the Goddess Una, and the Three Graces; Una portraying the more robust, and the Graces the slender, types of the perfectly formed woman.

THE GODDESS UNA.
A perfect female pelvis and form throughout.

The slender type of female beauty belongs to the mental temperament; the rounded type, to the vital or sanguine.

Between blonde and brunette beauty, also, we find no rule or general preference; but the petite and blonde types of women (we are told by specialists) are becoming less plentiful in our own country.

Immigration is bringing more and more of the brunette races of Europe to our shores, and their preponderance is beginning to reduce the proportion of fair, blue-eyed women.

DIFFERING STANDARDS.

In the minor physical charms, it is interesting to note the various opinions as to comparative beauty. Prof. McGee regards the California girl as representing the highest type of beauty to be found in the world. In that state have been most concentrated and intensified all of the forces at work to improve our race—especially pioneer influence and admixture of blood. Dr. R. W. Schufeldt, the biologist, in discussing the question as to what attributes different races acknowledge to be beautiful, says: "It really seems that the lower the race in the scale of civilization the more fixed and restricted are their ideas in this direction. On the other hand, the majority of the men at least, among the Indo-Europeans, to which race we belong, see beauty in the greatest variety of women of other countries than their own." But the American girl, as well as her foreign sisters of the same race, is not beautiful in the eyes of all the peoples of the earth, according to Dr. Schufeldt. The American Indian regards her skin as too light. The black men of Africa regard her nose as too long and her lips too thin. A native of Cochin-China once spoke with contempt of the beauty of the British Ambassador's wife. He complained that she had "white teeth like a dog's" and a "rosy color like that of potato flowers." Thus we find that race is a strong element in determining individual taste.

THE THREE GRACES.
The "Faun Form" in perfection.

MENTAL TRAITS MOST ADMIRED.

Back of all this study of Nature's laws in the material world, true as they are, we find another curious fact:

Although men love physical beauty in women, they love mental beauty still more.

This accounts, in the main, for the many marriages where women possess few physical charms. The beauty still exists; but it has a different method of expression. What mental traits, then, do men most admire in women?

First of all, the quality that might be called spiritual perception. A mother must impart to a child *more* than its physical nourishment and attributes. There is a soul-power which is back of and underlying all else. This must be possessed by the truly beautiful woman, and nothing can take its place. This power manifests itself in pure and intense feelings, affections and emotions; artistic taste; love of music; the religious instinct, and most of all, perhaps, in the love of offspring and affection for the mate. All refining, uplifting influences come from the soul; hence soul-culture is one of the most important tasks of the woman who would be beautiful. The cultivation of flowers is a help in this development; it refines and enriches the taste. Other mental traits that men especially admire in women are tact; intuition; eloquence; caution; gratitude; gentleness; and especially a discreet reserve, with a delicate sense of propriety and regard for appearances.

Think for a moment why this is so. Intuition, enabling one to understand the motives and ambitions of another, will create sympathy of thought, which is of untold value. Tact, or knowing how to say and do "the right thing in the right place," so as to give pleasure and avoid giving offense, is a gift which no woman can afford to lack. Its absence, however, is an occasion, not for depression or despair, but for thoughtful endeavor until the desired trait is supplied. Eloquence of speech, together with the two qualities just described, enables many a woman to so present a subject as to gain important concessions

SPRINGTIME OF LOVE —Paul Thurmann

Love is the bond . . . of society, the spirit and spring of the universe . . .
—South.

TEACHER AND PUPIL —Oscar Begas

"Oh! there is nothing holier in this life of ours than the first consciousness of love . . ."
—Longfellow.

LOVE GUIDES US —J. Spiridon

"The fountains mingle with the rivers, and the rivers with the ocean; the winds of heaven mix forever, with a sweet emotion; nothing in the world is single; all things, by a law divine, in one another's being mingle; why not I with thine?"

LAST ROSES OF PAESTUM —Jules Salles

Then gather a wreath from the garden bowers, and tell the wish of thy heart in flowers."

MARY RIES MELENDY, M.D., Ph.D.

Dr. Mary R. Melendy was born at Burgdorf, Switzerland, in 1842.

She had the great advantages of the Swiss system of education, to which she diligently applied herself.

From the hallowed lips of the great Froebel she imbibed not only those principles of education, but that exalted philosophy of life that has made his name honored all over the world, and in obedience to which she herself has become an evangel indeed to countless thousands of homes.

In 1855 she came to America. Long before she entered any medical school she was the reliance of women in their hour of greatest need. She was meant for this work. To illustrate her devotion to her ideals and her pertinacity in attaining them, the fact is given that after courses of study she attended a hospital clinic where from day to day operations were performed and important medical truths illustrated. There were 300 students there, and she was the only woman in attendance. Not all the students were chivalrous, many made it very unpleasant for her, but she had the courage and the pertinacity to stand by her opportunities, and to gain the very knowledge that has since brought health and joy into so many lives.

For more than twenty-five years Dr. Melendy has practiced her profession, mainly in Chicago, and she has the remarkable record of *never losing a single case* where she was the original physician called.

This book is the ripened fruitage of her wide experience, and it is dedicated to Humanity and its Progeny.

CASTLE OF BURGDORF.
Birthplace of Dr. Melendy.
Where Pestalozzi Founded His School.

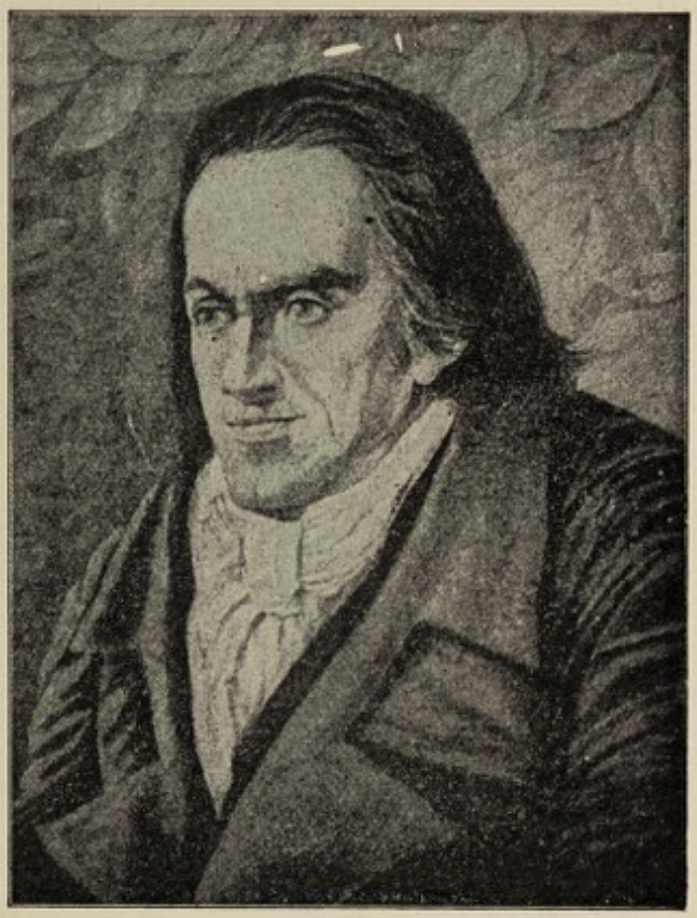
Here was established the first public school in the world in the interest of common school education. It was Pestalozzi's. The report of the official visitors was one of amazement. It says:

"All that you yourself hoped from your method of teaching has been realized. * * * The astonishing progress made by all your young pupils, in spite of their many differences in character and disposition, clearly shows that *every child is good for something, when the master knows how to find out his talents, and cultivate them in a truly psychological manner.* * * * It also shows that from the very tenderest age, and in a very short time, a child's mind can attain a wonderful breadth of development."

Not only did this theory involve special concentration upon little children, which Froebel developed into the beautiful kindergarten system, but it also contained *the seeds of free institutions,* based upon the doctrine of human equality. This is illustrated by Froebel, in his mature years, refusing to take charge of the education of a nobleman's three sons, because "a sound intellectual education could not be given to a child who had not a true moral development—which latter could not be received by a child who was separated from his equals, and led to imagine himself as having a superior nature."

This bold declaration, that *aristocracy is immoral,* caused Froebel's persecution in Prussia, but he made his name immortal in the free air of Switzerland, as it is increasingly honored in our own republic.

Truly Dr Melendy's young lungs were filled with the air of freedom and of progress.



JOHANN HEINRICH PESTALOZZI.

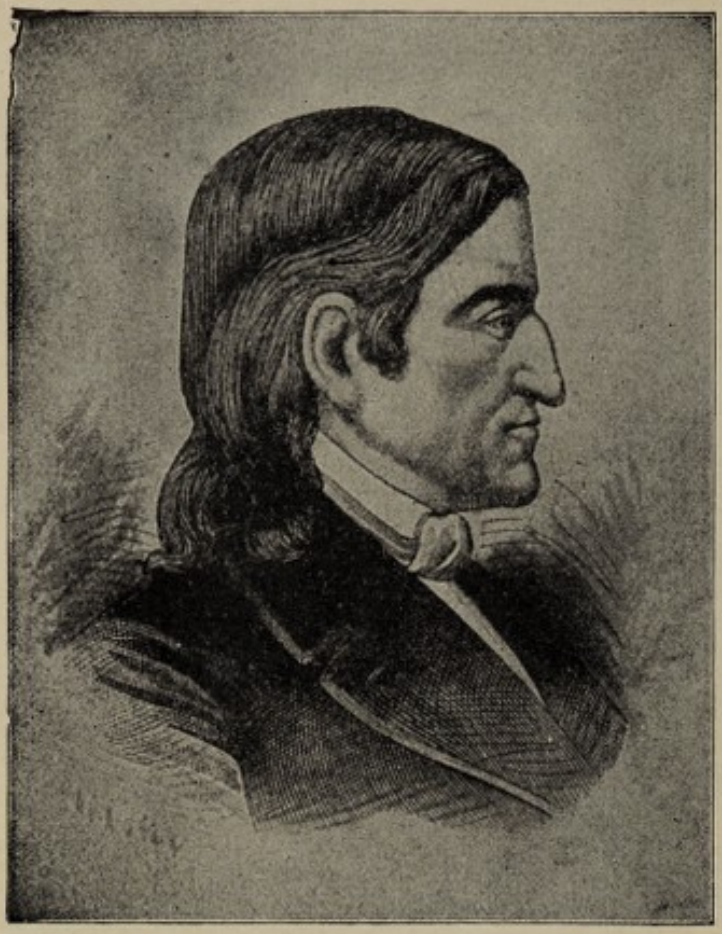
Pestalozzi said: "We create life through ideals." * * * "Education stands for character."

When Prussia went down before France, the Emperor Frederick declared: "We must have a new education to make a new generation of men"; and his empress, Louisa, sent a class of Prussian students to the Swiss schoolmaster at Yverdon. So a new education for Germany was begun. After Sedan, Von Moltke said: "It was Pestalozzi who did it." The South American republics, Mexico, and awakened Japan, are building on the principle that "the primary school is the foundation of national character." A few years ago the first kindergarten school was opened in Tokio, and now numbers with its branches nearly 10,000 pupils.

Pestalozzi and Froebel are united in our thought. Each supplemented the other. They were independent in thought, various in method, *one in spirit.* It is stated that out of 10,000 children of workingmen who received kindergarten education in a large city only one has ever been arrested, and he was discharged. The leaven leavened the whole lump. The spirit of the masters became the governing power in the children.

Here is the simple outline of the life of this great benefactor, as it is graven on the beautiful monument at Yverdon:

Henry Pestalozzi,
Born at Zurich, the 12th of January, 1746
Died at Brigg, the 17th of February, 1827.
Saviour of the poor at Newhof,
Father of orphans at Staus,
Founder of public-schools at Burgdorf,
Teacher of humanity at Yverdon,
For himself nothing; for others all.



FRIEDRICH WILHELM FROEBEL.

Froebel was born in 1782 at Oberweisbach. From infancy he was unkindly treated by a stepmother. His uncle took him, at ten years, to Stadt Ilin, for five happy years at high school. Here he received the lifelong impression of the analogy of human life to nature, and the belief that man should develop as fully and harmoniously as plants do.

At four he sought without blocks to imitate workmen building a house. We see now how to meet that universal instinct of youth.

Through his brother's intercession he was allowed to go to a university. In 1802 his father died. Froebel became a surveyor on estates, formed high acquaintanceships, went to Frankfort with strong letters, and there became a teacher in the Normal School, a work highly congenial.

He now visited Pestalozzi at Burgdorf, and his ideas of education received new impetus. Returning to Frankfort, his class became "the model class of the model school," demonstrating his principle of "drawing out the pupil's own faculties."

Again he went to Pestalozzi at Yverdon in 1807, with three pupils, and remained three years. He left with the stronger desire to draw out and blend harmoniously the *whole faculties* of the child.

In 1812 he went to Berlin, and soon entered the war. Returning, he opened a small school at Greisheim, later moved to Keilhau. He pushed *manual exercises* along with mental development. "Actions first; then abstractions." Despite opposition his school was a success, in Switzerland, training teachers and also meeting little children. Later he devised the training of infant faculties through women, or THE KINDERGARTEN.

Froebel died in June, 1852.

"The true principle of education is to lead the child to put into habit the highest ideals."

AGLAE —Alex Cabanel

"Love, nursed among pleasures, is faithless as they
But love born of sorrow, like sorrow is true."—Moore.

HONORS TO WOMANHOOD.
Columbia's Barge.

SPRING —P. A. Cot

The warmth of spring and sunshine bright.

WINTER —W. Kray

The chill of winter steals through the veins
And the Star of the North, the Ice King, reigns.
On her breast she pillows a soul distressed
And numbs the heart on an iceberg's crest.

ROMEO AND JULIET —G. Papperitz

The artist has depicted the well known balcony scene. Romeo, after much travail, has ascended to his lady love, and holds her in his arms.

"Good-night, good-night, parting is such sweet sorrow
That I shall say good-night till it be morrow."

LUCRETIA —Palma Vecchio

After Lucretia had informed her husband of Tarquin's assault upon her, she stabbed herself, unable to bear the shame.

"My stained blood to Tarquin I'll bequeath.
My honor I'll bequeath unto the knife
That wounds my body so dishonored."

TEMPLE OF EROS —Herbert Schmalz

Eros, or Cupid, was the god of love. The picture represents one of the numerous temples erected in his honor. The people assembled to beseech him to inspire them with love and affection.

POUTING —F. Andreotti

"Love is the perpetual source of fears and anxieties."—Ovid.

where men would have little influence. Such a woman is a most valuable ally in any philanthropic cause or even in many business undertakings. Caution helps to counteract man's frequent tendency to rashness; gratitude for favors and a gentle manner towards all, are gracious parts of a woman's inheritance that help to make her a very queen; while the reserve that would keep the inmost womanly treasures of affection and its expression for the one who has first proved his right to claim them, is the very thing that in the eyes of man makes those treasures really worth striving for.

All these are traits which are readily transmitted from mother to child, but not so readily from the father; hence the importance of every woman possessing them, and the marked masculine preference for women who do possess them. Recent scientific discoveries, it is true, have proved that woman, by a careful study of the laws of prenatal culture, can learn to transmit qualities not naturally possessed by herself. We shall discuss this further in the chapter on "The Mother-Artist."

But in speaking of these qualities as the ones most attractive in woman, let it be remembered that they are all graces that can be grown from even the smallest seed of aspiration in the womanly soul; and to unite these mental graces with the highest attainable physical health and beauty, is to be wonderfully magnetic.

CHAPTER III.

GROWING BEAUTIFUL.

Multiplied Power of a Beautiful Mother—Beauty for All, the Twentieth Century's Prophecy—Evolution from the Greek Standard of Beauty—Modern Measurements—Raphael's "Serpentine, Fire-Flame Curve of Beauty"—Disfigurement of Tight Lacing—"No Suggestion of Bone or Muscle"—Beauty-Hunger Divinely Implanted—Treating God's Temple with Dainty Care—Young and Beautiful at Fifty—Plain Girls Growing Handsome—Story of the Two Sisters—Mind-Treasures Beautify Expression—Brightness, Love and Harmony are Wonder-Workers—Five Sunshine Rules—Importance of Healthy Sex-Nature—Positive Manly Force and Charming Feminine Power—Aim for Beauty which Can be Transmitted—Four Cardinal Points of Health and Beauty.

FROM the deepest of all life-centers—the human soul—springs the love of beauty and the wish to possess it. Especially in all true feminine natures do we find this strong desire. And there is every reason why it should be so.

There is nothing in all creation so beautiful as a beautiful woman; nothing so beloved. Not only is feminine beauty worshipped by masculine hearts, but it is recognized by the smallest child. If a child's mother is beautiful, the little one will tell her so as soon as it is able to lisp a few words in the sweet baby-language. A mother's influence is a matchless power, but that of a beautiful mother is doubly strong. How the boy or girl glows with pride and delight as such a mother graciously presides at some holiday scene of hospitality to the schoolmates! And all through life the same blessed magic holds sway, making home the most attractive place on earth.

BEAUTY WITHIN REACH OF ALL.

Beauty, in a greater or less degree, is for all who desire it. The ancient Greeks in a measure understood this truth; but they saw only the physical side of it, as did the world at large, and so the magic power was lost. With the advent of the twentieth century a new light

is dawning, and there are signs of a knowledge to come even greater than that of the Greeks. The modern standard of beauty has changed in several respects. It is interesting to note the various ways in which these changes appear.

HOW TO GAUGE THE FIGURE.

Dr. Robert Fletcher, the well-known anthropologist, calls attention to the fact that the Greek sculptor, in modeling a perfect human form, followed the rule that the height of the head should be one-eighth of the entire stature. "But modern statistics show that a well formed human being should measure seven and one-half heads to the entire stature," he says. "The Greek sculptor, therefore, was either in error, or modern civilization has developed the head at the expense of the trunk and limbs."

To diagnose the state of her figure, our beauty-seeker must then divide the number of inches in her entire stature by those in the height of her head. If the quotient be "8," she may congratulate herself upon conforming to the Greek ideal; if it be "7½," that she is consistent with the modern average, or perfect proportion.

WOMEN THINNER THAN ANCIENT MODELS.

Next, let her compare her proportions with those of the Venus de Medici, considered by most sculptors to be the most perfect of all the reproductions of the divine form of woman. Her height is 5 feet 3 inches; circumference of neck, 12.3 inches; of chest, 33.6 inches; of waist, 27.3 inches; of hips, 36.3 inches; of thigh, 21.1 inches; of calf, 14 inches; of forearm, 10.6 inches; of extended arm, 11.4 inches; of wrist, 6.5 inches.

Comparing these measurements with those of a number of young women in a New England school of gymnastics, who were selected as being exceptionally well-built, it is discovered that all of those having the stature of the Venus de Medici have thicker necks and smaller chests, waists, hips, extended arms, forearms and wrists; that nearly all are smaller in the thigh and calf. The combined statistics of sev-

eral of our institutions for the higher education of women show much the same conditions for the average woman of 5 feet 3 inches tall, the thighs being somewhat larger. Briefly, the modern rule for a well proportioned figure is that for a woman 5 feet tall, the waist should measure 24 inches and the hips 33 inches; for a woman 5 feet 5 inches tall the waist should measure 26 inches and the hips 35 inches. Any smaller waist indicates tight lacing.

TWO WAYS OF GROWING TALLER.

The measurements of a million men enlisted under the war department show that those from Vermont, New Hampshire, and Kentucky were conspicuously taller than the remainder, and that the districts producing these tallest soldiers correspond with those where there are underlying deposits of lime. Hence if children are reared where they may drink good hard water well tinctured with lime, they will be taller than under other conditions; for lime makes bone and bone makes stature. Certain physical exercises will also tend to increase the height even in cases where young women are supposed to have attained their full growth.

AMERICAN BEAUTY EXCEEDS GRECIAN.

American women are more beautiful than those of ancient Greece or Rome. Our growing standard of beauty appeals just as much to cultured foreigners as it does to Americans themselves. The American girl is envied by her European sisters because while abroad she attracts European men.

"If a comparison could be made between the typical American and the typical Greek woman ours would doubtless prove the more beautiful," says Dr. Theodore N. Gill, the eminent biologist of the Smithsonian Institute. "The artists assume a certain standard of ancient beauty, but the ancients probably did not judge beauty from individual living types. Their standard was most probably complex, embodying the most beautiful features or characteristics of various individuals."

MOST BEAUTIFUL AFTER TWENTY-FIVE.

This method has also been pursued in our own day. The German scientist, Dr. C. H. Stratz, after investigating the whys and wherefores of feminine beauty, has made the statement that the average woman attains the height of her beauty between her 25th and her 30th year. He describes the ideal features, as selected from different sources, as follows: Lips full, but not sensuous; upper lip deep; a deeply chiseled depression extending to the nose and a finely molded chin beneath; forehead full and perpendicular; eyes deep-set; nose straight; a perpendicular outline of the upper lip and chin; eyebrows slightly arched and well apart, and a generous space between cheeks and deep-set ears.

Perfection in bodily form as a whole, he finds in a young maid of Vienna, slender, but devoid of angles; with tapering limbs, bust rounded and solid, but not prominent; a slender waist; shoulders and throat delicate, but—like the entire body-mold—suggesting no outline of framework or tendon beneath. From the shoulder to the foot the outline of this beautiful form reproduces that serpentine, fire-flame curve of beauty which Raphael has been accused of using almost to excess. This, of course, is the slender type of beauty belonging to youth; not by any means the only type.

A beautifully modeled back is found in a native Javanese girl, who has never felt the pressure of stays, and who is compared with a young Parisian, the sharpness of whose lines about the waist distinctly shows the disfigurement of tight lacing.

Greatest beauty in the modeling of the hips Dr. Stratz finds in a young English girl. What he selects as the most beautifully molded arm is indeed an artist's dream come to life. It is characterized by a continuous tapering from the shoulder to the slender wrist, and a perfect roundness throughout, with no suggestion of bone or muscle beneath.

Much has been said by modern writers of the possibility of increas-

ing beauty, and many formulas have been given, some of little value; but the grains of truth remain, and are well worth sifting from the mass of chaff.

Never should the natural desire for beauty be discouraged; it is divinely implanted. You, for instance, are a thought of God; otherwise you would not be here. Is there any sensible reason why God's thoughts expressed in human form should be less beautiful than those expressed in the form of flowers?

All can attain some degree of beauty, often far more than they suppose. The effort is not wasted, if only it is made in the right spirit. It makes a difference whether one selfishly strives for the beauty of the society butterfly, at the expense of health, morals and peace of mind, or reverently treats with scrupulous, dainty care the bodily temple of the Most High, that it may be a fit dwelling-place for the pure soul that is to send forth light and joy into the world. Yes, it makes a difference, as you will find if you notice how early and how completely the beauty of the indolent society belle fades, while that of the thoughtful, purposeful, *loving* woman increases even in the midst of hard work and a life not untouched by sorrow.

TRUE BEAUTY MORE THAN SKIN DEEP.

Beauty is a plant whose leaves and blossoms refresh and delight the eye, but whose roots are planted deep in the fertile soil of an intelligent mind. The girl with a purpose in life has a great advantage over her aimless, indolent sister. There is a growing beauty, because a growing tenderness, resulting from the wider knowledge and deepening sympathies of one whose life is spent in some useful work for others. Experience and thought, if of the right sort, add to her charms. It has been said that a homely, uninteresting face may be excused in a young person, but not in one past middle life. You can look, and be as young and

BEAUTIFUL AT FIFTY AS AT FIFTEEN.

You may think this is expressing it strongly; but there is truth, and important truth, in the thought, as this book will show. Still fur-

ther, the plain young woman can, and often does, become most attractive-looking when older.

WHY PLAIN GIRLS BECOME HANDSOME.

Two sisters were often noticed in early life because of the striking contrast which they presented in personal appearance. They were not far from the same age; but one was extremely pretty, with dark, sparkling eyes, a mouth perfectly shaped, and a well-rounded, graceful figure. She was much admired and sought after; while her sister, who had scarcely a handsome feature, was neglected.

Aware of her misfortune, knowing that she was not as attractive in person as her sister, the plain girl turned to mental pursuits, and while not neglecting herself physically, gave her chief energies to enriching her mind. While doing this, she began, quite unconsciously, to change in outward appearance. As the years passed, the treasure-house of her mind began to overflow and bestow some of its wealth on her hitherto unattractive face; so that people said, "She is actually growing pretty!" But as time went on, and both sisters married, "pretty" became too tame a word; she was *beautiful.* A well stored, gracious mind had helped to bring the love-faculty to perfection, and had pictured forth in outward beauty, not only of expression, but of configuration; for the very shape of her features yielded themselves to the perfectly natural law which seemed so magical in its workings. Meanwhile, her sister, having still given no attention to anything but frivolous society, had come to have a worn, jaded look that destroyed all beauty of expression, feature and form. This is a common experience.

A GREAT CONTRAST.

There is no mistake about it; the perfect woman surpasses the society girl in splendor as the noonday sun surpasses the flickering candle. One gives the impression of soul, warmth, tenderness and power; the other, of vacillation and feebleness. The difference is often in the right and wrong recognition, and care, or lack of care, of the

sex-nature. This once properly understood, growth in wisdom of all kinds should be and literally *is*, growth in beauty as well. Once remove from the minds of people generally the mistaken idea that beauty belongs only to youth, and you open before them a new world of ever-increasing charm.

BEAUTY'S TRUE BASIS.

Health of body, mind and soul, including health of the sex-nature, which pertains to all three, is the true basis of beauty. As we have seen, beauty that pleases the soul—the moral nature—wears best. Some have awakened to their spiritual life-centers, learning to make the physical secondary. By this course, indeed, they help the physical most. But for the greater part of humanity, the mental and physical act and react, influencing each other greatly. The body affects the mind; the mind builds its qualities into the body. From earliest infancy—nay, before!—the mind should be trained to see the good and beautiful in everything, far more readily than the evil. Hang only the bright pictures in your mental gallery; they will work wonders. No others should be allowed space; for unless the habit of thought is loving and harmonious, it cannot be allied to the great life-centers of the universe, and the whole nature suffers in consequence.

MENTAL EMOTIONS DEFORM AND BEAUTIFY.

We have already seen how the mental emotions reach the physical centers and affect the circulation and nervous system. Prof. Henry Wood says: "It has long been conceded by scientific and medical men that hate deforms, disintegrates and destroys the physical organism; that anger, hatred, ill-will and anxiety bring mental and physical chaos. While this fact has been conceded and accepted by all, we have been slow to recognize that the opposite of hate will have an opposite effect; that if hate destroys, love builds up, renovates and restores."

A sunny disposition is most beautifying, and is within the reach of

even the naturally fretful and morose. Let such faithfully practice the following rules:

BUILDING A NEW DISPOSITION.

I.—Never look on the dark side of anything. If it has no bright side, don't look at it at all. Look at something else.

II.—Never speak or even *think* ill of another. Don't "jump at conclusions" by judging unfavorably even if circumstances are suspicious.

III.—Never take any desired favor for granted. If you follow this rule you never need fear being cheated or disappointed.

IV.—Try to find something good in every person you meet.

V.—Read good books, think good thoughts, lead pure lives, observing the laws of health.

These habits once formed become literal brain-paths along which it grows easier and easier for the thoughts to travel, bringing gladness, health and symmetry to every nerve and tissue. In countless cases such results have been achieved.

HOW TO SAY WHAT YOU THINK.

Truthfulness is a great virtue, but truthfulness unguided by a spirit of love makes the nature *and the face* very unlovely. Those who "say what they think" are beautiful or repulsive according to whether or not they have adopted the unvarying rule to think only kind thoughts. How happy and successful are the beauty seekers who can say from the depths of experience,

"The inner side of every cloud
Is bright and shining.
I therefore turn my clouds about
And always wear them inside out
To show the lining!"

Love of the beautiful in nature and in art is itself beautifying; it gives an added power of understanding to the soul, which seldom fails to manifest itself in eyes, movement and expression.

Taste in dress is something desired by many but possessed by few. It can be acquired, like grace of movement, in several ways. These and other details will be treated in separate chapters. But as a foundation, how much more important it is that the form which moves and is clothed, as well as the face surmounting it, be beautiful with that grace which grows from within!

A HEALTHY SEX-NATURE ESSENTIAL.

One fact must not be overlooked. Beauty, whether of plant or animal life, is possible only when sex-power and sex-energy exist in their fulness. By sex is meant the two elements of cell-life which are needed, each to complete the other. We find the masculine and feminine elements throughout all nature; they attract each other, and when united, reproduce their kind and nurture the new life.

WHY WE HAVE OLD MAIDS AND BACHELORS.

The first office of the sex-element is to attract; hence when the sex-nature is healthy it is highly magnetic. The fragrance of the flower, the gorgeous hues of the butterfly, are but instances of sex and its attractions in the lower forms of life. A well-sexed man or woman is usually generous, gracious, intelligent; if a woman, beautiful; and always charming, especially to those of the opposite sex; while a poorly-sexed person does not thus attract, and usually is averse to the opposite sex and to marriage. This in a sense is well, because those men not thoroughly masculine, and those women not thoroughly feminine, are apt, unless extraordinary precautions are taken, to make inferior parents and to have children inferior to themselves.

The health of the sex-nature, therefore, cannot be too sacredly guarded. Very sad are the instances—and there are thousands of them—where a happy wedded life has been rendered impossible by an ignorant misuse of the God-given powers of reproduction. But this wrong course, though a frequent cause of a weak sex-nature, is not the only cause. Occasionally a pure young girl, from extreme shyness, shrinks from the other sex and does not outgrow the feeling, so that

all through her life the reticent, shrinking impulse continues, and often causes her much suffering as she compares herself unfavorably with her gayer companions. With the right kind of care, however, this sensitive modesty can be converted into a sweet reserve that is even more charming to the best class of people than the vivacity of less finely-organized natures.

But in all cases, the sex-nature must be kept in an absolutely healthy condition. Such a condition can be reached, and retained, only by pure, temperate, abstemious lives; and when amativeness, the faculty which governs this part of the nature, is abnormally small, resulting in the painful modesty above mentioned, the remedy is to be found in increased social opportunities of a pleasant, refined character, including frequent association with the opposite sex, together with careful cultivation of the general health of body and mind. If there has been a mistaken idea leading to repugnance for the generative functions, this may be the whole trouble, and should be replaced at once by the knowledge that nowhere in God's world is there a more beautiful and sacred work than the creative one.

SEX IS LARGELY MENTAL.

It is really in the mental faculties that the sex nature of a human life has its root. The thoroughly masculine man is liked because his way of thinking, moving and talking is masculine; full of positive, commanding force. So with the truly feminine woman; her thoughts, words, actions and looks all spring from her love-nature, which lends grace and charm to all she does and is. When a woman's love-nature is happily active, it makes her ten years younger, and tenfold more beautiful. Men value this kind of beauty more than any other, partly because it is so inherently magnetic, partly because it indicates good maternal qualities.

ARTIFICIAL BEAUTY NOT TRANSMITTED.

From the question of beauty resulting from sex-health, we turn to that of the relation of beauty to physical health in general. It is a

most vital one, as many have found to their cost. Vast sums of money are spent in pitiful attempts to make cosmetics, padding and corsets take the place of healthful living, an intelligent mind and a beautiful soul. One can never transmit beauty gained in such artificial ways; nor even keep it. The woman who deranges her nervous system with late hours and irregular habits, poisons her blood with bad cosmetics and worse foods, and in short, sets all or any of the laws of health at defiance, cannot expect to excel in beauty, even if originally gifted with pleasing features and a vigorous constitution. Nature takes back her gifts when not appreciated.

THE CARDINAL POINTS.

The main needs of the body for health and beauty alike, are what might be called the four "cardinal points," nourishment, cleanliness, exercise and sleep; to which should be added, proper clothing, and due attention to light, air and warmth. When these bodily conditions are all as they should be, the result will be the essential elements of physical beauty; a clear complexion, bright eyes, straight, supple form, graceful movements, and last, but by no means least in charm, a musical voice. All these can be possessed by women of any age. But I am prepared to go further, and in the directions which follow, gathered alike from long experience and from recent discoveries, I shall endeavor to show my readers how a great many annoying physical defects may be overcome, natural charms preserved and increased, and a degree of beauty attained surpassing ordinary expectations. The physical, mental and sexual causes of beauty or its lack, will all be taken into account, and a wide practical experience made the chief guide in leading the beauty-seeker to the desired goal.

CHAPTER IV.

BEAUTY DIET.

Ample Variety of Selection—Many Foods are Beauty-Producing—Which Water Produces Beautiful Teeth?—Meats Must be Fresh—Hot Milk is Reviving—Eggs are Complete Food—Vegetables and Grains—Nuts a Perfect Substitute for Meat—Valuable Table of Nutritious Foods—As a Beauty-Producer, Fruit is Woman's Boon—Fruit for the Complexion—How to Improve the Whole Physique.

A COMPLEXION of cream and roses cannot be expected to result from a diet of pork, pastry and preserves; neither is it necessary, on the other hand, to follow the heroic example of one beauty-seeker and limit ourselves, as she did, to oatmeal and molasses. There is a wide range of wholesome, appetizing food from which to select.

WHAT THE FOOD DOES.

Suppose we first consider the comparative values of the different foods, and the uses to which they are adapted in building up the body. In this way we shall arrive at an intelligent understanding of why and when certain foods are beauty-producing and others are not.

The natural foods, if cultivated and used in the right proportions, would prevent and cure disease; and in doing this, would correct the conditions leading to many physical defects. There are three main divisions of food: the carbonaceous, which supply the body's heat; the proteids, or nitrogenous foods, which build the tissues of the body; and the phosphates, which form the blood salts and furnish the nutriment supplied by the blood to the brain.

THE HEAT-PRODUCERS.

Pale, chilly people generally need more heat-producing food. A person resembling a shivering ghost, or shadow, can hardly be said to be "a thing of beauty and a joy forever." To grow into the

physical perfection desired, such must have more fuel to give lasting warmth to the body.

The carbonaceous foods, supplying this need, are starch, sugar and fats. Starch is found in all cereals—wheat, barley, corn, rice, tapioca, etc.; also in beans, peas, sage, arrowroot, potatoes, carrots and parsnips. Rice, one of the most useful of foods, consists almost entirely of starch. Potatoes have a great deal, and are wholesome only when the starch granules which compose them are in good condition, as shown by their swelling out during boiling, bursting their covering and converting themselves into a floury mass, easily broken up. Potatoes contain from 20 to 25 per cent of nutriment. This is almost entirely starch, but in combination with other foods, potatoes are not equal to rice.

Sugar is contained in fruits, besides being found in the maple, beet, sugar-cane and in honey. The fruits are so important that they will be dealt with presently more at length.

Fats are procured from both animal and vegetable sources, and include lard, tallow, butter, cream; together with nut, olive and other vegetable oils. Cornmeal contains considerable fat, and is therefore a good winter food, especially when combined with milk or eggs. The sugars, starches and fats would be too heating if partaken of very heartily by persons leading an inactive, indoor life.

TISSUE-BUILDERS.

These, the nitrogenous foods, or proteids, include lean meat, fish, poultry, eggs, milk, cheese; while peas, beans, lentils and some of the grains also contain nitrogen. The gluten of whole wheat flour is especially rich in this important building material. All fruits contain sufficient nitrogen to sustain life, and the same substance is also supplied to the system through the lungs.

THE PHOSPHATES.

Except table salt, the phosphates, or salts, occur in ordinary diet in sufficient quantities. Water supplies them in greater or less degree.

THE BEST DRINKING WATER

is that obtained from deep wells, or mountain springs. When there is any indication that water is not pure, it is always a wise precaution to boil and cool it for drinking purposes.

BEAUTIFUL TEETH.

For all young people who would have these, the drinking of hard water is essential. It contains lime, which is needed by the young to build up and preserve all the bone-substance of the body, and is particularly needed by the teeth. Without this element, teeth will soften, crumble and decay early. Entire wheat bread should be eaten in preference to white, for a similar reason. Those advanced in years, however, require less lime in their food than the young, for it is hardening and somewhat aging in its effects upon those of mature years. In middle life, therefore, the diet should be changed.

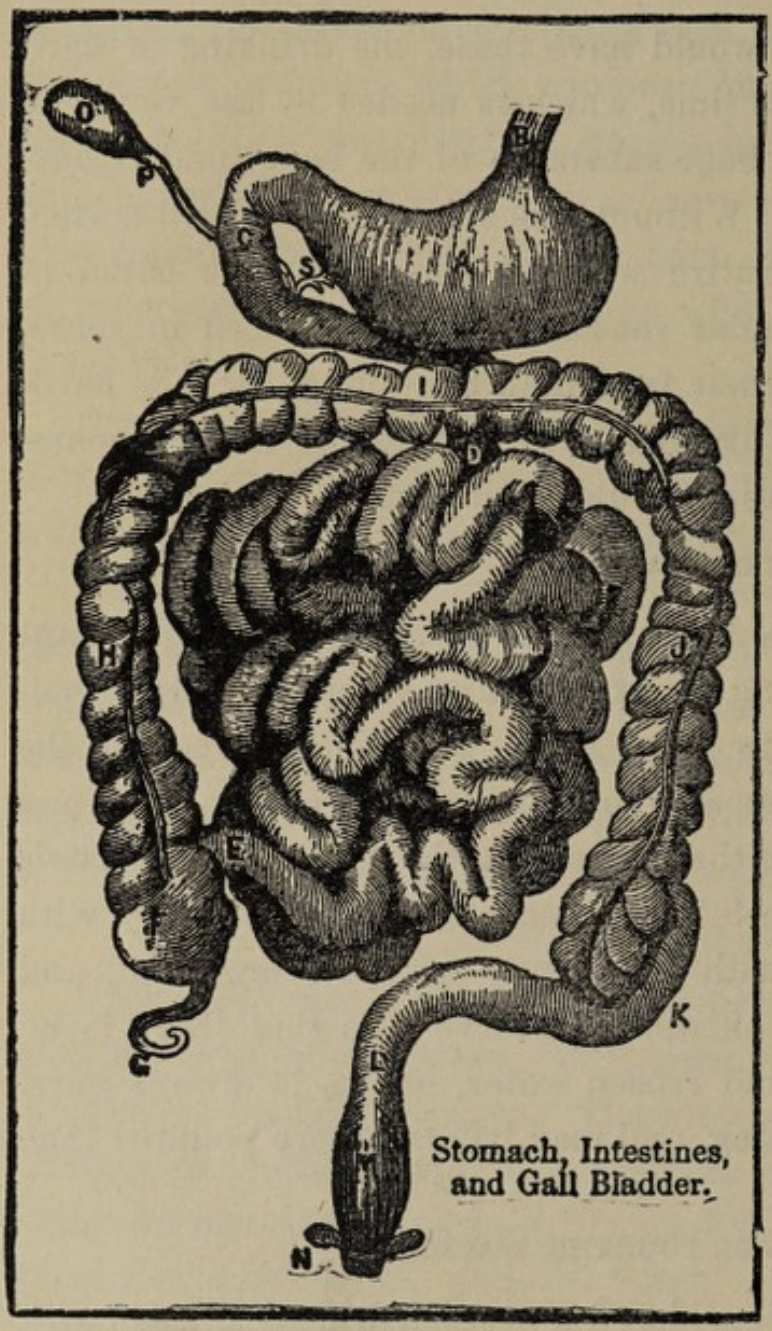
ICED DRINKS.

Any considerable use of iced drinks is to be avoided. Small quantities are of service in relieving thirst, checking vomiting and in cooling the body after exposure to great heat. But since ice causes the mucous membrane of the stomach to become temporarily pale and bloodless, it checks, or altogether suspends the flow of the gastric juice. Thus iced drinks, especially at meals, interfere seriously with digestion, and consequently with the beauty of the complexion, and with the general appearance as well. Observe also that there is no truth in the popular notion that frozen water, or ice, is always pure. Water is not purified by freezing, and may be even more polluted than it was before.

MEAT THREE-FOURTHS WATER.

Although by most people considered a necessity, meat is less nutritious in proportion to its bulk than many other foods. When raw, meat consists of about seventy-five per cent water; the other twenty-five per cent being nitrogen and fat. Although meat becomes more

tender by keeping, it is more wholesome while fresh, and freshness should not be sacrificed for a tenderness really due to the beginning of decomposition. The flesh of mature cattle, those about four or five years old, is more nutritious than that of younger ones. Beef and mutton are more easily digested than veal and pork. Veal broth, however, contains more nutritious matter than mutton broth, or beef tea. Poultry and wild birds, if young, yield a tender and digestible meat. Fish vary much in their digestibility; salmon, for instance, being utterly unfit for weak stomachs. Crabs and lobsters are notoriously indigestible.



Stomach, Intestines, and Gall Bladder.

VALUE OF MILK.

This is the sole nourishment provided by nature for the young of man and beast, and contains all food elements in the best proportions for the infant's needs. But milk alone is not adapted to the adult as a general rule. Some, it is true, have found an all-milk diet beneficial in certain states of impaired health; but it would not generally suffice. Supplemented by other food, however, it is invaluable, and not appreciated as it ought to be. Hot milk is a beverage that cannot well be overestimated. It should be slowly sipped, as hot as it can

MAIDENHOOD

"A child no more: a maiden now:
A graceful maiden, with a gentle brow;
And cheek tinged lightly, and a dove-like eye;
And all hearts bless her, as she passes by."

THE SOUL'S AWAKENING

"Loveliest of woman! heaven is in thy soul;
Beauty and virtue shine forever around thee,
Bright'ning each other! thou art all divine."

be taken; a little salt being added if it makes the milk more palatable. It is really surprising what quickly reviving influence this drink has, when one is fatigued by over-exertion of body or mind. The milk heated for this purpose should not be boiled; it injures the flavor. But boiled milk, taken while still hot, is one of the best of foods in almost all bowel complaints, and is very successful as a remedy. In India, where the climate produces many such ailments, it is in constant use for this purpose. A physician in practice there has found that a pint every four hours will check the most violent diarrhoea, stomach-ache, dysentery, or incipient cholera. It is soothing and healing to the whole digestive tract. No patient will need other food during bowel troubles, so that the same simple preparation serves at once for medicine and nourishment.

Cheese, while highly nutritious, is not very digestible. It should be eaten sparingly until experience proves whether it is suited to the individual, or is too constipating.

EGGS

are among the best nitrogenous foods. The nearer raw, the more digestible they are. Six large eggs will weigh about a pound. As a flesh-producer, one pound of eggs is equal to one pound of beef. About one-third of the weight of an egg is solid nutriment, which is more than can be said of meat. There are no bones nor tough pieces that have to be laid aside. Practically, an egg is animal food, and yet there is none of the disagreeable work of the butcher required to obtain it. Eggs at average prices, are among the cheapest and most nutritious articles of diet. Like milk, an egg is complete food in itself, containing everything that is necessary for the development of a perfect animal. It is also easily digested, if not damaged in cooking. A raw egg, beaten light, with the addition of a half a glassful of milk, and a little sugar, if desired, makes an excellent tonic. It should be taken before breakfast. Another fine tonic for the throat, voice and general health, is made in the same way, only substituting lemon juice for the milk. The more air beaten into the egg, the better,

for the oxygen vitalizes it, and improves the quality of the blood. The same is largely true of whipped cream. Bright eyes and perfect complexions result from just such simple treatments.

VEGETABLES AND GRAINS.

Among the vegetables, parsnips, beets and carrots are wholesome and nutritious, and should be used much more than they are. Turnips are not so valuable. Cabbages have but little food value, but the salts they contain are excellent in the preservation of health. It is important that all green vegetables be eaten while in a fresh condition.

Of the grains, wheat is the staple; barley, rye and oats are also good, though somewhat inferior to wheat; while our corn, which we inherit from the Indians, and have immensely improved, can hardly be overestimated.

NUTS.

Though long regarded as fit only for desserts and relishes, nuts are in reality of great value as food. They are highly nutritious, and the oil which they contain is among the best forms of fat that could be taken into the system. Nuts will form a perfect substitute for meat. Those which are ripened in the sun, are, however, of more value than those, like the peanut, ripened underground.

CHILDREN VERSUS PIGS.

It has been said that our farmers give to their pigs the food best adapted to their children, while they give to their children that which would be more useful to the pigs! Sad to say, this is often literally true. Buttermilk, often fed to the pigs, contains valuable nitrates and phosphates; while butter, found on every table, though fattening, contains not a particle of brain—or muscle—building food. Entire wheat, including, as it does, the bran and outer crust of the grain, is rich in nitrates and phosphates; which are eliminated from the fine wheat flour. The following table of nutritious values prepared by Dr. J. H. Kellogg and published in his "Domestic Hygiene and Rational Medicine," is a helpful one:

ARTICLES	Water	Proteids or Albumen	Starch	Sugar	Fats	Salts	Total Nutritive Elements
Bread	37	8.1	47.4	3.6	1.6	2.3	63
Wheat Flour	15	10.8	66.3	4.2	2	1.7	85
Barley Meal	15	6.3	69.4	4.9	2.4	2	85
Oatmeal	15	12.6	58.4	5.4	5.6	3	85
Rye Meal	15	8	69.4	3.7	2	1.8	85
Indian Meal	14	11.1	64.7	0.4	8.1	1.7	86
Rice	13	6.3	79.1	0.4	8.1	0.5	87
Peas	8.3	23.8	56.7	2	2.1	2.1	86.7
Beans	12.5	30.8	46.3	2	1.9	3.5	84.5
Lentils	11.5	25.2	54	2	2.6	2.3	86.1
Arrowroot	8		82				82
Potato	75	2.1	18.8	3.2	0.2	0.7	25
Sweet Potato	67.5	1.5	17	10.2	0.3	2.6	31.6
Carrot	83	1.3	8.4	6.1	0.2	1	17
Beet	83.5	1.5	0.8	10.5		3.7	16.5
Parsnip	82	1.1	9.6	5.8	0.5	1	18
Cabbage	94.4	0.9	4.1			0.6	5.6
Turnip	91	1.2	5.1	2.1		0.6	9
Sugar	5			95			95
Treacle	23			77			77
New Milk	86	4.1		5.2	3.9	0.8	14
Cream	66	2.7		2.8	26.7	1.8	34
Skim Milk	88	4		5.4	1.8	0.8	12
Buttermilk	88	4.1		6.4	0.7	0.8	12
Lean Beef	72	19.3			3.6	5.1	28
Lean Mutton	72	18.3			4.9	4.8	28
Veal	63	16.5			15.8	4.7	37
Poultry	74	21			3.8	1.2	26
Whitefish	78	18 1			2.9	1	22
Salmon	77	16.1			5.5	1.4	23
Entire Egg	74	14			10.5	1.5	26
White of Egg	78	20.4				1.6	22
Yolk of Egg	52	16			30.7	1.3	48
Breadfruit	63	3	14				17
Banana	74	4.8		19.6	0.6	0.8	25.8
Date	33	9		58			67
Acid							
Grape	80	0.8	0.5	13.8		0.3	15.4
Apple	85	0.2	2.7	7.6		0.3	10.8
Pear	84	0.2	3.2	7		0.3	10.7
Peach	85	0.4	6.3	1.5		0.4	8.6
Plum	82	0.2	5.7	3.6		0.6	10.1
Mulberry	84.7	0.4	2	9		0.5	11.9
Blackberry	86	0.5	1.4	4.4		0.4	6.7
Cherry	75	0.9	2.3	13		0.6	16.8
Apricot	85	0.8	5.9	1		0.8	8.5
Gooseberry	85	0.4	0.9	8		0.3	9.6
Strawberry	87	0.3	0.1	7.2		0.7	8.3
Wild Strawberry	87	0.6	0.2	3.2	0.7	0.7	5.4
Raspberry	86	0.5	1.7	4.7		0.5	7.4
Wild Raspberry	83	0.5	1.1	3.6		0.3	5.5
Currant	86	0.4	0.3	4.7		0.5	5.9

A good proportion of food materials for the average woman is four ounces of proteids, four ounces of fats and sixteen ounces of starches and sugars. The selection of these must depend upon the individual constitution.

FRUIT THE IDEAL FOOD.

Not only do all fruits contain sufficient nitrogen to sustain life, but they are rich in carbonaceous elements. The sugar which abounds in them contributes both to animal heat and nervous force. Most fruits contain phosphates and alkalies, together with acids, which increase the solubility of the blood, causing it to flow through the whole system more readily. Fruit is, in short, the ideal food. Having a wide range, and freely produced by nature in nearly all climates, it is beginning to be appreciated as it never has been before. The increased demand is giving a wonderful impetus to its culture, and the production per acre far exceeds in value that of any other food product. From an economical standpoint alone, fruit should be the food of the world; but as a beauty-producer, woman should hail it as a gracious boon. No diet can equal it for this purpose.

Oranges, eaten freely, especially the first thing in the morning, form the best of spring medicines. Ripe, raw apples are of benefit, whether eaten in the morning or at night.

THE "GOLD AND LEAD" THEORY.

There is an old saying that fruit is gold in the morning and lead at night. As a matter of fact, it is gold at both times, but should be eaten on an empty stomach, and not as a dessert, after the appetite is satisfied and the digestion is already sufficiently taxed. Fruit taken in the morning, before the fast of the night has been broken, is very refreshing, and in addition to its nutritive qualities, it serves as a stimulus to the digestive organs. Bananas, oranges, ripe apples and fresh berries are all excellent at this time. Fruit to be most valuable as an article of diet, should be ripe, sound, fresh, and in every way of good quality, and if possible should be eaten raw. Happy are those

fortunate dwellers in the flower-bedecked tropics, who can eat their oranges directly from the trees! But those who cannot, at least know the delights of the northern apple orchard.

Instead of eating a plate of ham and eggs or bacon for breakfast, most people would do far better if they took some grapes, pears, or apples, fresh fruit as long as it is to be had, and after that they can fall back on stewed prunes, figs, etc. If only fruit of some sort formed an important item in their breakfast, women would generally feel brighter and stronger, and would have far better complexions than is the rule at present.

A WISE DECISION.

In any case, meat should be eaten sparingly. The beauty-seeker having the courage to give up its use altogether will be well repaid for the self-denial. Nuts and vegetable oils even in small quantities, with the great variety of cereals, fruits, vegetables, milk and eggs, will form a thoroughly nutritious and satisfying diet; and, if the other habits are correspondingly sensible, the whole physique will be wonderfully improved. Meat always creates a more or less feverish condition of the stomach, tending to produce unhealthy cravings for stimulants and for undue sexual excitement. All this can and should be avoided if beauty is to reach its perfect height, and woman is to realize in the fulness of joy what the "life abundant" shall mean to her.

CHAPTER V.

BEAUTY DIET, CONTINUED.

Crimson Cereal Fruit Complexion Dish—Lemons for Insomnia—Fruit for Alcoholic Disease—Chopped Dates—Acids for Biliousness—Hints to the Florid—Sick Headaches Do Not Beautify; Cut them Out—How to Overcome Constipation—Classified Foods—How to Cook Meats—Expert Cooking of Vegetables—Diet to Fatten—Diet to Reduce Flesh—The "Don't-Worry" Dinner.

AT a sanitarium for wealthy invalids, where people go as much for their complexion as for more serious ills, they give the patients large dishes of oatmeal or other cereals, with freshly sliced strawberries laid in a thick layer over the top. The whole is now sweetened and eaten with a fork.

A variation of this ideal beauty breakfast is a pint of strawberries well sweetened, but eaten without milk or cream. This should be followed by a cereal and a well cooked hot dish.

Nor are strawberries the only product of spring that can be used for the beautifying of the complexion. The beneficial effects of spinach taken internally are well known. The woman who wants a complexion as clear as cream and as ripe as peaches should eat spinach. She should take it well cooked, without the addition of hard boiled eggs and without vinegar. Water-cress and all sorts of greens, not forgetting the ever nutritious and delicious lettuce, should also be eaten in plenty.

Lemons have countless uses, internal and external; but as we are dealing now only with the internal ones, it may be mentioned that lemon-juice as a seasoning makes an excellent substitute for vinegar. It is, in fact, far superior to vinegar in every respect. The raw egg and lemon tonic has already been mentioned; and lemonade is one of the most refreshing of drinks, whether taken hot, to subdue a chill,

or prepared cold, as a remedy for overheating. It is peculiarly effective in both cases. In "My Summer in a Garden," the author gives a most alluring, if rather amusing word-picture of hoeing with a shaded arbor and glass of lemonade at the end of every row. Truly, that would be the luxury of work! Lemonade is sometimes pleasingly varied by dropping a few ripe raspberries into each glass.

CURE FOR WAKEFULNESS.

Those troubled with insomnia will have dull, heavy eyes, which are certainly not beautiful. The wakefulness that comes from drinking strong tea or coffee can often be conquered by swallowing a dash of fresh lemon-juice from a quartered lemon placed in readiness on the bedside table and taken at the time you discover that sleep will not come. But our beauty-seekers will not long care to continue the tea and coffee habit. It does not pay.

FRUIT VERSUS ALCOHOL.

A fruit diet so purifies the blood that even the craving for alcoholic drinks has been known to disappear through this treatment alone. A writer in a European temperance journal calls attention to this fact. He says: "In Germany, a nation greatly in advance of other countries in matters relative to hygiene, alcoholic disease has been successfully coped with by dieting and natural curative agencies. I have said that the use of fresh fruit is an antidote for the drink craving, and this is true.

"The explanation is simple. Fruit may be called nature's medicine. Every apple, every orange, every plum and every grape is a bottle of medicine. An orange is three parts water—distilled in nature's laboratory—but this water is rich in peculiar fruit-acids medicinally balanced, which are specially cooling to the thirst of the drunkard, and soothing to the diseased state of his stomach. An apple or an orange, eaten when the desire for 'a glass' arises, would generally take it away, and every victory would make less strong each recurring temptation.

"Once get the blood pure, and every time its pure nutrient stream bathes the several tissues of the body, it will bring away some impurity, and leave behind an atom of healthy tissue, until, in time, the drunkard shall stand up purified—in his right mind."

If a fruit diet will make such a transformation as this, in a diseased and corrupted system, it is surely not too much to expect it to add health and beauty in generous measure, to the person of right habits.

DATES AND FIGS.

Neither of these fruits is used on the table or in cooking to anything like the extent which their merits deserve. Dates and figs cost no more than many of the fruits more commonly used, and they make a delightful change in the bill of fare. A few of either of these fruits, or a mixture of both, added to some of our commonest foods, will change both appearance and taste until they seem like something entirely new. A cupful of chopped dates mixed with apple sauce; date rice pudding, date bread, date gems, date puffs, fig custard, fig puddings, stuffed figs (with nuts), and countless other preparations, will suggest themselves to the ingenious experimenter. The result is not only a contribution to our fund of health and beauty, but also proves decidedly welcome as an addition to our table delicacies.

DIET FOR BILIOUSNESS.

Too much or too rich food will clog the system, producing biliousness. The effect on the complexion is to make it yellow and dark. Let the bilious avoid butter, gravy, pastry and fats of all kinds; especially should they avoid sweets; eat acid fruits in abundance, use the lemon and egg tonic, but not force the appetite; and if the stomach is troublesome in the morning, it will generally prove soothing to take a cup of hot milk, hot lemonade, or hot water with a little barley or rice in it; or plain hot water. Liquid foods are best.

People who have too much color in the face should carefully avoid highly spiced, stimulating dishes, rich pastries, fatty foods, and hot, strongly flavored drinks, especially strong tea and coffee.

Such persons will quickly realize the good effects of a light, plain diet, with fruit as its staple element.

SICK HEADACHES.

These, as all know, are far from beautifying. People who habitually drink strong tea or coffee are often subject to these attacks, which are sure to trouble them if the accustomed beverage be omitted. Now, the way to overcome this difficulty is to persevere in the effort to give up tea and coffee altogether. It can be done if one will have a little courage. The first week or two of going without brings on the headaches, but after that, they disappear. Pork, pastry and spices are also frequent causes of sick headaches. Abstinence from these and from butter and other fats, and substitution of honey, milk, or fruit-juice will help on the cure.

DOUGHY FOODS NOT GOOD.

Pimples, blackheads, etc., are apt to result from indigestion, or constipation, which ailments are often caused by too free use of pastry, cakes, hot bread, or white flour bread. Hot *buttered* bread is particularly bad, since the melted butter with the warm bread forms a heavy, doughy mass impossible to digest. The same is true of griddle cakes. The hot bread, of whatever kind, is not dissolved in the stomach as it should be. Potatoes mashed with butter sometimes become soggy and indigestible for the same reason. All food of a heavy, soggy, pasty nature should be avoided.

THE TWO-MEAL PLAN.

Going for a time without the evening meal is often a great help in the cure of constipation. Instead of the third meal, substitute a cup of hot water, hot lemonade, or fruit-juice.

Fat meats and dried or salted meats are all constipating; so is poultry. Eggs boiled, or eggs and milk combined in puddings often prove constipating to some. The same is true of dried beans, if cooked insufficiently, or with fat. Cheese, chocolate and cocoa are constipat-

ing to many. So are blackberries and raspberries; but many times none of these foods prove so when eaten in combination with other articles of diet that will themselves counteract the clogging tendency.

DIET FOR CONSTIPATION.

Drink plenty of water; fruits of all kinds are good, ripe, unpeeled apples, especially; also lemons, oranges, figs, prunes, berries of all sorts, and tamarinds. The acids of fruits help by increasing the secretions of the intestines. Even the rinds and seeds are useful by distending the bowels and increasing their peristaltic action. The kind of food taken greatly influences the action of the bowels. The food in this case needs to be bulky, and fruits and vegetables seem to meet the want. If fruit be made a regular part of every meal, and eaten plentifully between meals also, especially apples, this treatment alone will cure constipation.

As to vegetables, tomatoes, peas, squash, asparagus, green corn, cauliflowers, rhubarb, lettuce, turnips, squash, lentils and greens are all good. Stewed rhubarb is especially to be recommended.

Entire wheat bread, always advisable, is doubly so in the treatment of constipation, as the gluten in it is a specific for counteracting this trouble. Add to this that it builds up the bone and muscle, that it is much richer and pleasanter in flavor than the fine wheat flour, and that delicious toast, gems, puddings, even cakes, pies and griddle cakes (if one must have them) can be made from this flour, and it is easy to see why its use is becoming more general by sensible people everywhere as fast as they discover its merits. Rye, cornmeal, oatmeal and cracked wheat are also good in the cure of constipation.

NEVER DRINK AT MEALS.

It inclines one to eat too rapidly for the saliva to act, thus retarding digestion and causing constipation. Between meals is the proper time to drink. Tea is astringent; coffee also, besides being stimulating, leading to reaction. Drinking a full glass of water the first thing in the morning is an excellent plan. Ofter this in itself will prove

a perfect remedy for constipation, and such a simple one that there is little excuse for its neglect. A little bran, perhaps a tablespoonful, can be stirred into the water with increased good results. A raw apple or an orange, eaten before breakfast, is also good.

LAXATIVE AND CONSTIPATING FOODS.

The following lists showing the principal articles under these heads will prove convenient.

Laxative.—Cracked and rolled wheat, entire wheat bread and gems, rye bread, mush made from entire wheat flour, or from cornmeal, or oatmeal, granula, bran gruel and jelly, fruit puddings, fruit pies with the crust made of ko nut (a vegetable oil), all fresh acid fruits, especially apples; tropical fruits, like oranges, lemons, grape fruit, bananas, etc.; dried figs, French prunes and prunellas eaten raw, and stewed dried fruits; rhubarb, celery, asparagus, green peas, green corn, squash, cauliflower, onions, tomatoes, spinach, lentils, beets and raw cabbage.

Constipating.—Hot bread, white bread, white crackers, pastry made of white flour and lard, bread rolls, dumplings, etc., made with baking powders, cake, all custard puddings, salt meat, salt fish, dried meats, dried fish, smoked meats, poultry, cheese, boiled milk, tea, coffee, coffee made from wheat, corn, barley, toast, etc., etc.

Fresh fish, lean fresh meats, eggs, uncooked milk, barley and buckwheat ordinarily have no marked action either way.

Flatulence is sometimes caused by potatoes, cabbage, beans; by oatmeal, cornmeal and cracked wheat when not sufficiently cooked.

WHEN FRUIT DISAGREES.

Fruits contain every chemical constituent necessary to life. Many people believe and think that fruit does not agree with them; in such cases the trouble may be traced to abuse of the stomach resulting in its weakened condition or to lack of judgment in selection, time of eating, and amount. *Unripe* fruit should never be eaten raw.

Persistence in a fruit diet will soon result in a clearer vision, an

improved complexion, and an inclination for physical exercise, or mental labor. Less time will be required for sleep. Fatigue or thirst will hardly be experienced, and quick reaction will follow hours of toil.

The most important food fruits are bananas, oranges, apples, figs, dates and prunes.

COOKING DRIED FRUIT.

All dried fruits should be soaked in clear water until the moisture lost in drying has been nearly replaced. Dried fruit should not be boiled, as boiling hardens the tissues, breaks up the fruit and changes its flavor and digestibility. All sugar required should be cooked *with* the fruit. When prunes are cooked properly, they remain whole, and the juice is clear, the skin is tender, and the pulp soft and delicious.

Cereals should not be soaked in cold water, but put to cook in boiling water at the outset. This keeps them from being stringy. They should not be stirred while cooking, as it makes them pasty, and therefore indigestible.

COOKING MEATS.

When meats are used, roasting and broiling are the best methods of cooking them; more of the nutritive elements are thus preserved than in boiling. The frying pan should be literally abandoned; but if frying be done at all, the article should be plunged into hot fat and completely submerged, in a kettle, as this causes an outside layer to form at once, preserving the nutritive elements.

COOKING VEGETABLES.

Baking and boiling are best for vegetables. Oats, wheat, and corn require long, slow cooking. "All green top-ground vegetables," says Mrs. Rorer, "should go over the fire in boiling salted water, be boiled a moment and then pushed back where they will simmer at 180 degrees (Fahrenheit) until tender. Cabbage, cauliflower and their allies, and turnips should be clear and white; green peas, beans and spinach a bright green. All white and underground vegetables should be cooked in boiling, unsalted water, the salt being added after, or when they

are partly cooked. Rice requires rapid boiling; the motion of the water washes apart the grains, that each may be soft, separate and dry. Potatoes should be kept at the boiling point from the beginning to the end of their cooking; drained when tender, sprinkled with salt, and dried uncovered over the fire. If green venegtables are wilted, they should be soaked for an hour or two in cold water."

Cakes and pies should be reserved for rare holiday occasions, unless made from whole wheat flour.

DIET TO INCREASE FLESH.

Thin, nervous people, and all who wish to increase in flesh, may like to know that a dessert spoonful of olive oil, taken before each meal with a half glass of grape juice, is decidedly fattening. So is pure milk, especially new milk with the cream still on it. Or, a raw egg taken at night, with a dash of pepper, salt and lemon juice. Here is a list of foods which are suitable:

Bread.—Entire wheat bread, gluten bread.

Milk.—Cream, buttermilk, ice cream.

Graham mush, oatmeal mush with cream and sugar.

Soups.—Of all kinds, eaten hot at the beginning of a meal, seasoned with plenty of celery, onions or parsley.

Puddings.—Light pudding, farina, rice, tapioca, cornstarch, sago, with cream and sugar.

Fruits.—Of all kinds. Eaten with sugar.

All liquids except the soup should be drunk between meals. Drink plenty of good water without ice. Eat slowly, moderate quantities.

Vegetables.—Spinach, peas, beans, baked potatoes, lettuce with olive oil and lemon juice.

Meats.—Mutton, beef, chicken, oysters, fish, eggs.

Coffee and Teas.—Sparingly. Chocolate.

This regimen should soon cause the hollows to fill out and the rounded curves to make their appearance.

DIET TO REDUCE FLESH.

Very corpulent people are not strong, vigorous, or beautiful. The causes of this condition are heredity, excess of sweets, fine flour, sugar, potatoes, pastry, fats, or creams. Avoid all starchy and sweetened food as much as possible.

Diet.—Bread made from the entire wheat flour; beef, mutton, tongue, all kinds of fish, oysters, raw or cooked without flour; lettuce, onions, asparagus, cold slaw, celery, string beans, sour apples, peaches, strawberries, without cream or sugar, coffee and tea in moderation. Eat slowly, in moderate quantities, and take as little liquid as possible at meals. Water may be taken between meals, in moderation. Oranges are the best of all the fruits.

DIET FOR VIGOROUS WORKERS.

People who do much bodily labor should eat lean meat, cheese, beans, peas, lentils, etc.; but meat sparingly, strictly fresh, and well done, but not overdone. Avoid dried and salt meats. They have no value. Do not eat when exhausted, but rest briefly first.

DON'T WORRY AT MEALS.

Never permit yourself to eat in an anxious or unpleasant mood; it causes dyspepsia. Pleasant cheerful topics of conversation should be the rule at table.

DINE AT MID-DAY.

Dinner, or the heartiest meal, is better taken in the middle of the day than at night, though in the city this is not easily managed. Country households have the advantage in this respect. The evening meal should be light. Rich, pasty and highly spiced foods are to be avoided by all beauty-seekers as well as by those especially afflicted or who value health for its own sake.

CHAPTER VI.

BEAUTY BATHS.

World Famous Beauties—Borax and Oil—Charm of Cleanliness—A Skin Like Velvet—Baths Improve Form and Features—Dignity of Skin-Functions—The Great Ally of the Lungs—Two and a Quarter Millions of Glands—Bathing Rules—Tonic and Exhilarating Effects—The Glow of Reaction—Corpulent People—The Daily Sponge-Bath—The Forty Degree Rule—Swimming—Sea Bathing—Ammonia—Medicated Baths—Special Beauty Bath—The Bran-Bag—Cleansing Effect of Vinegar—Oil Bath for Thin People—Air and Sun Baths—Earth Cure Bath—Foot-Baths—Sitz-Baths—"Sleep Bath" for the Weakly—Making a Bath Cabinet—The Turkish Bath at Home—Reducing the Abdomen.

THE bath is nature's sweet restorer. I know of no diseases in which the bath is not salutary or beneficial; a luxury to the well and a curative to the sick, and a preventive of disease. It equalizes the nerve forces to body and mind, improves the appetite, increases flesh on the lean if followed by oil rubbing, reduces flesh in the corpulent; to the sleepless it restores sleep, brightens the eye, prevents premature aging and clears the complexion.

If you read carefully the history of famous beauties who won scepters and swayed kingdoms by the power of their physical perfections, you will see that the beauty of the body can be increased by means of the bath. In these days of frequent bathing one of the important things to know is that hard water is fatal to the beauty and smoothness of the skin or complexion.

USE SOFT WATER.

The beauties who are careful of their complexions avoid hard water for bathing as they would a pestilence. They use powdered borax in their bath, even with rainwater, and if there is any doubt about obtaining it they carry it with them. In sleeping cars they use it, and in their daily bath they consider it a necessity. The Romans

believed in using oils, and after the rainwater bath they added all kinds of essence and perfumes to impart a beauty to the skin and a fragrant charm to the body. They also believed in massaging and rubbing after their bath, and they used cocoanut oil where the skin had the least tendency to dryness or irritation.

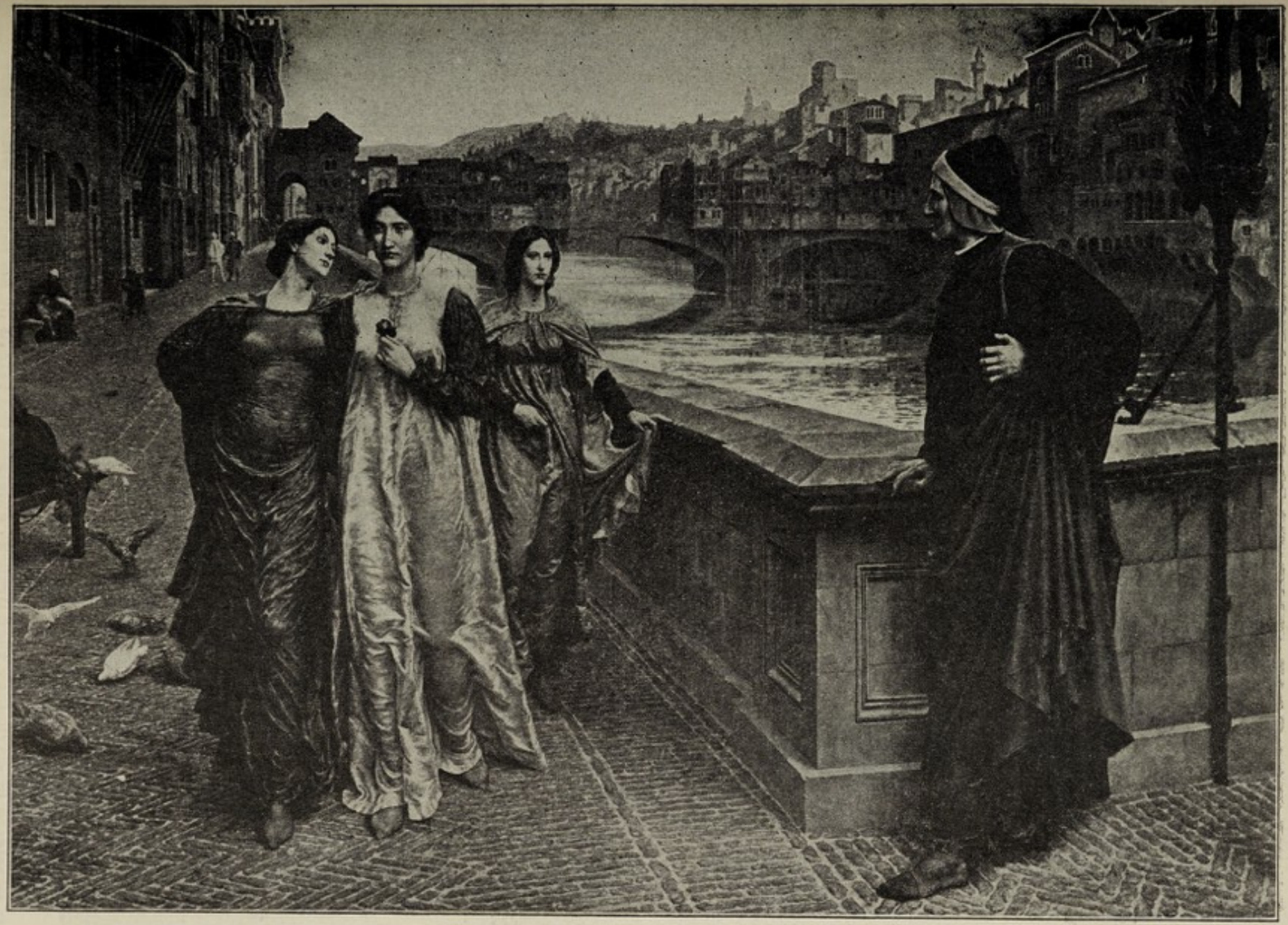
A CHARM UNIVERSALLY FELT.

Personal cleanliness is something instinctively praised by all, even those who do not practice it. The religious rites of some nations have from time immemorial included the most elaborate ceremonial washings of the body as a symbol of the soul's purification. Frequent bathing is practiced among the Orientals, and some European nations, notably the French, are more attentive to the demands of the bath than are the Americans; yet our own nation is improving in this respect. The habit is a mark of good-breeding, a test of politeness, and of fitness for social intercourse. In itself cleanliness is a great attraction; it increases every other charm possessed by the individual, and adds countless new ones. Beauty of feature or of form becomes utterly repulsive when not accompanied by cleanliness. No neglected skin can long remain either healthy or beautiful; but a daily bath will in a short time make the skin like velvet, if the diet has been properly selected.

Nor is this the only benefit. All the vital organs are affected through the skin, and by keeping it in a healthy condition the circulation of the blood, the action of the kidneys and bowels and all the digestive processes are promoted, many diseases warded off, and the assimilation of food greatly aided; so that not only the skin, but the form and features also, share in the good results.

MORE THAN A PROTECTIVE COVERING.

It is both an incorrect and unworthy view of this great organ, the skin, to regard is simply as a protective covering of the body. It is much more—a living, sensitive, breathing, exhaling, absorbing, ex-



DANTE AND BEATRICE —Henry Holiday

Dante was the greatest epic poet that ever lived, and in his immortal poems he has woven a vein of sweet romance connected with Beatrice. Dante's love was spiritual, and he set Beatrice upon a pedestal where she will always stand immortal through the poet's inspired pen.

ORPHEUS AND EURYDICE —Sir Frederick Leighton

It is related in mythology that Orpheus obtained the return of his beloved wife Eurydice from the infernal regions after her death provided he would not look into her eyes. Orpheus, in a moment of forgetfulness, cast a look behind him. They were torn apart with, "Farewell, a last farewell."

LAST THOUGHTS OF WEBER —E. Hamman

Like all great musicians, Carl Maria von Weber, was inspired. He saw music in everything, and wrote it as it appeared to him in visions and dreams. The artist depicts his last thoughts as crowded with the characters he created, the imperishable things of his brain.

HOW LONG? —Herbert Schmalz

"It is better to have loved and lost, than never to have loved at all."
—Tennyson.

SAPPHO AND ALCAEUS —H. Burck

A painting of a celebrated poetess. Sappho flourished in an early age of Greek literature, and the few fragments of her poetry remaining established her claim to eminent poetical genius. She loved a beautiful youth, but her love was not returned.

QUEEN LOUISE OF PRUSSIA —Gustav Richter

The beautiful and unfortunate queen. Unfortunate, because she ventured to displease the great conqueror, Napoleon Bonaparte. Napoleon, however, always testified to her greatness and personal purity, and respected her all his life, citing her as an example of an illustrious woman, wife, mother, and queen.

WILL-O-THE-WISP —E. Spangenberg

This phosphorescent light is represented by the artist as a beautiful maiden whose charm and beauty infatuated her admirer and led him to his destruction.

JUNE ROSES —V. Corcos

"I will gather sweet roses and sit me here;
He will see me afar and will hasten near,
On this day in June."

THE WEDDING RING —F. Willems

The custom of placing a ring on the finger of the bride began in Egypt more than two thousand years ago. The third finger of the left hand was selected because it was believed that the nerve of this finger was connected with the heart.

TEMPTATION —E. Bisson

"Love looks not with the eyes, but with the mind; and therefore is wing'd Cupid painted blind. Nor hath Love's mind of any judgment taste; wings and no eyes figure unheedy haste. And therefore is Love said to be a child because in choice he is so oft beguiled."—Shakespeare.

PAUL AND FRANCESCA di RIMINI —L. Hoffman-Zeitz

The most pathetic episode in Dante's great poem, "The Divine Comedy." Promised in marriage to a deformed man, who sends his handsome brother to represent him at the betrothal, Francesca thinking him to be her promised husband, falls in love with him, and her love is reciprocated. Both are put to death in consequence. The poem unites them in the spirit world.

ORPHEUS AND EURYDICE —Robert Beyschlag

The unfortunate Orpheus could not resist one look at his beloved Eurydice. That look cost him her final loss.

THE STORM —P. A. Cot

The storm is coming, it is now upon us,
Let us hasten, let us flee.
Let us quickly find some shelter
I will thy protector be.

HER BEST FRIEND.
"I ask my mamma—she knows!"

CUPID'S WHISPER.
"More Welcome than the Flowers."

MADONNA.

creting, eliminating membrane of exquisite structure and endowments. Here many of the prime operations of life take place.

The skin may truly be called a great appendage to the heart and lungs, being a co-worker with them in the circulation of the blood. It does for the larger or systematic capillary circulation what the lungs do for the smaller, or pulmonary circulation. It not only rids the blood of carbon and supplies it with oxygen, but regulates its density by evaporating the watery constituents. The skin is the great drying, draining and ventilating apparatus of the body; it is in itself a universally expanded lung, kidney, liver, heart and bowels, and the greatest medium of nervous and vascular expansion; therefore the seat of thrilling sensibilities, and exquisite tactile endowments.

ACTION OF THE SKIN.

The importance of frequent bathing is appreciated when we remember that the waste elements of the food and of the whole body are constantly being thrown off by the skin to the extent of from one pound to five pounds every twenty-four hours, the amount varying according to the temperature and moisture of the air, the work done, and the quality of food and drink taken. Nature has four methods of cleansing the body of waste material; through the lungs, the kidneys, the lower bowel, and the skin, with its two and a quarter millions of glands just beneath the surface, the external openings of which are the pores. There are about three thousand of these glands to the square inch. The oil-glands are intended to keep the skin in a healthy condition, the perspiratory glands also have their work to perform; and the skin-texture itself is being continually renewed, the dried scarf-skin peeling off in minute fragments as the new is being formed. Hence from all three sources the waste matter gathers to be evaporated, or absorbed by the clothing, or re-absorbed into the body. Unless this waste is removed, the oil will clog the pores and the impurity from the perspiratory glands, unable to escape, will be carried by the blood to the lungs, thus causing disease. Hence the importance of frequent

bathing, winter as well as summer, and whether the waste matter becomes noticeable or not.

GENERAL DIRECTIONS.

Do not bathe when chilly, nor when greatly exhausted. The body should be warm and the room warm.

A bath should not be taken within two hours after eating, nor just before. The best times are on rising, on retiring, and midway between meals. Do not remain long in the water. Bathe quickly, rub vigorously, dress and exercise.

For purposes of cleanliness a bath without soap and friction is entirely useless; and warm water is more effective than cold. A daily sponge bath, and a full warm bath with plenty of soap twice a week, will suffice to keep the glands in a healthy condition. When soap is not used, the bath will not be cleansing, but it may be tonic, or exhilarating in its effects. Persons of full habit should bathe more frequently than thin, nervous people; but the average woman will find the taking of two warm baths a week, on retiring, and a cold sponge bath daily, on rising, a good rule for general health purposes.

HOW TO OBTAIN A REACTION.

Cold or hot baths are followed by a glow of warmth not experienced after bathing in lukewarm water. This reaction is most desirable in all baths. Either cold or heat, if of sufficient degree, will produce it. A *small surface,* when wet, readily reacts. Therefore, if you are not strong, bathe and dry each portion as you proceed, until the whole body has thus been gone over.

THE PLUNGE BATH.

A cold plunge bath has a powerfully invigorating effect on the nervous system, and helps to guard against taking cold, but it is too severe a shock for any except the robust. To such, it is sometimes helpful in obesity, insomnia, etc.; but is likely in many cases to do more harm than good. It should not last over ten seconds; should be taken only after vigorous exercise, and be followed by brisk rubbing.

A fresh water plunge is customary after sea-bathing, but the spray or shower-bath answers the same purpose.

THE HOT BATH.

This is not so severe a strain as the cold plunge. Have the room hot, and water as hot as it can be borne, *increasing* the heat as the body can endure it. Spray with tepid, cool, and finally with cold water; rub briskly, and then *rest* after the bath, else half its benefits are lost. Corpulent people should take very hot baths two or three times a week, finishing with cold water each time.

THE SPONGE BATH.

In first forming the habit of the daily sponge bath, if water entirely cold gives too severe a shock, begin with tepid water, but cool it gradually, as it is important to obtain the reaction producing a glow, and this will not be accomplished until the water is used cold. With sponge or wash cloth, wrung out of cool water, rub quickly a part of the body at once, drying as you proceed, until the whole body has been thus sponged and dried. A vigorous final rub with the Turkish towel will make you feel like new. This bath equalizes the circulation of the blood. To exercise in the open air following it is a good plan.

DON'T BATHE IN ICE-COLD WATER!

Speaking of cold baths, we may take note of a popular error as to what this means. The temperature of the body is always a little under one hundred degrees. If, then, in summer, a bath at sixty degrees (or forty degrees below that of the body) is considered cold, and gives the desired amount of reaction, it will do the same in winter; and to insist on plunging into water still colder than that is, to say the least, unreasonable. The cold bath, then, is one at forty degrees below the temperature of the blood, and is the same in January as in July. To bathe in water from which the ice is broken, as some do, is a result of misunderstanding or folly, and may be followed by dangerous consequences.

TEMPERATURE OF BATHS.

A temperate bath ranges from 75 degrees to 85 degrees Fahrenheit; a warm bath from 95 to 98; a hot bath from 98 to 105.

SWIMMING AND SEA BATHING.

Two hours after breakfast is the best time for out-door bathing. It should not be indulged in when much fatigued, when fasting, or soon after a full meal. These points carefully avoided, the glow of moderate exercise is a decided advantage. Swimming is a good accomplishment for women. There is a general tendency among those who enjoy out-door bathing to remain in the water too long. Half an hour is ample for all the benefit that can be derived from such a swim, and a longer time in the water is apt to be distinctly injurious.

Sea-bathing is delightful, and of great benefit to many, whether swimmers or not, if moderation be observed. Out-door bathing of any kind should be indulged in only in warm weather, and in water that has been exposed to the sun's rays. Salt water for out-door bathing is much more beneficial than fresh. One seldom takes cold after it, and it is more invigorating, not only to the skin, but to the nervous system. It is good both in health and disease.

AMMONIA BATHS FOR HOT WEATHER.

A good idea, especially in summer and in warm climates, is to sponge the body with water which contains a small amount of ammonia, or other alkali. The ammonia combines with the oil or grease thrown out by the sebaceous glands of the skin, forming a soap which is easily removed with warm water, leaving the pores open, and thus promoting health and comfort.

IN-DOOR SALT BATHS.

By adding a pound of rock salt to every four gallons of tepid water, a refreshing and invigorating substitute for the regular sea bath may be obtained. Another way is to sponge the body with cold water from a basin to which a handful of salt has been added; after-

wards rubbing till a warm glow is produced. This helps to correct a sluggish circulation. But I would especially warn my beauty-loving readers that these salt baths, while an excellent tonic, are drying and hardening to the skin. If indulged in to excess they would cause a person to age rapidly in appearance.

MEDICATED BATHS.

Medicate the water with powdered hydrastus, two drams, make the water comfortably warm when getting into it. Add more and more hot water until perspiration is free; rub the body well with a flesh brush. This bath is indicated when the person feels depleted and has no appetite; it is a tonic all over to bruised sore feelings all over the body.

SPECIAL BEAUTY TREATMENT.

The daily warm bath, properly taken, is indispensable to the woman who would be beautiful. It should be taken preferably just before retiring. Restful sleep is one of the benefits gained. Colds are not liable to result; the people who thus bathe are in fact less subject to colds than others. Neither is the warm water too relaxing, unless one remains in it too long. Fifteen to twenty minutes is long enough. Have the bath just comfortably warm, and follow it by a tepid or cold spray, or shower-bath, or by a final washing over with a little distilled water, either alone, or combined with rose-water, orange-flower water or three or four ounces of glycerine. This gives a delightful softness and delicacy to the skin.

THE BRAN BATH.

This is another which has proved especially beautifying in its effects. When the skin is rough or easily irritated, put enough bran in the water to make it milky. A good way is to take two quarts of bran for a full bath-tub, tie or sew it up in a bag of cheesecloth, or other thin material, and use in the bath. These bran bags can be obtained at the druggist's, perfumed and filled with soap, but it is better to make them one's self.

After the usual soaking process, go over the entire surface of the body, pushing and rubbing off the dried and loosened skin, which will come off in little rolls. Then scrub all over with a Turkish toweling bath mitten, or a Turkish bath brush, till the whole surface is rosy. Return to the tub for a final rinsing process, letting the water run until it gradually becomes cold. Dry with a Turkish towel. As bran is an emollient, this bath will tend to smoothness of skin and delicacy of complexion.

THE VINEGAR BRUSH BATH.

A solution should be prepared of one part acetic acid or strong vinegar to two parts water, comfortably hot. Saturate a wash cloth with this and rub with a circular movement all over the body, until a dark substance appears on the surface of the skin, having been drawn out through the pores. Then wash off with warm water and soap; dry well. Take a flexible flesh brush, or a piece of burlap, and brush the entire surface of the body with it. The soles of the feet, in particular, should be brushed well. Rest after this bath, and it will be found most helpful.

BATHING WITH OIL.

One of the best of beauty baths, delightful in its effects on the skin and the whole system, is the olive oil bath. It cleanses the pores from all foreign matter, invigorates and nourishes the skin and tissues, is very soothing and strengthening to weak constitutions and is especially good for thin people. Slender, nervous people are liable to give off their magnetic force too freely and become especially depleted if they use water baths alone. We endorse for such a rubbing with pure olive oil twice or three times a week in a warm room; the hot water bath with good soap and friction followed with olive oil is necessary for cleanliness and suppleness of the body. Swimmers who spend a good deal of time in water should oil themselves, as fatty elements are non-conductors. The nude races are in the habit of oiling or greasing the skin, by which method they keep it soft and pliable.

Saturate a small piece of flannel with oil, or pour a little in the

palm of the hand, and rub it thoroughly into the flesh, taking a part of the body at a time, and afterwards rub well with a Turkish towel.

This bath is of benefit at any time, though best taken after an ordinary warm water bath, and drying.

AIR BATHING.

Any time of day is right for this kind of bath. It is taken by exposing the body, or a part of it, to the air, meanwhile rubbing vigorously the portion exposed with a coarse towel. The Turkish towel is best for this, or any similar purpose, where friction is desired. The rubbing should be continued until one is warm all over. This also is a good daily treatment for thin people; and as it adds oxygen to the system through the pores of the skin, it is most invigorating to all.

THE SUN BATH.

Imagine yourself a plant, and give yourself the benefit of a good sun bath occasionally, whether you are weak or strong. Such a bath should be taken at or near noon, in a room well warmed and exposed to the full rays of the sun. Throw a blanket over a stool, place it in the sunshine and sit upon it without clothing or covering of any kind, for a half hour, turning occasionally, so that the direct rays of the sun can reach every portion of the body's surface. You will find this helpful in a double sense, for it includes a certain amount of added oxygen, as in the air bath, while the sun's rays are a powerful nerve tonic. In fact,

THE POWER OF SUNLIGHT BATHS

to develop beauty and strength is not appreciated as it should be. Free exposure of the body to the sun and air is found to give a higher grade of beauty than all the cosmetics and powders in the world. It gives to the skin a soft, velvety appearance; it gives rose tints to the complexion, elasticity to the motions, comeliness of form and vivacity of manners; makes the eyes bright and sparkling; makes the complexion pure and free from eruptions and prevents all growth of tumors.

ORIENTAL BATH.

Seek the sunniest room in the house or attic, remove all clothing, stand or sit perfectly nude or lie down before a south window or an east or west window, at the time of day when the sun shines brightest. Remain quiet, free the mind from all fear or worry, breathe softly and centre your mind on the most beautiful thing you can think of. If constipated rub the bowels in circular motion from right to left, and from left to right if bowels are loose. Cover the window, the lower part, to protect the body from view, with the thinnest cheese-cloth or any thin substance. Rub the body in circular movements with the hand and rub dry with a Turkish towel.

Those who take the sun and air bath in this manner gain such vital power that they can endure the greatest heat or cold with impunity. Duration of bath from thirty minutes to an hour or more.

EARTH CURE BATH.

Covering the body with sun charged sand is both purifying and vitalizing. Dry earth is good for ulcers; and it is refreshing to tired, aching or burning feet, to sit for a half-hour with them buried in a pan of moist sand. (See "Care of the Hands and Feet.")

THE FOOT-BATH.

Taken warm, this is very quieting to the nervous system and often relieves headache. A good remedy for cold feet is the hot and cold foot-bath. Fill two foot tubs with water deep enough to cover the ankle joint; have one as hot as can be borne, the other very cold. Place the feet in the hot water three minutes, then in the cold one-half second. Alternate in this way until the feet feel hot and the whole body is in a glow. Wipe the feet dry, then rub well with a circular motion. This treatment establishes warm feet, soothes the nerves and improves the general health.

No cure can be established in any part of the body until the feet become permanently warm.

THE SITZ-BATH.

For this, an ordinary wash tub, if good-sized, will answer the purpose, though a regular sitz-bath is better. When this bath is used as a tonic the water should be cold and the bather remain in it for five, ten, or even fifteen minutes. In beginning, however, the water should be warm, and the time not over one to five minutes; the water being gradually cooled and the time extended as one becomes able to endure.

THE BED-BATH.

For all cold-blooded, weakly persons, this is excellent. Wring a towel lightly out of cold water, place by the bedside, and after you are in bed and thoroughly warm, pass the wet towel over the entire body, if you are able to bear it, or over a portion, if not, *under the bed-clothing*. The heat of the body turns the water into steam, which, in being thus drawn out, takes any fever with it, thus promoting sleep, while the steam enveloping you softens and cleanses the skin. This is manifestly far better than no bath at all in cases where the water and air cannot be borne at the same time. This wet towel application can also be made when any pain exists. Let the towel lie on the afflicted part all night. It soon becomes hot, drawing out the fever and the pain with it.

HOW TO MAKE A BATH CABINET.

Such an appliance is a fine thing, either in health or illness. It is made with a square frame large enough to enclose a grown person when sitting on an ordinary chair. This frame is covered with canvas tightly stretched and closely tacked in place, and there are hinges so that it may be folded up when not in use. The top also is covered with the canvas, through which a hole is cut to allow the head to project. When children are put into the cabinet a footstool in the chair raises them to the proper height. A little oil stove placed in the cabinet and lighted, and a teakettle full of water boiling upon it soon induces a perspiration equal to that produced by the finest Turkish bath that

was ever given. This is followed by an alcohol rub, or a sponge bath of cool water and salt, or other treatment to meet the case. Both beauty and health will be greatly promoted by the massage treatment described in the next section. Be careful to keep the head cool by means of cold applications while in the cabinet. There is nothing more restful after a hard day's work than a three minute sweat in this cabinet, followed by a cool sponge bath and a brisk rub with a coarse towel. It is especially helpful in cases of rheumatism, fever, and blood diseases.

VAPOR BATH WITHOUT CABINET.

If you have not even a bath cabinet, you can still take a most luxurious and beneficial bath similar in its effects to the regular Turkish bath. You will need an assistant. A chair with a wooden seat, a foot-tub, an old coffee cup and a little alcohol, with some flannel blankets, are all that is necessary.

Place a piece of flannel blanket in the chair, folded so as to hang down in front, fill the foot-tub with warm water for the feet, placing it in front of the chair; put the cup, one-third full of alcohol, under the chair, and after completely disrobing, seat yourself in the chair. The attendant should then put one blanket over you in front, another around you outside the back of the chair. Then she should light the alcohol with a taper, *not a match,* as it will blaze up quickly and is likely to burn the fingers. With your feet in the hot water and the blankets around you, in five minutes or less the alcohol burning under the chair may be expected to produce a fine perspiration. If there is a sense of dizziness or fullness in the head, it can be relieved by placing about the neck a cloth wrung out of cold water.

Remain in this bath for ten or fifteen minutes. A sponging over with cool or cold water, and a thorough massage, are the concluding processes. Neither should be omitted. Every muscle of the body should be firmly pressed, pinched, squeezed, and the entire surface of the body rubbed and slapped with the finger tips to produce a glow. There is no resulting sensitiveness to cold, after such a bath. Indeed,

the reverse is true. If the cool sponging and massage have been thorough, one can go out immediately after it without the least danger; and it is one of the best cures for a heavy cold ever known.

BATH TO REDUCE AND STRENGTHEN THE ABDOMEN.

Many ladies are troubled by an undue prominence of the abdomen. This condition is caused by a flabby state of the muscles which permits settling of the tissues and organs. My own treatment in such cases is as follows:

Bathe with soap and very hot water, applying friction to the abdomen with a Turkish bath brush and wash cloth, rubbing with a circular motion, especially from right to left. Then gradually cool the water until cold; renew the friction with the cold water, rubbing in the same way as with the hot. This is very effectual; and certain exercises given in the eleventh chapter will also be found useful for this purpose.

CHAPTER VII.

A BREATH OF AIR.

Do You Breathe?—Poisoned Life Cells—The Pure Sleeping-Room—Live a Full Life—Six Hundred Millions of Lung-Cells—Thirty-five Thousand Pints of Blood Every Day—Deep Breathers are Magnetic—Secret of Sex-Attraction—Fear the Great Robber—Males are Half; Females are Quarter-Breathers—Breathing the Deliverance from Consumption—Get that Extra Curve in Your Back—The Voice that Rings—"Ten Times Ten"—Hindu Breathing—Breathe Like a Horse—Develop Lungs and Chest—Don't Be "Blue-Blooded"—Five Breathing Exercises—How to Let Go—Cure for "The Blues"—The "Door-Fan"—The Three Fowls—Open Air Life—Outdoor Games—Health is "Catching."

WHEN God created man, and "breathed into his nostrils the breath of life," man was expected thereafter to do the breathing for himself. With oxygen supplied by nature in abundance for that express purpose, there is little need of lung-starvation within reach of an outer door or window. Yet it is an astonishing fact that thousands of people, women especially, persist in starving their lung-cells, impoverishing their blood and laying the foundations of disease by breathing foul, suffocating air during a large portion of their waking, and sometimes all through their sleeping hours.

Air is a part of our daily food, and by far the most important part, the purity of the blood depending on it. A noted writer says, "On the day of judgment God will perhaps pardon you for starving your children when bread was dear, but if He should charge you with stinting them of His free air, what answer will you make?" Every day is a judgment day, and

THERE IS NO ESCAPE.

To breathe in poison is to build it into every tiny life-cell, till even the thoughts are permeated with it, and the mental and spiritual reflect the physical condition, for each reacts on the other.

It would be a blessing if a crusade could be started against close

and stifling rooms. In the modern city apartment buildings there is still an appalling number of rooms lighted and aired only from "shafts," those abominations which ought to be banished forever from twentieth century civilization. Even the air-shafts, however, are better than the hermetically sealed sleeping rooms of some country homes where the windows, one might almost suspect, are nailed down in the fall and kept so until spring. It seems incredible, but there still are people who mistake cold air for pure air, and because a room is not heated, conclude that it needs no airing.

Sleeping rooms, however, should have plenty of sunshine and pure air, and open windows should be the rule, and not the exception. If your window will not open from the top, it is not a bad plan to tack a strip of cretonne or other material across the lower part, so that it can be opened from the bottom without making too strong and direct a current upon those unaccustomed to it. In such ways one can gradually train one's self to sleep with open windows. This practice, combined with a rapid, cold sponge bath, daily, will make any person totally proof against "taking cold," that is, provided the food be wholesome, the exercise and rest taken regularly, and the mind kept free from undue excitement and worry, which in themselves are often sufficient to bring on feverish, catarrhal, or neuralgic conditions.

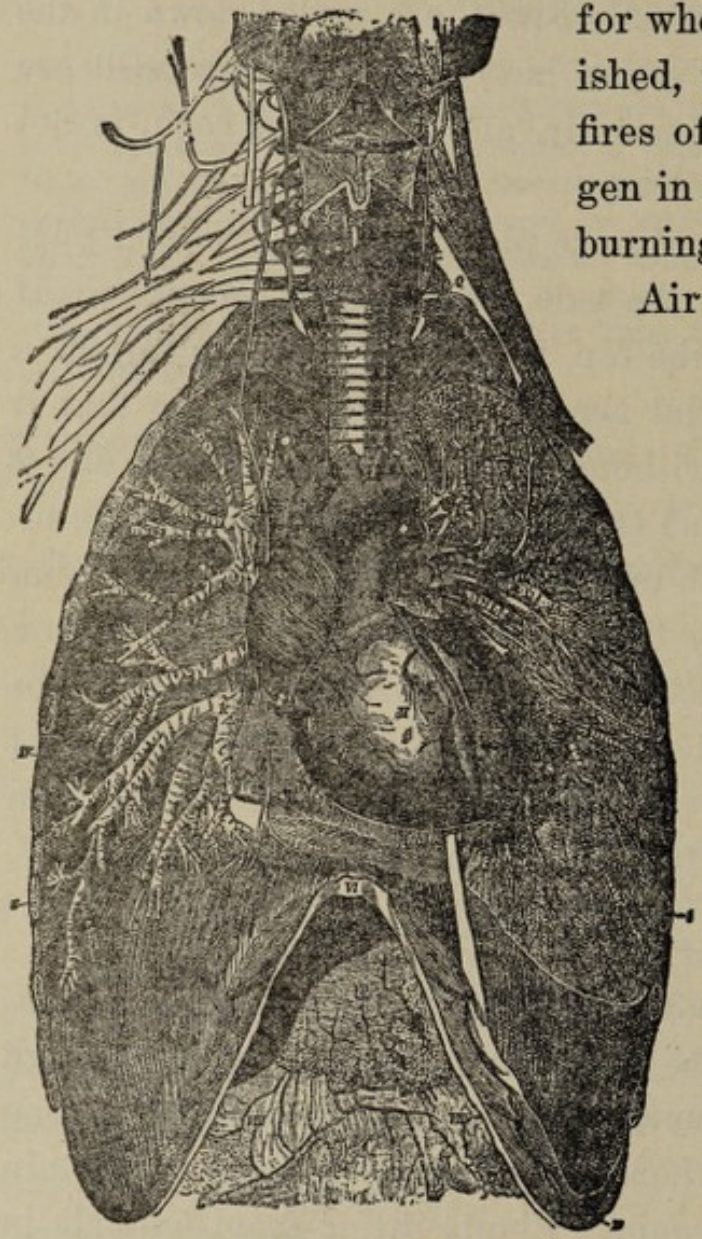
VEGETABLE AND ANIMAL BREATHING.

Throughout all nature the breath is the life. In flowers, trees, the entire world of vegetation, we find the breathing process going on, through the leaves, or other parts corresponding to the lungs in animals. Keep a plant in a close room where there is a frequent escape of certain gases, and see how quickly it droops. Plants differ from animals in their use of the air elements, however, for they inhale carbonic acid gas and exhale oxygen. But the breathing process is alike essential to plant and animal life; and deep breathing brings health and power.

Those who only half breathe, only half *live*. Lovers are instinctively deep, rapid breathers; and the more the love-faculty is rightly exer-

cised, the more healthfully active does the breathing become. Did you never notice how even in meeting a friend on the street unexpectedly, your breathing quickens and deepens from the pleasure of the occurrence?

To keep any fire burning brightly, the air must have access to it; for when the supply of oxygen is diminished, the fire dies down. So with the fires of human life; there must be oxygen in abundance if they are to be kept burning brightly.



THE HEART AND LUNGS.
Showing the wall of the diaphragm.

Air is composed of 21 parts of oxygen to 78 of nitrogen; the small fraction remaining being carbonic acid gas, which helps to sustain vegetation. Exactly these proportions are always found in the outer air. Oxygen, therefore, abounds wherever man can go.

OUR WONDERFUL BREATHING MECHANISM.

Occupying most of the chest and composed of five lobes, three on the right side and two on the left, enveloping the heart, we find those most wonderful of structures, the lungs. The tree-like mechanism by which the air is conducted to them, is called the trachea, or windpipe; and it branches into each lung-hemisphere, then rebranches again and again, into each lobe and finally into air cells smaller and smaller, six hundred millions in number. Blood cells also pass to the lungs, traveling side by side with the air

cells. Thirty-five thousand pints of blood, it is estimated, pass daily through the capillaries of the lungs, to be vitalized by contact with the oxygen.

The main body of the lungs is of a fine gauze-like membrane, containing from fifteen to twenty thousand square inches. This curious membrane is so folded as to provide a large surface in a small space, and to form a partition between the air cells and the blood cells which acts much like a strainer; keeping the air and the blood each in their separate cells, yet allowing the gases to pass through. The lungs must be filled with air and emptied from eight to fourteen times per minute during the entire life. How is this done?

By a broad, dome-shaped muscle called the diaphragm, dividing the heart and lungs above from the stomach, liver and other organs below, fastened only at its lower edges, and formed so as to expand and contract with great elasticity. When it contracts, flattening downwards, the vacuum thus caused allows the air to rush in, inflating the lower part of the lungs. Muscles between the ribs lift them outwards, and cause a similar vacuum inviting the air into the upper part of the lungs; and it always responds to these invitations.

FROM AIR-CELLS TO BLOOD-CELLS.

It is the great affinity of oxygen for iron that enables it to enter into the blood as it does. The red globules of the blood contain iron, which attracts the oxygen so that it rushes through the thin membrane which separates air-cells from blood-cells, and the two elements, oxygen and iron, unite, vitalizing the blood and imparting new life and vigor.

MAGNETIC BREATHING.

Electricity, that vital force with which the oxygen is heavily charged, is thus introduced into the blood, and permeates the entire body. Now, electro-magnetism teaches that certain objects charged with electricity are full of magnetism; they attract. Hence we learn that deep breathing immensely increases the magnetic force, or at-

tracting power, besides promoting the general health and enjoyment of life.

Would you test the truth of this? Fill the lungs *full,* in taking a deep breath, so that the breath expands the abdomen as well as the upper part of the chest. Take in, and pass out, with every breath, all the air possible, without actual strain. Keep this up vigorously for several minutes. You will soon feel a tingling sensation reaching to the very toes and finger-tips. It is the rush of oxygen, with its electric fluid, making its way through the blood to every part of the nervous system.

SECRET OF SEX-MAGNETISM.

That marvelous power which draws to its possessor whatever is most desired, and impels men and women to find mutual pleasure, profit and stimulus in each other's society, is nothing more nor less than correct breathing, which vitalizes the nerve-centers and causes them to become magnetic. The solar plexus, you will remember, is the great nerve-center from which radiates the personal aura, or magnetic atmosphere, giving to its possessor, when well-developed, the power of accomplishing what the will directs; and where this power is never used for a wrong purpose it is a veritable enchanter's wand, to bring blessings to the lives of others as well as to the woman who has learned to wield it. How often we hear it said that a man or woman has accomplished this difficult work or achieved that desired end "because of a *strong personality!*" This simply means, *a strong, wide-awake solar plexus.*

In the great majority of people, the solar plexus is more than half asleep, and those persons are the ones who are always subject to the aura, the influence, of strong personalities. They are made to feel uncomfortable, nervous, *inferior,* in the presence of these others to whom they may be really superior in all respects except the control of this magnetic aura. Would not such give the world to know how to escape this bondage, and as far as is right and desirable, control people and circumstances instead of being controlled by them?

THE PHYSICAL EFFECTS OF FEAR.

What the sun is to the solar system, the solar plexus is to the human body. Light, life and heat are dependent upon it; its office being to transmute the sun's rays into magnetism, by the process of drawing them in through the lungs, and through the nerve-cells as well; but first of all through the lungs.

"The deep and regular breather," says Elizabeth Towne, "*cannot* be sick or mentally weak. Just one thing prevents the breath from reaching the solar plexus; a closing of the pores, outward and inward. A stooping position will cramp and close many of the lung-pores; tight clothing will shut up not only lung-pores, but others as well. But first, last and always, and with more power than is contained in all others combined, will THE MIND contract the pores and rob body and brain of life and light.

"FEAR is a great robber. Watch the effect of a single fear upon yourself—see how you cringe, shrivel and contract; see how you clinch your hands and curl up your toes; see how you expel the air from your lungs and *hold* it expelled; and you can guess, at least, how fear keeps you out of your own.

"Half breathing is a habit of the human race. That is, on the male side. The female side lives on quarter breathing; because it has been taught to fear more things than men, and because women are more apt at learning anyway. Women have learned to shrink and lean. Not content with this, they have bound their feet and hands and laced themselves into strait jackets—the most infernal machine imaginable for squeezing the solar plexus out of all semblance to a radiating center, and shutting off the breath of life. All this habit must be overcome in the only way possible—by the establishment of new habits.

"Therefore I say unto you, men and women, but especially women, *breathe*. And keep on breathing until you establish the habit of full, free breathing. * * * The weak, sick, timid ones are the breathless ones. Asthmatics, consumptives and nervous folks need nothing

but breath and plenty of it, to heal them completely. And they are the very ones who will not breathe if they can get out of it. They immure themselves in hot, airless rooms and gasp and gurgle and bewail fate; because they have been for years—for generations, perhaps—trying to get along without breath. This is their habit of thought.

WHAT RIGHT BREATHING WILL DO.

"Well, there is salvation—a new habit of thought. Practice breathing even half as diligently as you have practiced *not* breathing and you *work out* the salvation that is within you. * * * If you will practice faithfully for one short month you will be thoroughly convinced. And if you will keep at it until you have made full breathing a habit of thought you will be a new creature; sorrow and melancholy, fears and fighting will have ceased forever. Energy, ambition, power, joy will have grown up in their place; your shrunken and bent body will have straightened up; you will stand with a curve extra in the small of your back, instead of with one curve at the shoulders, such as you had when you were a monkey; you will walk with a spring, on the ball of your foot, instead of coming down on your heels, or shuffling along any old way; your eyes will be bright and steady and ready to look kindly into every other pair of eyes; your mouth will be straight instead of drooping at the corners as in the old wailing days, and your lips will be soft and sweet to kiss; your skin will be fresh and clear and your voice will ring *out,* like bells over quiet waters, instead of being smothered in your throat and tinctured with whines or snarls as of old; in short, you will be a new being, born again of the 'spirit' and ready to live and love and do."

THE "TEN TIMES TEN" PLAN.

Another writer whose name is a household word in many families—Marion Harland—adds her testimony, and it is an interesting one.

"Ten years ago," she says, "I began to breathe. Up to that time, I had lived as crippled steamers have been known to finish an ocean

voyage—with one wheel gone. In the consciousness that, owing to a hurt the right lung received twenty years back, there was one weak spot to be guarded in an otherwise sound body, I was on the lookout for ways and means of doing this. A few words dropped by a friendly and common-sensible doctor first put me on the right track and, as I said, I began to learn how to breathe. Four years thereafter I was thrown into intimate association with several members of a celebrated health club, and studied the modus operandi more thoroughly.

"Since then I would as soon think of going without a meal as without the ten deep, full, satisfying breaths, which, repeated ten times daily, make up the tale of conscientious respirations. No one who has never tried the regimen can imagine the luxury of these delicious, invigorating draughts of fresh air; of the rush of vivifying oxygen to all parts of the body, tingling and thrilling to toes and finger-tips; of the effect upon brain and spirits. It is like the exhilaration wrought by generous wine, but addeth no sorrow therewith as wine will, in the form of subsequent reactionary dullness. One is made over almost as good as new.

"If one more personality will be forgiven by a generous constituency, let me say that my dressmaker tried upon me yesterday the waist of a gown she had made for me six years ago. It fitted me perfectly in waist-line, neck and sleeves. She exclaimed smilingly at seeing the chest had broadened and deepened two inches since the garment was made. Which means that lungs and heart have two inches more of space in which to do their life-making work.

"Seven deep inspirations, according to physiologists, suffice to expel the 'residuary air'—that is, dead, effete air—from the lungs. Take ten to refresh them and prepare them for their rightful exercise. When you have done this ten times in twenty-four hours, and every day for three months, you will have formed the habit of breathing properly. This prescription is not patented, but given freely as the blessed air to every living creature."

TO RESTORE CALMNESS.

The value of a restful state of mind is beyond compute. Excitement produces irregular breathing; and it is important to know how to control the emotions so as to keep both mind and body in a healthy state.

This can be done more and more easily as one gains control of the solar plexus. A simple and helpful plan to restore a quiet mood when disturbed is to immediately begin breathing full, slow, even breaths, counting four while inhaling, four while holding, and four while exhaling. A very few minutes of this exercise will restore calmness by steadying the circulation. If you can lie down while thus breathing, so much the better. In any case it should be done with the mouth closed.

Rhythmical breathing, as taught by the Hindoos, also gives poise and serenity, quieting the nerves if resorted to whenever one is excited or disturbed in any way. Breathe slowly and deeply, thinking of some familiar tune, and making each breath correspond in length to a line of the music.

HOW TO TAKE A FULL BREATH.

First empty the lungs, expelling all the air possible. Then breathe in slowly until chest, waist and abdomen expand. Lifting the chest, and drawing in the abdomen inhale still more air until all has been taken in that can find a corner anywhere. Such exercises greatly strengthen that "great breathing motor," the diaphragm. The habitual disuse of the lower muscles in breathing is to be corrected.

Four-footed animals know how to breathe; so do healthy children. Did you never watch a horse as the muscles of his entire frame are extended and relaxed by the circulation of air? Breathing is full and deep in quadrupeds, and it is a good sign when bipeds, human ones at least, take notes from them in this respect. Only by this means can the blood become thoroughly oxygenated. Do not strain the membrane by closing the epiglottis trap-door in the throat while "hold-

ing" the breath. Keep the passage open and free, and breathe by a regular movement of the muscles. You do not need to think about drawing in the air; just make room for it, and it comes in of itself.

THE "TOP LINK."

Remember that the lifting of the chest and drawing in of the abdomen raises the vital organs, which in all who do not thus learn to hold them up, are inclined to settle down below their normal position. Madam Pote explains the principle as follows:

"In holding a chain so that the lower link just touches the ground, if the hand or 'Top Link' yields in the least, every link in the chain is proportionately lowered.

"Moral—Hold on to the Top Link.

"Height decreases as age increases. The body shrinks at the ankles, knees, waist, chest, neck, and even the corners of the mouth and eyelids droop, so the entire organism manifests a downward or earthly tendency, with many who *profess* to be going the other way.

"Let us be consistent. If the purpose be high, the body should be taught to respond in like manner, and express through each and every tissue, that same high purpose.

"Hold the heart, head and chest high, and the corners of the mouth will no longer betray a chronic state of disapproval, libeling the soul."

Erectness while sitting, standing, walking or working should also be cultivated. Even in reclining the attitude should be straight rather than curled up. One in an erect posture will breathe about one-fourth more than if stooping; and consequently will enjoy and accomplish as much more. Life will be in that proportion richer and more lasting.

The larger the breathing capacity, the better the assurance of permanent good health; there is no danger of enlarging it too much. The overcoming of flat chests, weak lungs, throat or bronchial affections, even incipient consumption, has resulted in countless instances from such a system of lung and chest development, with the proper attention to food, bathing, sunshine and fresh air.

EAT LESS AND BREATHE MORE.

Blue veins indicate poison in the blood from insufficient breathing. The remedy is to *eat less* and breathe more, so as to both thin and redden the blood. The blood in the veins is naturally dark, but should not be dark enough to show through.

Most persons, in fact, would be far stronger if they would thus reduce their eating and increase their breathing. Two parties of travelers once undertook, at the same time, to ascend Pike's Peak. One party was well supplied with ham sandwiches, etc., that the climbers' strength for the journey might hold out. The other party had no such "refreshments;" in fact, they brought with them no food at all, but whenever they were tired, lay down flat for ten minutes and *breathed.* The ham-sandwich party never reached the top. The breathing party passed them, about half-way up, and arrived at the top in nine hours from the time of starting. They were in time to see the moon rise, after which, remaining all night, they enjoyed the further much-coveted sight of sunrise, from their vantage ground. Returning none the worse for their fast, they had the satisfaction of describing to their more faint-hearted friends the beauties of the scenes just witnessed.

BREATHING EXERCISES.

Here are five easy and excellent methods of improving the breathing powers:

No. 1.—On first rising in the morning, stand erect, heels together, hands on hips, chest up; inhale slowly through the nostrils until the lungs are full, then expel all the air, forcing it out as much as possible. Continue five times each morning. There will be a dizziness at first, because the system has not been used to so much oxygen, and it has an intoxicating effect; but this passes away with practice.

No. 2.—When walking in the open air it is beneficial to try the following lung gymnastic: Inhale slowly, then walk five or ten steps, and exhale slowly. Any person who is a member of a family with

tendencies to diseases of the air-passage will be able to hold at bay the scourge of asthma, bronchitis and consumption by this exercise.

No. 3.—Stand erect, with abdomen well out of sight, arms bent to level of shoulders and finger tips upon the chest. Now look up and inhale breath while sweeping the arms and hands up, back and down to sides; exhale while sweeping hands to chest again by the heart-shaped circle. Repeat six times.

No. 4.—Stand erect, expand chest and draw abdomen out of sight; throw head back and face up, the arms at the sides; raise the arms as you inhale until the finger-tips reach at the top of the head. Hold breath a few seconds and exhale through nostrils, dropping hands gradually to side.

No. 5.—To cure fatigue: Have your windows wide open; lie flat on the back, without a pillow; breathe *deeply and rapidly* for several minutes. Never mind if it makes you a trifle dizzy at first; this soon passes, and you begin to feel a tingling sensation clear to the toes and finger-tips, caused by the oxygen rushing through the blood-vessels. In a short time you will feel wonderfully rested. This exercise with its results, was discovered by Prof. O. S. Fowler, purely by accident. When exhausted one day, he threw himself on a couch and breathed in this way; it was almost like the involuntary panting of an animal after a long run. In a few minutes he began to feel so surprisingly refreshed that he was led to study into the cause, and found it to consist in the attitude and method of breathing.

Breathing is a part of Dr. Paul Edwards' instructions for relaxation, which are also well worthy of study, they are so simple and yet so wonderful in their practical results. He says:

"I regard proper relaxation as a real panacea for human ills, worries and sorrows. It is not difficult to lapse into silent relaxation. Relaxation means to *let go,* to loosen one's grasp, mentally and physically. In our state of aggressive intention, we grasp ourselves too firmly, holding back our really conquering forces by mental and physical tension.

"This constant tension gathers the muscles into knots, and checks liberation or projection of our thoughts; kept in this state for a few hours, we become tired in body and fettered in mind. No effective mind force can be projected while we are thus cramped. Thoughts, like muscular action, must be freely liberated, and float away to their destined object without stint or cramp.

"Relaxation means silent, restful composure. Sit down alone, become restful—perfectly restful. Close the eyes gently; breathe full, deep, but easy breaths. Now invite the whole peaceful, blissful world to come toward you.

"Open your inner, living intelligence to receive the strength, health and rest that are now rushing in upon you. Now re-relax, become still less taut or rigid in muscle. Keep the eyes still closed, but only gently so, and though closed, you now see light, for all your internal being is illumined. Settle still more limply into your chair, and again invite the universe to come and commune with your passive, restful mind. You *may* feel an internal sensation, like a tingling, prickly, rushing vibration. This is real rest, real relaxation, and heaven is filling you with its richest gifts—rest, strength and health. Invite this approaching invisible power to flow right through your being, and sweep it clear of fatigue, sickness, worry and all opposing conditions.

"All this time you are being filled with a wealth of repose that is past computation. The tingling throughout your economy will be in proportion to the profoundness of your relaxation.

"The mind at first completely subsides on sitting down, then becomes receptive, then inviting, then it reaches out for the coming rest, or force, which the universe is projecting toward your relaxed and liberated inner intelligence. This all comes *without* effort, not *with* effort.

"There is no worry that a twenty-minute period of such relaxation will not dispel. There is no pain that it will not assuage; there it no

grief it will not dismiss; no anger it will not soften; no enemy it will not forgive; no fatigue it will not remove.

"Such is relaxation, and *all* have time to take it. I know the old, old excuse that time forbids, but relaxation *makes* time—it gives us more time than any other act or thing.

"A person can do far more work for the three or four hours *following* relaxation than in the same time *preceding* it."

Thousands of the world's most active and brilliant workers have proved this to be true; but no description can fully reach the heart of the subject. Each must experience its deeper meanings for himself; and since the physical world and the thought-world are after all created by the same hand, what wonder that they blend so harmoniously in the life, when given half a chance? The life-cells obey the onrushing tide of power breathed into them, because it is the only right and natural thing for them to do.

TO CURE DEPRESSION OF SPIRITS.

As a remedy for "the blues," practice this one of Elizabeth Towne's exercises, as follows: Loosen the clothing, open the windows; recline without pillow, and let your arms lie straight out from the sides, if the width of the couch or bed will permit. Relax every muscle from head to foot; *let go* of everything mentally; take quietly a full breath, hold it a second or two; then force it suddenly into the upper part of the lungs; hold it there a second or two, then suddenly throw all the breath *down* as far as possible, at the same time exclaiming mentally to the solar plexus "Wake up! Wake up!!" Hold the breath down a second or two; then gradually let it flow back until the lungs are evenly filled again, hold an instant, and then see how *very* slowly and smoothly you can exhale the breath. Do this not over three times at one exercise, and only when you are depressed. Then rise and move as if you were going somewhere and meant to *get* there. Get interested in what you have to do. The next time you think about your depression you will wonder what makes you feel so comfortable and

full of quiet *go*. "I have used this practice," says Mrs. Towne, "which is my own discovery, for years; for all sorts of depression from every imaginable cause; and never once has it failed to change my feelings entirely. It is guaranteed to cure anybody who will practice it with a will."

POISONOUS GASES.

In the formation of healthy blood, pure air is even more essential than pure food; because its action is more constant. Every waking and sleeping breath during life brings health or disease according to whether the air be pure or vitiated. It is an excellent plan to place a small quantity of unslaked lime, or of charcoal in the sleeping apartment, or in the sick-room. The carbonic acid gas breathed out by the occupant of the room is absorbed by these materials, instead of remaining in the air to be again taken into the system.

A great help in ventilating a room is to swing the door rapidly to and fro a dozen times or more. It is a gigantic "fan." In the family of one of my patients, this simple plan has proved a perfect cure for wakefulness on repeated occasions. It completely changes the air of the room even when no breeze is stirring, and will prove a relief on many a sultry night. Even the "suggestion" awakened by the swiftly moving door fills the air with ozone and life.

Dr. Bonizardi of Italy asserts that people die much more rapidly through the deleterious effects of miasma and carbonic acid gas than by the want of oxygen in the air. To prove his theory, he put three fowls on a perfectly even floor, under three glass cases, and placed in the case containing the first bird nothing but the fowl, in the second one a piece of unslaked lime, while the third contained some pieces of charcoal. In half an hour after the birds were confined he examined them, and found that the bird having neither lime nor charcoal was dead, that the one in the second case containing the unslaked lime was barely alive, while the bird in the case containing charcoal was quite active, and showed no sign of suffering.

The first bird, having neither lime to absorb the carbonic acid gas of the lungs, nor charcoal to collect on its surface the effluvium of the surrounding air, died of blood poisoning, produced solely by the action of the carbonic acid gas expelled from the lungs.

The fowl that was supplied with the lime was only quite ill, because the lime had removed one of the causes of death by absorbing the carbonic acid gas; while the bird confined in the case containing charcoal was only slightly indisposed or ill, because the charcoal absorbed all the exhalations of the lungs and body.

These experiments prove that people die far more quickly from the deleterious action of bodily exhalations than from any deficiency of oxygen in the air. The moral of these experiments is: that a small basket of charcoal should be placed in the room of every invalid, in order that it may absorb the carbonic acid gas floating in the air, and also attract the exhalations of the body, thus leaving the atmosphere purer and more wholesome.

Poisons must be eliminated; but, this done, the plentiful supply of oxygen is of untold value. Indeed, while fully endorsing Dr. Bonizardi's theory, I would emphasize that the best of all methods of eliminating poisonous gases is by living as much as possible in the open air.

AN OPEN AIR LIFE.

Four hours of outdoor breathing for adults should be the very smallest daily allowance. More would be better. The nomadic races are proverbially healthy; and in summer at least one does well to imitate them.

Florence Morse Kingsley, the delightful "Garden Mother" of the Ladies' Home Journal, believes so thoroughly in the gospel of fresh air that she is in the habit of "camping out," in primitive fashion with her whole family, a large part of each summer. She finds the gain in health inestimable, and her neighbors are many of them following her example. In this connection a friend read me an extract from a letter dated early in the present June, saying, "Mr. D. and family have

left for Lake ——— to camp until fall. Each year they *make an earlier start.*" This is a move in the right direction.

When a busy housewife cannot go away from home, or thinks she cannot, the next best arrangement is to take every part of the work which is movable, into the garden, or out on the piazza, porch or lawn; for the open air is one of the best of tonics. A soldier whose constitution appeared to be hopelessly wrecked, has been known to recover his health completely, by no other treatment than living for a few months in the open air, day and night.

OUTDOOR GAMES.

The outdoor games—tennis, golf, basket-ball and the like—together with such exercises as horseback riding, rowing, skating, swimming, bicycling and long, brisk walks—are all delightful and effectual tonics, increasing the lung-power, developing the muscles and giving strength, symmetry and grace to the body. The woman who takes time for them is wise; for in this way Nature provides, through the air, a reviving and strengthening magic turning pale cheeks to rosy ones, brightening dull eyes and filling both body and mind with an inner sunshine which blesses all who come within reach of its health-giving rays. For, let it be remembered, health is contagious as well as disease.

CHAPTER VIII.

CARE OF THE FACE.

Fear Neither Old Sol, nor King Boreas—Lotions and Powder—The Pride of Cleanliness—Eight Complexion Rules—Rough Face Surface—An Approved Cream—Cucumbers for Freckles—Lemon Lotion—Strawberries Invaluable—Cream of Strawberries—Lettuce Milk—Frostbite—Sunburn—Cosmetic Jelly—Eruptions and Pimples—Lack or Surplus of Color—Moles, Warts and "Pits"—Cause and Cure of Wrinkles—Eyes are Soul-Windows—Lotion for Inflamed Eyes—Foreign Substances in the Eye—The Eyebrows' Graceful Arch—Clearing the Ears—Purple Lips.

"AS LONG as there are women in the world," says a writer, "there will be complexions to be worried about, and there is some beneficence in such discontent, for it argues a superior feminine nature to try and secure a good complexion."

The delicate beauty of the skin's texture cannot be preserved without care, and the care given it must be adapted to the peculiar needs of the individual. Those who have a too oily skin, for instance, require a different treatment from those who are troubled with chapped lips, caused by the winter winds, or burning redness from the heat of the summer sun. Long exposure to extremes of weather does not affect the skin of the face; but this is one of the cases in which prevention *cannot* be said to be better than cure. Light and air are so necessary to the general health that it is far better to take the full amount of outdoor exercise and then apply to the complexion whatever soothing treatment is needed, than to remain indoors in order to keep the satin-like texture with its flower hues, from becoming injured. Especially is this true as without sunlight the rose tints would turn to a sickly white, the lips assume a purplish tint, and the whole aspect become suggestive of death rather than of life and beauty.

It must be remembered that the same exquisite sensibility which renders the skin easily affected by the weather, also enables it to respond quickly to careful treatment; so that one may be much in the

open air and yet have a complexion rivaling the lily, the carnation and the rose combined.

SOME OF THE BEST LOTIONS.

To counteract the mischief done by Old Sol, in his too fervid midsummer caresses, or after the rough treatment to be expected from his brother, King Boreas, there are several harmless lotions, from which one may choose what proves best suited to the individual. Glycerine, diluted with five or six times its bulk of pure water, permanently softens the skin, and preserves it in great measure from the ill effects of sun and wind. It is agreeable to most persons, and an effectual remedy for chapped, roughened or blistered skin. Olive or almond oil is also excellent. Any of these soothing lotions should be lightly applied and the surface wiped with a soft towel.

It is a good plan upon returning from a walk, or drive, or any outdoor exercise, to bathe the face, in order to remove the dust that has gathered upon it. Almost every woman uses a little face powder occasionally, and as there are many injurious articles on the market, it is well to prepare it at home. A few cents will supply the needful quantity. Mix half a pound of finely powdered starch with two and a half ounces of freshly powdered orris root, then run through a sieve. Put a little in a bag of thin flannel and apply it by shaking it lightly on the face.

"Of course the basis of a good complexion is cleanliness—in fact it even affects the arch of the neck," says a writer, "for every woman can hold her head higher when she knows she is absolutely clean."

A few condensed general rules for the complexion may be mentioned here:

1.—Don't use hard water at all; use warm water at night.

2.—Don't fail to thoroughly dry the face. Don't use fancy soaps, but pure white castile.

3.—Don't fail after washing to rub the face upward, especially near the nose.

4.—Don't eat fat meats, pastries, salads, or highly spiced foods.

5.—Don't drink strong tea or coffee.

6.—Don't use cheap face powders.

7.—Don't worry; it produces wrinkles.

8.—Don't give way to violent emotions. By following this rule you will do more to help your complexion and beauty than by using all the toilet creams invented.

THE COMPLEXION BRUSH.

The correct complexion brush is made of firm bristles about three-quarters of an inch long. These bristles do not mat down when put in water. The brush should be used every night with warm water and castile soap. This treatment is excellent for any bad complexion, because it stimulates the glands and skin and stirs the blood vessels to action.

FOR A ROUGH, HARSH COMPLEXION.

A rough, harsh complexion is most frequently caused by hard water and impure soaps. Use the pure white imported castile, and get a correct complexion brush. Use the brush every night with warm water and the soap, drying the face thoroughly, and rubbing in olive or almond oil, diluted glycerine, or cream. A good cream is made as follows:

COMPLEXION CREAM.

One-quarter ounce white wax, two and one-half ounces spermaceti, two and one-half ounces oil of sweet almonds; melt, remove from fire and add one and one-half ounces rosewater. Beat till creamy, not till cold. Use only one-fourth ounce white wax—more will make it too hard.

FRECKLES.

Of course, outdoor exercise should be tempered with judgment and common sense. A veil in a March wind, or a parasol in July, is certainly a wise precaution; and the time for going out should be well chosen.

Those who are addicted to summer freckles would do well to re-

main in the house for at least an hour after washing the face, or the sun will bring out the freckles in great yellow batches.

For freckles an excellent lotion consists of chopped cucumbers or cucumbers cut in slices with all the juice left in them. They are then bound upon the face in such a way that the juice will dry on. Cucumber peelings boiled in water will be found good for the skin; or a slice of cucumber may be rubbed on the face, instead of soap.

Lemon juice is also good to apply as a lotion both for freckles and sunburn. A little diluted lemon juice, mixed with borax and rubbed on the face, neck or hands at bedtime will both bleach and soften the skin. Allow it to remain a few moments, then rinse off with clear cold water, and dry.

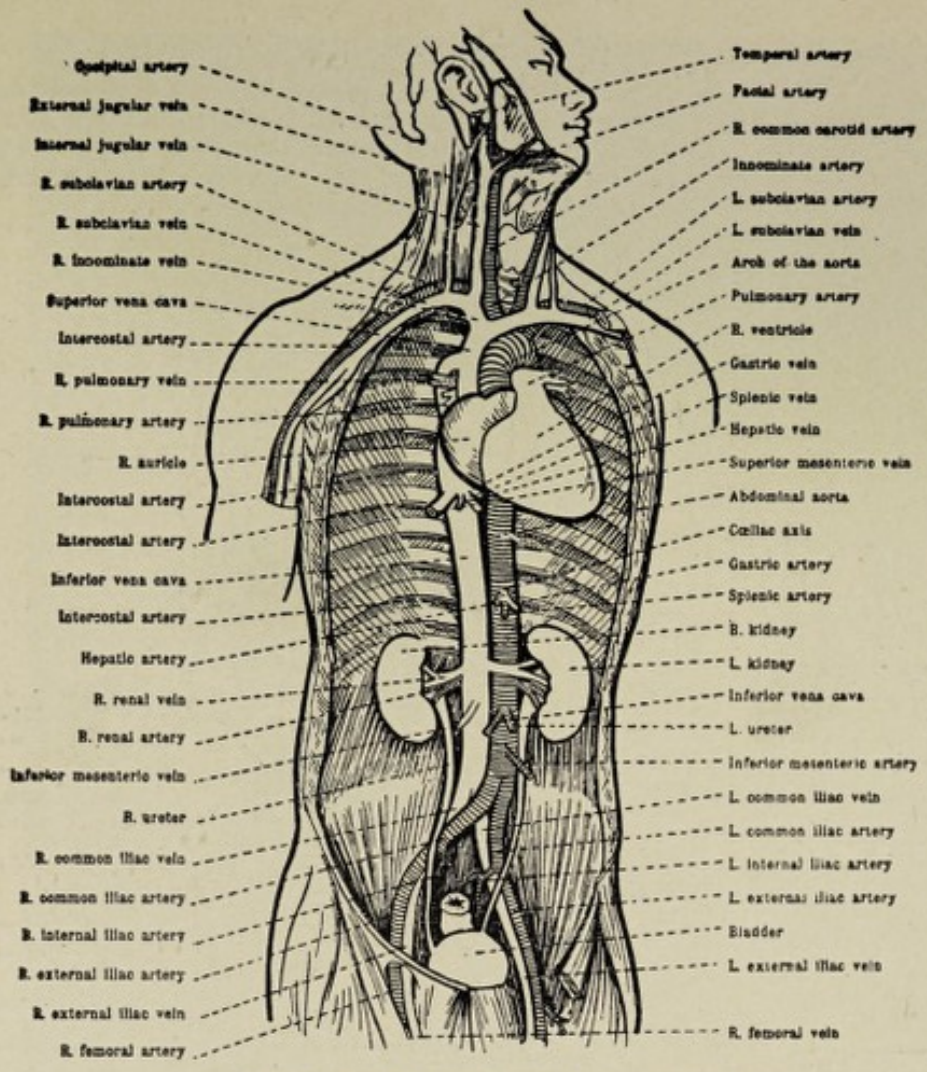
As a cosmetic, the strawberry is fine. Those who have freckles and spots, blotches and blemishes, can take the berry and cut it in two. This berry, rubbed upon the blemish, will turn into an acid which will take off the spot. Obstinate spots can have strawberry juice applied to them and left on for half an hour and afterwards washed off with hot water.

STRAWBERRY FACE BATHS.

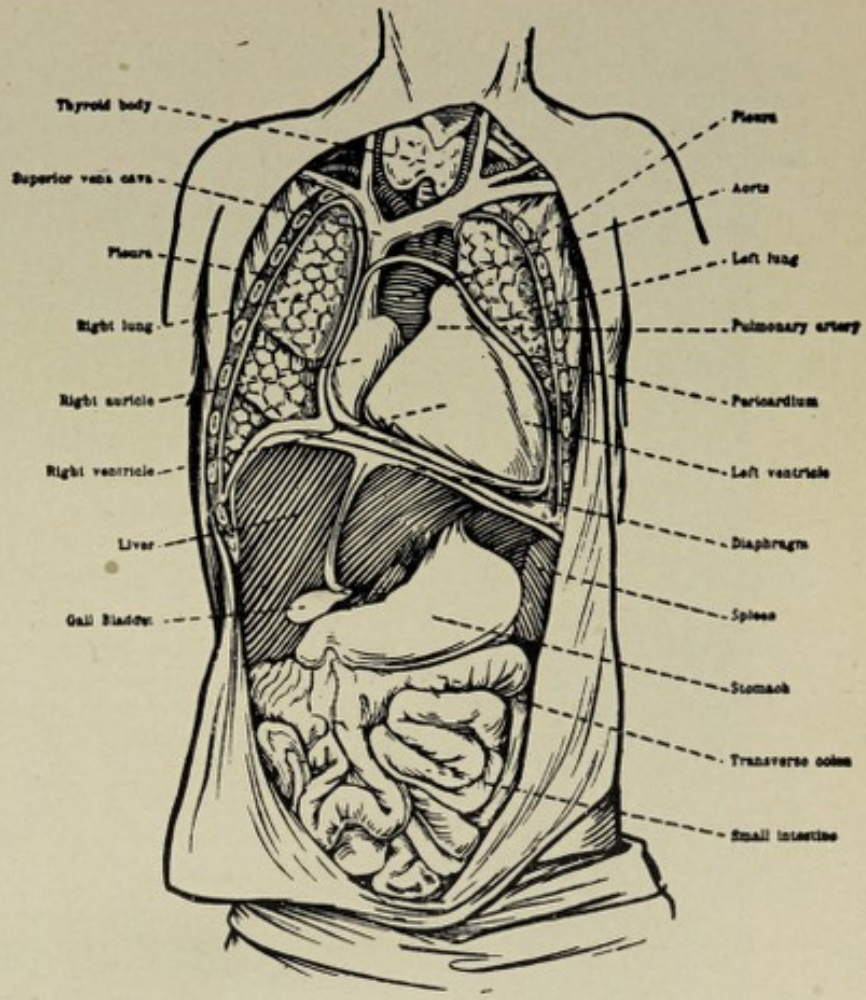
For the face the ripe mashed berry makes an excellent bath, but it cannot be used by all alike. The brown-skinned beauty will find her complexion wonderfully improved thereby. The acid will cleanse the complexion, while the rosy glow of the berries will impart a pleasing tinge to the skin.

There are olive beauties who depend upon the strawberry face-bath from season to season. They use the first berries that come, and keep on with the berry bath until the last bit of the crimson fruit has disappeared from the fruit stalls. They claim it gives them the half rosy look which is so essential to an appearance of youth.

A fresh complexion is necessary to the woman who wants to keep her youth. If she be dark skinned or yellow skinned, or if her face be muddy she will find a ready relief in the fresh juice of the finest berry of spring.



Principal Vessels of the Head, Neck, Upper Extremity, and Trunk.

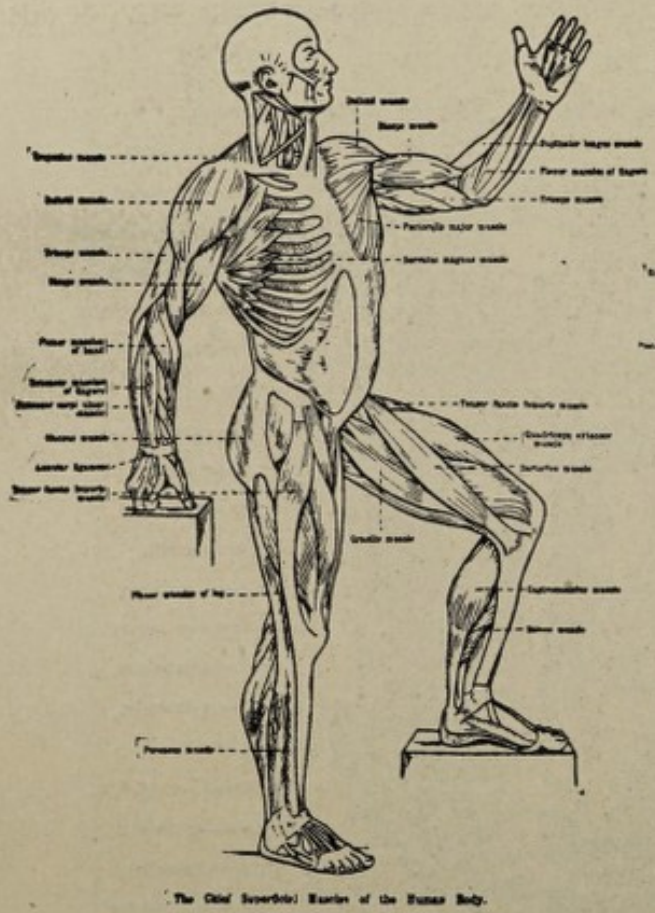


The Thoracic and Abdominal Organs.

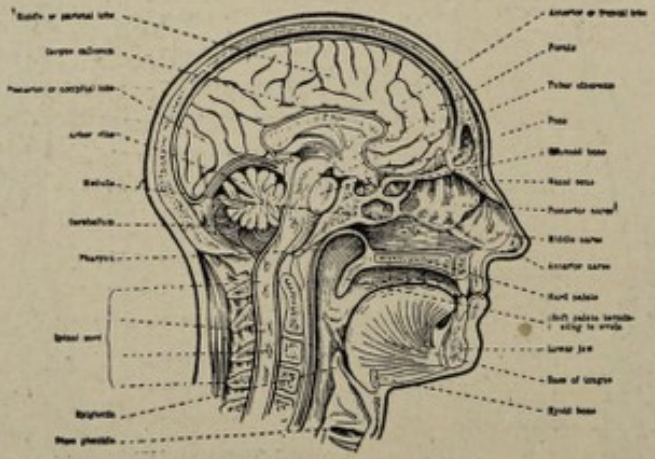
CIRCULATORY SYSTEM AND VITAL ORGANS.

The distinct vessels which carry arterial blood from the heart and those which return it to the lungs to be purified by the inhaled oxygen, constituting, as is well known, the circulatory system, are well set forth in the above diagram. The vital organs of the upper and lower portions of the trunk are also clearly delineated In the consideration and care of the human body such diagrams, simple though they be, cannot be too often consulted.

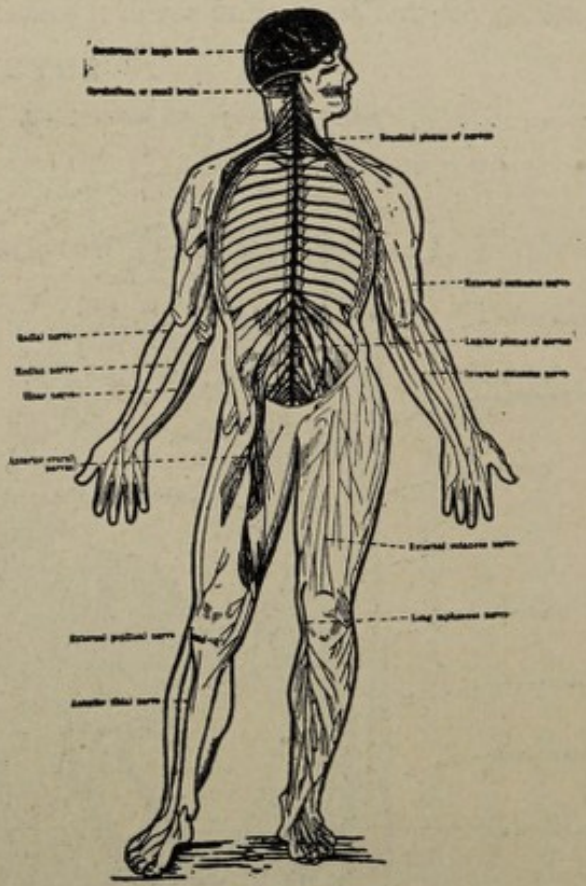
No. 2.—MUSCULAR AND NERVOUS SYSTEMS.



The Chief Superficial Muscles of the Human Body.



Longitudinal Section through the Head.



The Brain—Spinal Cord and Spinal Nerves.

SYMPATHETIC SYSTEMS OF THE HUMAN BODY.

The close connection between the superficial, or surface muscles of the human body, explains how sometimes it is almost impossible to exactly locate the point of injury to any one of them. The same is true of the nervous system, so that an injury to the brain is felt in the most distant parts of the body. A common illustration of the sympathetic character of both the muscular and nervous systems is the effect which a bad tooth sometimes has, the pain and the inflammation from that member often involving one whole side of the face, neck and chest.

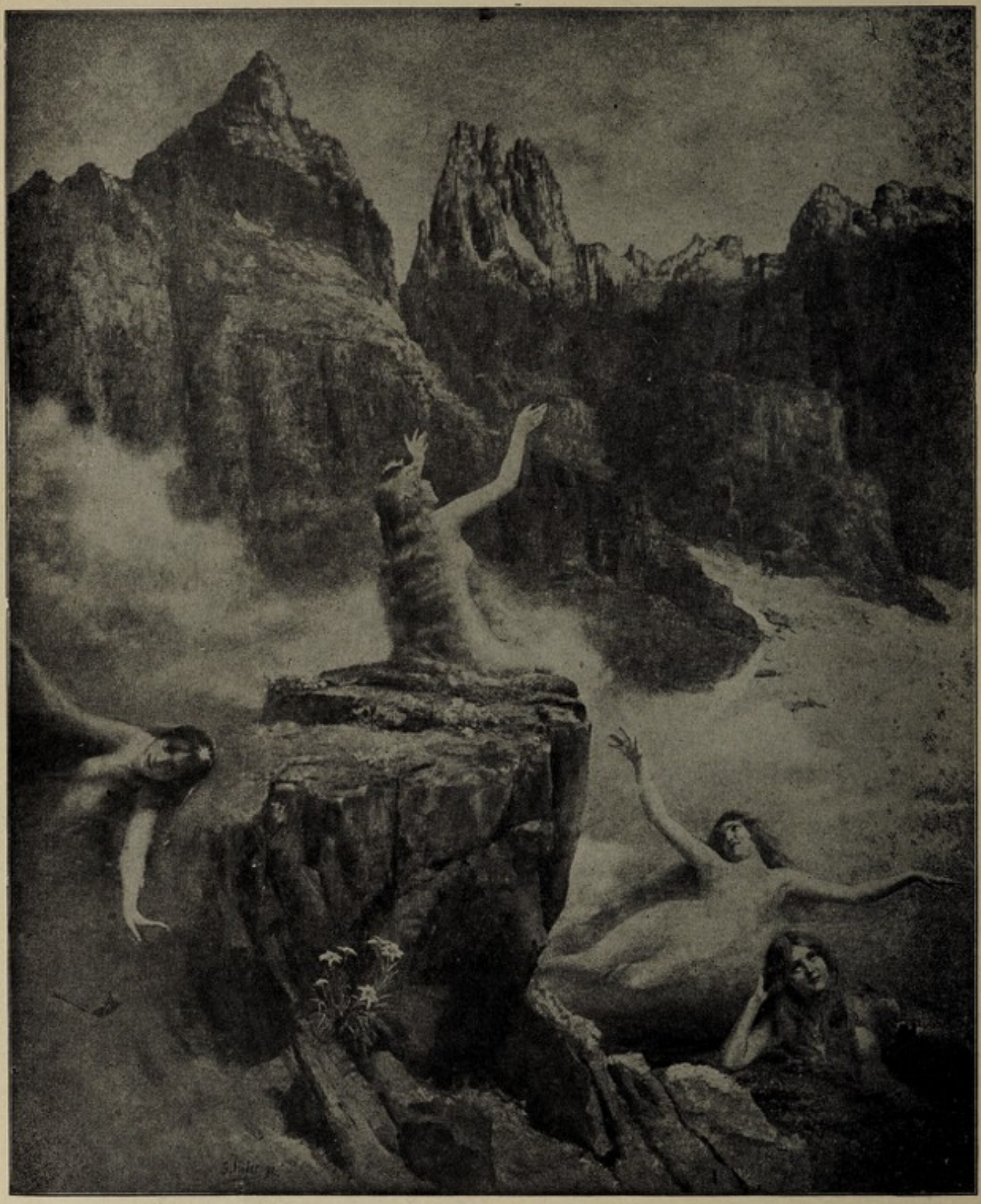
MORNING AND EVENING OF LIFE.
The Pride of Youth.

THE BROKEN VESSEL.

YOUTH.
The Sweet Odor of Virtue.

REVERIE.
Eyes with Beauty and Expression.

CHARITY.
A French Masterpiece.



"MORNING."
(From the German.)
The Evening Star Falling; The Morning Star Risen.

THE BRIDE'S TOILET.

No occasion in a woman's life usually calls for such care in her toilet as her wedding. Usually the preparations for it are made under the eyes of all the female relatives, and even the small boy and prospective bridegroom are not always excluded. Russia is no exception to the rule.

A GERMAN TYPE.

QUEEN LOUISE VISITING THE POOR.
Original Painting by Hugo Haudler.

LADY RANDOLPH CHURCHILL.
"Every Mother an Artist and Sculptor."

THE INDISCREET SOUBRETTE.
Read by Other Eyes.

A NYMPH.

SPRING.
Decked with the Early Blossoms.

"THE FIRST LOVE LETTER."
Sisterly Confidences.

Those who are too fair to use the clear juice of the berry can make a nice complexion bath. Take half a cup of ripe berries and squeeze the juice into a basin, straining it through a fine cloth. To this juice add a pint of boiling water and a cup of red vinegar. This makes a nice bath for the hands and arms, and it is excellent for the face, though the eyes should be kept tightly closed while using it. It can be daubed upon the cheeks and forehead without touching the eyes.

There was, in the days of the beauties of the last generation, a rather extravagant belle who ordered her maid each morning to bring her the juice of a quart of ripe berries. The maid strained the juice, added a teaspoonful of borax powder, and heated the whole just enough to be pleasant. It was good enough to drink, but the belle bathed her face in it, her neck and her arms, letting it dry on the skin. In fifteen minutes she was ready for her bath, which left the skin rosy and tingling from the acid wash.

CREAM MADE FROM BERRIES.

An old lady made her fortune one summer at a famous watering place selling cream of strawberries for the complexion. Her jars of cold cream sold as fast as she could make them. Each jar contained the juice of berries skilfully compounded with healing lotions. The recipe was this: Taking a heaping tablespoonful of mutton tallow, she would put it on the fire to heat, and into it she would stir about a tablespoonful of powdered oatmeal as fine as flour. Then to this she would add half a cup of strawberry juice, stirring vigorously over the fire until it was all of a cream. Finally she would pour into little jars, and set away to cool. It was about as thick as cornstarch, and soothing to the skin. The old lady could never give the directions accurately, for, as she wisely observed, tablespoons were of different sizes, and some kinds of oatmeal mixed better than others.

LETTUCE AND CUCUMBER CREAMS.

Lettuce made into a cream for the skin is delightful. It should be cut into tiny bits and only the thick, juicy part should be used, the

stalk where the acids are. The stalk should be chopped fine and stirred in cold cream while in a liquid state. The juices of lettuce can be extracted with good results and a mixture made which is called lettuce milk. This is good for the skin.

Take enough lettuce juice to fill half a cup. Add to it half a cup of boiling water and a tablespoonful of boracic acid. To this add about ten drops of tincture of benzoin. Bottle and keep for the skin.

A more economical recipe is this: Cover a head of lettuce leaves with boiling water Let simmer, strain, and add enough benzoin to make the water milky.

And among vegetables it is not only to lettuce that credit must be given for the preservation of the skin, for cucumbers claim their share of healing properties. Cucumbers split lengthwise, as recommended in the treatment of freckles, and bound upon the face, are a wonderful restorative, while the milk of cucumbers is famous.

To make good milk of cucumbers cut up two large cucumbers and cover them with water. About half a cup is the right amount. Let simmer half an hour. Keep covered so that the water does not simmer off. Take off, strain, add a cup of boiling water, ten grains of powdered borax, and enough tincture of benzoin to make the water look milky. This is a delightful skin preparation, and one that can be used freely upon the face, neck and arms.

FROST-BITES.

If the ears or nose be frostbitten, the best treatment is friction with the hands or a piece of flannel, continued for a long time, or until perfect circulation is restored. Care must be taken in the meantime not to go near a fire or into a heated room.

SUNBURN.

Equal parts of olive oil and limewater will be found a soothing and effectual wash to apply to a sunburnt face, neck, arms or hands. Elderflower water is famous for its cooling properties, as is lavender

water. Vaseline should not be used on the face; it will do on the hands or elsewhere, but on the face it is apt to cause the growth of superfluous hair. Some of the cheaper cold creams are compounded of white vaseline, and should accordingly be avoided for facial use.

COSMETIC JELLY

is a safe and delightful preparation. It is made as follows:

Seven ounces of rosewater, thirty grains of gum tragacanth, one ounce of alcohol, one ounce of glycerine. Let the tragacanth stand in the rosewater for four days, beating often with a wooden spoon. When the gum has entirely dissolved, add the glycerine, then the alcohol. A few drops of oil of rose and half a teaspoonful of powdered borax are improvements. This lotion dries immediately after application.

LOTION FOR OILY SKIN.

Dried rose leaves, one ounce; white wine vinegar, one-half pint; rosewater, one-half pint. Pour the vinegar upon the rose leaves and let it stand for one week; then strain and add the rosewater, throwing the rose leaves away. The lotion may be used either pure, or diluted by putting about a tablespoonful into a cupful of rain water. Do not keep in a metal vessel.

FACIAL ERUPTIONS.

Young people especially are often troubled by hard, red pimples affecting all parts of the face and sometimes extending to the neck, shoulders, back and chest. Such will be benefitted by bathing the affected portions night and morning with salt and water—a tablespoonful of salt to a cup of water; living on plain, wholesome food, and exercising much in the open air. Sea-bathing is particularly good.

But it must be remembered that facial eruptions are mainly due to some internal impurity, or lack of sufficient care in bathing. The face may be kept scrupulously clean, yet if the rest of the body is not bathed frequently the impurities will escape through the only avenue where the pores are open—the face.

Constipation is a common cause of unsightly blotches and pimples; so also is self-abuse. When these eruptions appear on the face, the general habits must be carefully looked after. Bathe frequently and thoroughly; avoid face powder and irritating soaps; regulate the bowels by a proper diet and an internal bath, if necessary; eat no pastry or confections, but substitute fruit and nuts; drink plenty of fresh water and breathe plenty of fresh air; and Nature will effect a cure.

Blackheads are caused by a clogging of the oil-glands in the skin. Hot soap and water bathing, practiced daily, followed by friction, will soon cause them to disappear, if the habits in general are right. Very hot sweet milk, applied locally with a soft cloth, followed by bathing the face in cold water, is also good.

Any disease of the nervous system or generative organs is certain to affect the complexion; because the digestive organs will not then perform their work properly and the blood and the entire system will be filled with impurities which must be eliminated through the skin.

PALENESS.

Lack of color arising from poor circulation of the blood, insufficient nutrition, neglect of outdoor exercise, etc., as well as that resulting from general debility, is very common. The best treatment in such cases is a combination of Nature's best gifts, water, sunlight and air, in liberal doses. Friction with a rough towel after bathing the face in hot and then in cold water, will help to start a glow; but the treatment needs to be made more than local. Exercise in the open air is important; also a nourishing diet, including plenty of those fruits and vegetables which, like strawberries, beets and tomatoes, by their red color indicate the presence of iron.

REDNESS.

Indigestion is often the cause of an over-ruddy complexion. The remedy is in a careful attention to the diet as directed in Chapter V.

The drinking of lemonade is good; and tepid water in bathing, for those thus troubled, is preferable to hot or cold.

MOLES.

These small excrescences, discolored and sometimes covered with hair, can be removed by touching them every alternate day with strong nitric or acetic acid. When they are covered with hair, they should first be shaved. Then apply the acid with a toothpick or splinter of wood, being careful not to let it touch the rest of the face, or the hands.

I particularly recommend the following for the removal of moles, and also warts, as I have found it effective in my practice:

Mix equal quantities of water, chloride of zinc and flour. Apply *just enough* to cover the mole or wart; a very small quantity. Cover with court plaster, and leave on for a few hours. Leave it till it heals under the plaster. On removing the plaster, the skin will be found perfectly smooth.

"PITS" OR "POCK-MARKS."

These are less common than formerly, as the disease of small-pox is so much less prevalent and more effectually treated; but where the marks exist, in ordinary cases they will gradually disappear under an application of a tepid, glycerinated ioduretted lotion twice a day. Gentle friction daily with warm oils, slightly ioduretted, is another treatment that, if persevered in, will remove them either wholly or in part. Warm sea-water baths help in this cure.

TATTOO MARKS—HOW TO REMOVE THEM.

Those who have been so unfortunate or foolish as to have tattoo marks made on their skin usually wish to remove them in later years. In some cases they are quite indelible, but in some instances the drawings have been taken out by being first well rubbed with a salve of pure acetic acid and lard, then with a solution of potash, and finally with hydrochloric acid.

MOTH PATCHES.

These are discolorations caused by a torpid liver or by constipation. The diet must be corrected, the general rules of health observed, and as to local treatment, the following is good: Prepare a flannel face cloth by sewing two or three layers together and cutting holes for the nostrils; saturate this flannel with hot water and hold it over the face until cool, breathing through the holes. Do this several times over, then bathe the face in cold water containing a little dissolved baking soda; then in clear cold water. Dry with a soft cloth, gently patting rather than rubbing the flesh. Finish by rubbing in some mild emollient, like olive oil, cream, or cocoa butter. Another treatment includes the use of the following ointment: One ounce of benzoinated lard, one drachm of white precipitate, one drachm of subnitrate of bismuth. Bathe the face at night with warm water and pure castile soap, using a complexion brush. Rinse and dry thoroughly, then apply the ointment. Wash away next morning with tepid or cold water. Drink much buttermilk.

INFLAMED FACE.

A saturate solution of boric acid is good for almost any sort of inflammation. It is often applied after the electric needle has been used for the removal of superfluous hair, and it helps the tissue to heal at once. Put one ounce of the boric acid crystals in a quart glass jar and fill with hot water. Apply lightly twice a day with a bit of absorbent cotton.

HOW SCARS MAY BE REMOVED.

The X-ray is used quite successfully now for removing scars. Certain medicinal agencies are applied at the same time. If the scar is not very deep it can be blotted away to a considerable extent by a warm solution of boric acid. Dissolve one ounce of boric acid crystals in a quart of water. Apply with absorbent cotton night and morning.

WRINKLES.

When the supply of fat just beneath the skin has been absorbed and is not renewed, the skin falls into folds, forming wrinkles. Long-con-

tinued emaciation from ill-health will cause them, therefore, quite as much as advancing age. Worry, defective sight and over-study are also fruitful causes. Sleeping with the head upon high pillows will sometimes cause them; during the day, the muscles are inclined to settle down somewhat, and this drooping tendency should be counteracted during sleep, by using a small pillow rather than a large one. Some of my patients have even found it possible to accustom themselves to sleeping comfortably with no pillow at all, so that they prefer that method. It helps to correct round shoulders as well as wrinkles.

Wherever wrinkles exist, the cellular tissues need building up. Bathe the face daily in hot water, followed by cold water, and after drying massage with olive oil, or almond oil, or cocoa butter. Keep the mind tranquil, take plenty of outdoor exercise, and adopt a nutritious diet with plenty of the fat-producing foods.

Do not forget, when drying the face after washing, to *rub upward* instead of downward. This will help to prevent wrinkles and to smooth out the creases alongside the nose. But with every effort it must be remembered that nothing will cure wrinkles on the face while wrinkles in the thoughts are allowed. Every tangled, harrowing, disturbing thought must be banished and the mind be kept as serene as the surface of a lake on a still June morning.

FACIAL EXPRESSION.

The beauty of the face consists not only in feature and complexion, but is so largely in expression that it is no wonder that those in love always think their loved ones beautiful. Active, happy love draws the facial lines upward instead of permitting them to droop; lights up all the features with a glow of radiant warmth; brings smiles not only to the lips but to the eyes as well; and redoubles the beauty of any face.

THE EYES.

High on the list of requisites for beauty are bright, sparkling eyes. Such features will redeem an otherwise plain face; while in a beautiful face the eyes are apt to be the most irresistible charm.

As the optic nerve terminates at that portion of the brain where the love-faculty is located, it is natural that the eyes should express as they do all the varying moods of a woman's love-nature.

The real fascination of beautiful eyes is in the expression. The eyes are the "windows of the soul" in very truth, and when the soul is beautiful, its windows will be beautiful also. They reveal the temperament of the individual as well. A woman with eyes of the soft, tender, melting type, whether they are blue, hazel or dark, will be found to possess gentle graces of manner and disposition; while the merry, vivacious, "snappy" eyes go with the livelier temperament. Both are equally beautiful; but perfect health must be the rule if they are to continue so. A physician can usually tell by the appearance of the eyes whether his patient has any nervous disorders, any fever, or if there is lack of nutrition. An unhealthy condition of the generative organs shows most quickly of all in the reddish, livid spots under the inner corners of the eyes; such symptoms are Nature's warning that it is well to heed. A later chapter will deal with this condition and its remedy.

CARE OF THE EYES.

Like all delicate parts, the eyes require careful attention. When you arise in the morning don't be surprised if you see black spots for a minute or two. The pressure on the eyeball flattens the lens of the eye and causes this. Don't rub your eyes with your fingers; bathe them at once in moderately cold water and wipe them inwards. This prevents "crows feet." Don't let soap get into the eyes. If the eyes are inflamed an application of hot water and milk in equal parts will help greatly. Or, the following lotion may be used: Fifteen drops of spirits of camphor, one teaspoonful of powdered boric acid, two-thirds of a cup of boiling water. Strain through muslin, cool, and apply twice a day. Or, bathe them frequently in weak salt water; or in tepid water, gradually cooling it until cold; wipe them always gently with a soft towel, and rest them for a time. Pond's Extract is another wash that will usually prove effective.

When a rough towel is used for the eyes it flattens the eyeballs, thus inviting the need of glasses much earlier than would otherwise be the case. When at work, if the eyes ache, it is Nature's call for rest. Avoid weeping, as it inflames and injures the eyes; and never try experiments with belladonna or other artificial means to brighten them. This can be done much more effectively, as well as safely, by means of bathing and resting them, as described.

Blue spectacles are best to protect weak or inflamed eyes in the midst of snow or white sand. Smoked glass is good if blue cannot be had. Red lamp shades inflame the eyes, while a blue shade soothes and strengthens them.

Avoid reading and study by flickering, unsteady light, or in the twilight. Poor light is very poor economy. Light should come from the side of the reader, and not from the back nor from the front. Do not read or study while suffering great bodily fatigue or during recovery from illness. Do not read while lying down. Do not use the eyes too long at a time for anything that requires close application, but give them occasional periods of rest. Reading and study should be done systematically. During study avoid the stooping position, or whatever tends to produce congestion of the blood in the head or face. Read with the book on a level with the eyes, or nearly so, instead of in your lap. Select well printed books. Correct imperfection in sight with proper glasses, not selected carelessly by yourself or bought from an irresponsible traveling peddler, but properly fitted by an educated optician. Avoid bad hygienic conditions and the use of alcohol and tobacco. Take sufficient exercise in the open air. Let physical culture keep pace with mental development, for imperfection in eyesight is most usually observed in those who are lacking in physical development.

DISCOLORED EYES.

A "black eye" is a very disfiguring feature. If inflamed and painful, wash the eye often with very warm water, in which is dissolved a little carbonate of soda. A repeated application of cloths

wrung out of very hot water gives relief. A poultice of slippery elm bark mixed with milk and put on warm is also good. To remove the discolorization of the eye bind on a poultice made of the root of "Solomon's seal." It is often found sufficient to apply the scraped root at bedtime to the closed eye and the blackness will disappear by morning.

REMOVING FOREIGN SUBSTANCES FROM THE EYES.

An easy method of removing bits of foreign bodies from the eye is to place a grain of flaxseed under the lower lid and close the lids. The seed becomes quickly surrounded by a thick adherent mucilage which entraps the foreign body and soon carries it out from the angle of the eye.

THE EYEBROWS.

The beauty of these features consists in their graceful arch, their smoothness and glossiness, and in their being sufficiently full to be well defined. They should never be cut or shaved; no pomades or burnt matches should be applied to them; but after washing the face, they may be smoothed into shape with the fingers or a brush. A toothbrush no longer usable for the teeth is convenient for this.

Don't pencil your eyebrows; this soon makes them fall out. To increase the growth use cocoanut or olive oil. To darken them use sage tea, with a few drops of alcohol.

The growth of the eyelashes can also be helped by touching them with a little olive oil every night on retiring.

THE EARS.

Those born blind have been found to develop mentally with far greater ease than the deaf. This indicates the importance of the sense of hearing to the right growth of the intellect. To protect and develop this sense is not difficult with a little thought and attention.

When in a perfectly healthy condition, the wax of the ear-passages dries and scales off; but sometimes from a cold or similar cause it becomes hardened and partially clogs the passage. In this case a few drops of warm olive oil inserted from the point of a teaspoon will

soften it, and it will usually come away without further trouble. Should it still remain, a syringe and tepid water will cleanse the passage effectually. Never insert a pin or any other metallic substance into the ear.

EAR BATH.

Spray from a fountain syringe, water 95 degrees Fahrenheit, for an ear bath when the ear discharges a thin mattery discharge which has become chronic.

Unthinking parents occasionally strike their children on the ears. This is never a safe practice. There is danger that the sudden forcing of air inward may rupture the ear drum.

School and health authorities are now giving much attention to the prevalence of defective hearing among school-children, with a view to relieving the little sufferers, if not from the condition itself, at least from many of its embarrassments and privations.

Outstanding ears are a deformity easily prevented in childhood by the wearing at night of a bandage or thin cap pressing the too aggressive features gently back against the head. But if too late for this, one may still be rid of the trouble by allowing a reliable specialist to remove a small part of the cartilage at the back. When the part heals, the ear is left in proper position.

Those who like the delicate shell-pink color of the outer ears can try the harmless expedient of pinching or rubbing them gently several times during each day.

THE NOSE.

This feature, the most prominent in the face, is curiously enough the one least noticed. People with Roman noses, snub noses and straight, continue to meet one another on the street with seldom a thought of this difference. Yet it is often a good indication of temperament.

Narrow nostrils are said to indicate small lungs, but if this were a rule to be relied on, Africans, with their wide nostrils, would in-

variably surpass those of other races in lung capacity; which is not the case. Large noses generally indicate strong will-power.

THE NOSE BATH

cures catarrh or dryness of the nose. Fill two-quart fountain syringe with water as hot as it can be borne; drop into it 2 drams fluid extract of hydrastin, and one dram carbolic acid, once daily. The same formula is excellent for discharges of the ear.

In health, this feature requires little care aside from the careful bathing given to the face as a whole. When the pores of the skin are enlarged, those of the nose are apt to become especially coarse. This brings us to the treatment

FOR ENLARGED PORES

Scientific massage and electric treatments are most speedily effective. Bathing with cold salt water every morning and with warm water at night is good. With the warm water use pure soap and a complexion brush, afterwards applying the complexion cream first recommended in this chapter.

THE LIPS

If one should use camphor the minute a cold sore is discovered, first wetting the spot with the camphor and then adding powdered subnitrate of bismuth so that the cold sore will be covered with paste, it may scatter it, and in any event it will lessen its size. Camphor applied to the lips night and morning will harden the lips. Cold sores eat into the skin and may leave scars that will remain permanently.

The lips should be naturally of a good color if the health of the individual is good. It is in vain to resort to artificial means to color the lips. If the circulation is poor the lips will be purple. If the digestion is bad the lips will be white. If the whole system lacks tone and vigor the lips will be lacking in color. Therefore, instead of resorting to artificial means to improve the color of the lips, build up the constitution by all the means that make for health.

CHAPTER IX.

CARE OF THE HANDS AND FEET.

Palmistry a Science—Record of Joys and Sorrows—Four Types—Scientific Dishwashing—Wear Your Gloves—Lemon and Borax—Freckled and Chapped Hands—Important Rule About Glycerine—Rough Work, yet Beautiful Hands—Care of the Nails—Ingrowing Toe Nails—Comfort for the Feet—Enlarged Joints—Importance of the Foot Bath—The Sand-Bath—The Sin of "Corn" Cultivation—Large Feet Often a Mark of Genius.

ONE does not need to consult a gypsy fortune teller in order to know that the hands express a great deal, aside from their dexterity as servants of the mind in various useful pursuits. The rules of the Delsarte physical exercises teach how the position and movement of the hands may be made a most graceful and unerring key to the inmost emotions of the soul; while in the field of intellectual expression the hands are a wonderful aid in making one's meaning clear. Indeed, the very formation of the hand is full of significance to those who have made the matter a serious study.

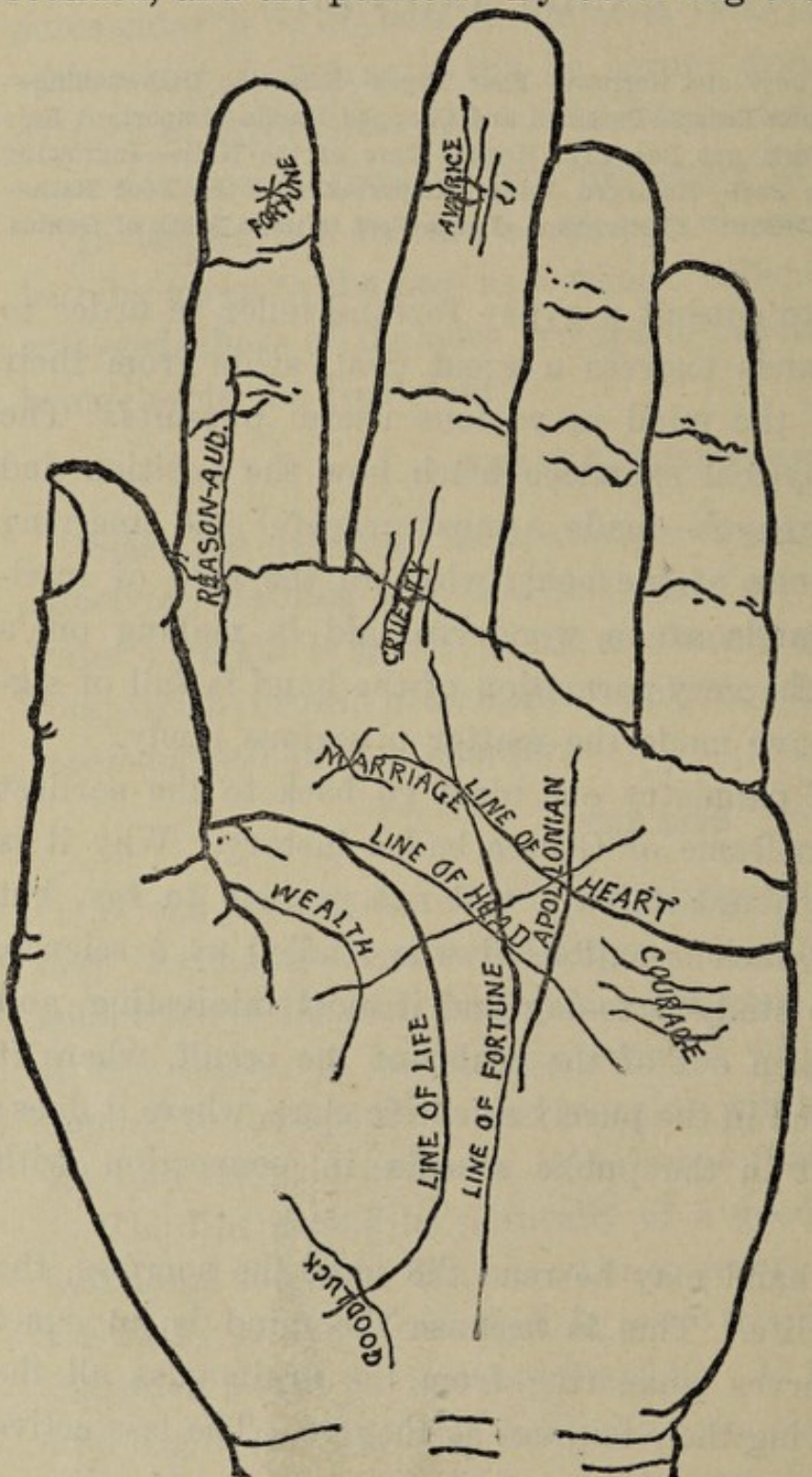
To find the origin of palmistry one must go back to the earliest Aryan races, before even Rome or Greece had a history. Why it is now left so largely to the unlettered I will not pretend to say, but certain it is that by the ancient nations it was studied as a science, and that the few who so study it to-day find it most interesting, and say that it should be taken out of the realm of the occult, where it does not belong, and placed in the purely scientific class, where it does; that it should be taught in the public schools in connection with physiology.

In the palms of the hand may be read the joys, the sorrows, the deepest experiences of life. This is because the mind is an exact recorder. Along the nerves emanating from the brain pass all the currents of thought, leaving their impress as they go. The less active

the mind, the fewer the lines in the palm, which is found to be in a peculiar degree susceptible to this impress.

DIFFERENT TYPES OF HAND.

The hand has four types: the spatula, the square, the conic, or rounded, and the pointed. By observing these, the varying temperaments may often be read with considerable clearness.



THE HAND AND PRINCIPAL LINES.

The first, or spatula type, so called because of its resemblance in shape to the instrument used in compounding drugs, belongs to people who like an outdoor life, and who are almost invariably piano players. The square type, to those orderly, orthodox, useful people who love moderation; they are always reliable, good business people, and the women make excellent nurses. The conic type belongs to those of artistic, enthusiastic nature, loving novelty and ease; whose imaginations are as warm as their hearts are cold. Such people are usually "wedded to their art." They always sing,

and sometimes play stringed instruments, but not the piano. The pointed type belongs to idealists; people who are extremely inspirational, and cannot endure any kind of music but the higher classical.

But it is with the care of this wonderful part of the human mechanism that we are chiefly concerned; with the methods of keeping it useful and beautiful. For nothing is in the highest degree beautiful unless it is useful as well.

WHEN DOING YOUR OWN WORK

Housework is, of course, trying to the hands, owing to the extremes of heat and cold, the frequent moisture and hasty drying to which they are exposed. Yet, in spite of this undeniable fact, housework is becoming more popular with beauty seekers since it has been learned that many details of the household routine can be made positively helpful from a beauty standpoint, instead of the reverse. Sweeping, bed-making, etc., develop muscle. Washing especially is a good exercise if one would have beautifully rounded arms; but it is an exercise that should be taken in moderation.

"PEARLS IN DISHWATER"

It is possible to find rare jewels where least expected. Dishwashing, when made a fine art, may be relied on to furnish its share of "pearls," in the form of satisfaction, even to the extent of improving, rather than injuring the hands. To find these pearls in dishwater, first have ready three pans: one for suds, one for clear hot water rinsing, and one for draining, unless you have a good drainboard. All very greasy dishes should be well scraped and partially rinsed off before beginning. Then with clean hot suds and a handled dishmop, wash the glassware first; next, the silver; then the fine china; then the coarser ware, and finish with the cooking utensils, unless you have wisely adopted the plan of one woman who always disposes of the pots and kettles separately, before she begins with the more artistic part. Dip each dish in the clear hot water after its bath in

the suds; drain, and wipe dry while still hot. Renew both suds and rinsing water as often as needed to keep them hot and clean.

When the dishwashing is completed, wash the hands in warm or tepid, but not hot water, with pure soap; rinse in water of about the same temperature, and dry gently, rubbing them over with cornmeal after they are thoroughly clean and dry. A dish of cornmeal for this use should stand near the sink, as convenient as the soap.

If the dishes are washed in this way, the hands will be in the water only enough to soften and whiten them; and after such a process is an excellent time to manicure the nails, for the skin surrounding them will be soft and easily pushed back.

A PAIR OF GLOVES.

It is a good plan to keep with the supply of kitchen aprons, several pairs of white cotton gloves to protect the hands, which are certainly as well worth caring for as the dress. After the morning dishwashing is over, and the hands have been treated as described, put on a pair of the gloves while bed-making, sweeping, etc.

Protection from cold and sudden changes is the main thing needed to keep the hands in good condition; and when they must necessarily be often in the water, the effects may be counteracted by using a good cream or ointment on them at night, and wearing the gloves to bed. Either vaseline or olive oil is good; so is the cream first recommended in the preceding chapter.

A lemon is one of the most useful adjuncts to the toilet. It is especially helpful in removing stains from the skin. When the juice of a lemon has been used in the kitchen the "husk" of the fruit, in which a little pulp and juice will remain, should be reserved for the wash-stand. It is useful in its fresh form for rubbing over the hands and cleaning the flesh that surrounds the nails; or can be steeped in boiling water. When cold, this water should be used for bathing the face. If the "husk" of the lemon is dipped in borax before being rubbed over the hands so much the better. A mixture of lemon juice and borax is recommended for whitening the skin.

If the hands are red, there is a restricted circulation. Something, either the corset, sleeves or dress-waist, is worn too tight. Care should be taken never to wear tight gloves.

REMEDIES FOR CHAPPED HANDS.

For freckled and chapped hands there is a bath of witch hazel and cucumber juice in equal parts. This can be applied to the skin with a little sponge. After it has been on fifteen minutes it can be washed off with soap and water, for there is something unpleasant about the nicest lotion when it is allowed to dry upon the skin.

Another good treatment for chapped hands is the bran rainwater bath. A teacupful of bran tied in a muslin bag is put to soak over night in a large dish of rainwater. The water is then used every morning to wash with until the chapped condition disappears. Keep the bran constantly soaking, refilling the bag with fresh bran twice a week, and the rainwater as often as required.

A few dressings with a piece of deer's suet will also effect a cure; while pure glycerine applied two or three times a day is another excellent remedy. The word "pure" is important in this connection, since impure glycerine is anything but healing. Pure glycerine rubbed on the hands is quite lacking in odor. Glycerine, by the way, should never be applied to the skin undiluted. It has a strong affinity for water, and will absorb all the moisture from the surface which it touches, unless it has first been mixed with an equal bulk of water. Rose water, lemon juice and glycerine make an excellent combination for softening and preserving the skin.

Still another plan which might be substituted—because glycerine, excellent as it is, does not agree with all skins—is to prepare a lotion of four ounces of alcohol, one-half ounce of ammonia, and one drachm of oil of lavender. Pour a teaspoonful of this into the water each time the hands are washed. Use pure white castile soap, getting the real imported kind; rinse all the soap away and dry the hands well, then apply the cosmetic jelly described in the preceding chapter. It is just as delightful for the hands as for the face.

FOR THE ROUGHEST KITCHEN WORK.

Lemon and salt will remove stains from the hands; but stove-blacking is not an agreeable substance to have ground into the skin, if it can be avoided—and it can. Before using it, or doing similar work, it is a good plan to rub lard around and under the finger nails, then draw on an old pair of gloves. Make an emulsion of powdered borax and white castile soap, melted in a small quantity of water, and into this stir a little kerosene. After any especially dirty piece of work use this emulsion when washing the hands, and then rinse them with vinegar. The soap and kerosene open the pores and let the dirt out easily, and the vinegar closes them and coats them over, thus preventing them from becoming chapped and roughened. The lard prevents the nails from becoming stained; and also helps to prevent hang-nails.

CRACKED HANDS.

Deep cracks sometimes appear near the roots of the nails, or elsewhere on the hands. Those troubled in this way, particularly in the winter, often find it very hard to heal the cracks. Common copal varnish will heal them completely in two or three days, and a small bottleful will last a long time.

WARTS.

The remedy for moles, given in the preceding chapter, I have found equally effective for warts.

Oil of cinnamon dropped on warts three or four times a day will also cause their disappearance, however hard, large or dense they may be. The application gives no pain and causes no suppuration.

THE NAILS.

As the tips of the fingers and toes are sensitive, Nature has prepared for them a beautiful coat of armor, rosy and transparent, yet a perfect protection. The nails are in reality a modified cuticle, attached at their roots to the cutis or true skin, and nourished and built up by it.

Once a week the nails should be trimmed, or preferably filed, not

too closely, and conforming to the shape of the finger or toe. During the morning toilet the finger nails should be brushed while bathing the hands, should be cleaned at the ends and the skin pushed back from the roots with an orange-wood stick, or other blunt instrument, so as to reveal the delicate little half-moon at the base. They may then be touched with vaseline and polished with chamois skin and nail powder.

The habit of biting the nails, sometimes indulged in by children and nervous people, should be overcome, as it spoils the shape of both nails and finger-tips.

Never scrape the nails; it makes them grow too thick. Do not trim the corners too closely, as there is danger of the nail growing into the flesh, causing much pain and soreness. An ingrowing nail on a toe is often caused by the pressure of a tight shoe. To cure it, remove the cause; wash the part quite clean, then soak it in hot water until the nail softens so that you can push it back enough to insert a pledget of cotton or lint under its sharp edges. Leave it there, and renew it if needed, until the soreness disappears.

THE FEET.

Comfortable dressing is the greatest need of the feet, aside from cleanliness. Shoes both long enough and broad enough should be insisted upon, so that the muscles may have free action; and should be well and smoothly finished inside. Hosiery also should be well chosen. Sometimes a very small roughness in the form of a knot or seam in either stockings or shoes will cause a large amount of discomfort. Heavy shoes for outdoor wear should be changed for lighter ones after entering the house; and if it be necessary to wear heavy shoes the greater part of the time, two or three pairs should be owned, as changing them frequently helps to keep the feet from becoming tired.

After the daily bath—and it is an excellent thing to have this warm, so far as the feet are concerned—it is well to rub into the skin of the foot a small quantity of carbolated vaseline. This should be rubbed in hard, and particular attention paid to the callous spots and to the toe joints. When there are hard, calloused spots, these should be

rubbed away with a bit of pumice stone. This may be easiiy done when they are softened by the warm water. Nothing is better for enlarged or inflamed joints than to paint them daily with iodine. In a short time they will become normal and natural. Weekly attention should also be given to the nails. They should never be permitted to extend beyond the length of the toe.

That the daily bath is even more essential for the feet than for other parts of the body will be seen when we remember that in walking, the contact with the earth causes the dirt to so fill every tiny crack of the foot-covering that some of it will sift through; and in the feet the perspiratory glands are also extremely active. As one writer says: "Filthy feet are sure to bring diseases to the lungs. If one's feet are filthy, there is filth all over the body. It is true the feet are out of sight, but the circulation of the body comes to the gaze of persons on one's face and hands, and on the neck."

"TOASTING THE FEET" NOT SUFFICIENT.

For *cold* feet, the hot and cold foot-bath already described in the sixth chapter will be found much more effectual than frequent toasting before the fire, or with hot bricks. Dry, artificial heat can give only temporary relief. The main thing is to induce natural warmth by increasing the activity of the circulation.

BURNING FEET.

The long summer walks that would otherwise be so delightful, are dreaded by many, because of the burning, smarting sensation which results to the feet. This is relieved by bathing the feet in very hot water. Another most refreshing and effectual treatment is the sand-bath. To bury the feet for half an hour or longer in a box of moist sand may seem a trifle odd, but it does make them feel like new. To go with bare feet on green grass or freshly turned earth is also very refreshing. Children should be allowed to run barefoot in summer as much as possible, and well may we envy them the privilege!

CORNS,

unlike charity, do not cover, but certainly do cause, a multitude of sins. No human being with a corn in full operation can be angelic; but the sin in this case consists chiefly in having the corns at all. They are due to constant pressure, which should be relieved. When the shoe presses on the small toe or other portion of the foot, it causes the growth of a hard cone-shaped bit of cuticle which, pressing in its turn upon the sensitive skin beneath, causes the pain. By removing the pressure, substituting easy shoes, bathing and rubbing the parts frequently and wearing a bit of soft silk or cotton over the sensitive place, the trouble will usually disappear.

Placing a drop of diluted nitric acid upon the corn will hasten its removal. Soft corns, those between the toes, are sometimes more obstinate. Carbolated vaseline, applied on a small piece of cotton batting and left between the toes, is the best remedy for these.

CHILBLAINS.

An effectual treatment for this trouble is to soak the feet in alum water as hot as it can be borne, for twenty minutes before retiring; or, instead of the alum, use water in which unpeeled potatoes have been boiled. Bathing the affected parts with cider vinegar is also good.

CONSOLING TO "LARGE UNDERSTANDINGS."

Let women with large feet resolutely resist all temptation to imitate, even remotely, the Chinese method of procedure. Cramping the feet does not pay in any sense. Besides, large hands and feet, while not strictly beautiful, never look objectionable if they are well-shaped and neatly clad.

With the dress worn rather long, and with easy but nicely-shaped shoes, the size of the feet is not noticeable; and even when a short walking dress reveals them more distinctly, there is no occasion for distress. Large feet typify a solid basis of character and intellect and are often possessed by people of genius.

When Abraham Lincoln was visiting the girl whom he afterward married, it is said that he used to go to her house barefooted, even when the weather was cold. Sympathetic inquiry revealed the fact that he could get no socks large enough to fit his immense feet. The young lady kindly offered to knit him a pair, which offer he gladly accepted; but twice she made the attempt, raveling out the first pair in the vain endeavor to get the second large enough. When this pair, also, failed to meet the occasion, she hit upon the brilliant expedient of having her lover stand upon a sheet of paper while she drew with a piece of coal from the hearth, the outline of his gigantic foot. In this way she obtained a "basis" for her work, and finally succeeded in knitting socks of sufficient size, which he wore with great comfort.

Remembering this, let all with large feet congratulate instead of pitying themselves, and proceed to develop minds, hearts and souls equally large, that the world may be the gainer.

CHAPTER X.

CARE OF THE HAIR AND TEETH.

Hair a Factor in Fascination—General Health is Necessary—"Brown in Shadow, Gold in Sun"—Hot and Cold Shampoo—Massage—Safe Use of Curling Iron—Brushing Makes Soft and Glossy Hair—Fragrance and Silkiness—The Hair at Night—Rules of Taste in Dressing the Hair—Test the New Fashions—To Neutralize Chalk-Dust—Invigorating the Hair in Hot Weather—Dandruff—Egg-Shampoo—Baldness—Worry Brings Gray Hair—Think "Joy-Thoughts"—Teeth, "the Pearly Gifts of Nature"—Tooth Paste and Powder—Crystals that Cleanse—Strengthening the Young Teeth—Tooth-Diet.

POETS have long sung the praises of

"Those curious locks so aptly twined,
Whose every hair a soul doth bind,"

and whether a woman's glossy, luxuriant tresses be of shadowy or sun-kissed hue, they are her glory still.

Oriental nations give as elaborate attention to the hair as to the bath. From the most ancient times the beautiful jet-black tresses of the Jewess have been celebrated; while men formerly took as much pride in their luxuriant, flowing locks as women. "Long hair, artfully dressed and curled," was a peculiar mark of distinction of the ancient royal family of France. Solomon gave to the beauty of the hair the high dignity of a figurative use to express the graces of the church.

Feminine loveliness and fascination still find one of their chief aids in the ample growth and graceful arrangement of the hair, and so few, indeed, are the women who to save a little trouble would willingly sacrifice this beauty by wearing the hair clipped short, that they are apt to be considered lacking in true feminine instinct. Nearly all women are willing to give to this part of the person the required care, for the sake of the resulting pleasure afforded themselves and others.

THE FIRST ESSENTIAL.

The state of the general health has much to do with the appearance of the hair. Compare the dry, stiff, lusterless hair during and soon after sickness with the silken beauty of that which crowns the woman who is in perfect health and does not neglect herself. The first essential, therefore, is to be well.

HOW OFTEN TO SHAMPOO.

In fixing upon a rule for the very necessary task of keeping the hair clean, it should be remarked that localities differ. In a very dry, dusty country, or in a smoke-begrimed city where Old King Coal (if Mother Goose will pardon the variation in spelling!) rules everything with his bituminous scepter, the hair and scalp should be washed twice a month, or oftener if very oily. In cleaner localities once a month is often sufficient; but the appearance of the comb and brush after dressing the hair will help to a decision. Monthly and weekly may be regarded as the two limits.

DIRECTIONS FOR SHAMPOOING.

Use warm, soft water, or warm water with borax, and either Woodbury's tar soap, Packer's tar soap, Green's soap, Pears', or pure white castile. Best of all is a soap made by dissolving together a mixture of the castile, Pears', Green's, and either of the tar soaps named.

Comb the hair upwards, gather it in one hand at the top, letting it fall forward; dip both hair and scalp into the water, then lather them with the soap. Rub it well into the scalp with brush or fingers.

Light hair, or that of the much-admired hue which is "brown in shadow, gold in sun," should be washed with the yolk of an egg. This will help to maintain its golden tints. Mix the egg with a pinch of borax and a pint of warm water. A more thorough egg shampoo will be described later. In any shampoo a great deal depends upon the rinsing.

Rinse the hair and scalp thoroughly, using clear waters, first warm, then cold, and after a soap shampoo one of the rinsing waters should contain vinegar, a teaspoonful to a quart of water. This neutralizes the effect of the alkali of the soap. Hot and cold water applications are among the most valuable tonics that have ever been discovered for the hair and scalp. In making these applications use water as hot and as cold as you can stand it, for this invigorates the hair and accelerates the circulation of the blood around the scalp. In scalp treatment in some hair-dressing parlors this is done by soaking a towel in hot or cold water and laying it on the head. This process prevents getting all the hair saturated. When washing the hair as well as scalp, however, this precaution need not be taken, but the hot and cold applications are good at this time.

Rub the hair and scalp well with a dry, warm towel, parting the locks until all the surface of the head has been reached. The use of a fan, or the breeze from an open window will hasten the drying process, and if it can be in the sun, so much the better. Never begin combing the hair until it is almost dry. After it is dry, then is the time to give the scalp a thorough massaging. Rub into it a very little olive oil, applied with the fingers. It takes the place of the natural oil, removed by washing; it is soothing, and a good protection against taking cold.

THOROUGH DRYING NECESSARY.

Care should be taken to leave the hair down until quite dry. If it is pinned up while still damp, the good effects of the shampoo are very largely lost, as the scalp becomes rancid, and the hair stiff.

COLD WEATHER PRECAUTION.

Another time that it is not well to leave the hair damp is in cold weather when going out. Children often contract colds and catarrh by having the hair dampened in dressing it, and then hurrying at once to school. The brush should be only lightly wet if at all, and the hair be allowed to dry before exposure to cold.

SPLITTING HAIRS.

After a shampoo, it increases the growth and vigor of the hair to clip off all the split ends in sight. Splitting of the ends of the hair results from insufficient nourishment in the oil-glands. If the ends are either clipped or singed about once a month, and the scalp massaged, it will remedy this condition.

MASSAGING THE SCALP.

To do this all you require is your hands. There is no occasion for tangling the hair, when it is only the scalp that is being treated. Run your fingers carefully along your scalp and then rub them back and forth for about half an inch, being careful when you have massaged that particular spot to withdraw your hands to work upon another place. Massaging is simply rubbing the scalp all over with the tips of your fingers. Be careful not to scratch with your nails.

DEAD HAIR.

When you begin massaging the scalp, you need not be surprised if on combing it you take out what you consider to be good hair. As a matter of fact these are dead hairs, and in removing them you add so much more life to the hair that is left. This process is like the pruning of dead branches from trees in order to give strength to the living parts. If the roots of the hair are alive new hair will take the place of the dead which has been removed by massaging the scalp.

THE COMB.

In combing the hair use a good coarse comb, taking care that all of the teeth are smooth and firm, so that they will not tear or split the hair. Never use a fine comb. It irritates the scalp, injures the roots and causes dandruff.

USE OF THE CURLING IRON.

As to the curling iron it has ruined many beautiful heads of hair. If the iron is used carefully and at the proper heat the hair is not

injured, but if the iron is too hot it burns the life out of the hair and its brilliancy is gone. If the curling iron is too hot stop using it or wrap soft paper around it.

BRUSHING.

A good hair-brush, or two of them, skillfully and regularly used, will prove the best of tonics for hair and scalp. All tangles should first be removed with the comb. Taking the brush, apply it first with a short, circular, scrubbing motion, to every portion of the scalp; not vigorously enough to cause soreness, but just enough to penetrate the hair and enliven the circulation of the blood, thus stimulating the oil-glands. The brush is then applied to the hair itself, from roots to ends, with firm, gentle, even strokes. Twenty-five to fifty strokes, given night and morning, will keep the hair beautifully soft and glossy, and is better than any pomade which could be used.

A LUXURY.

A delightful fragrance and silkiness, lasting for days, can be imparted to the hair, if one has time and patience to attend to it, by dusting orris powder on the scalp; but it requires such a long time to brush it from the hair that its use in this way will hardly become general.

BRAID THE HAIR LOOSELY AT NIGHT.

Never under any circumstances allow the hair to remain at night in the coil or plaits worn during the day, for injury is done the scalp and the hair soon assumes awkward lines, from the hours of pressure in the wrong direction. Before retiring brush the hair thoroughly and confine it in one or two very loose plaits. This will insure a free circulation of air through the hair and relax the delicate muscles of the scalp, which are more or less irritated by the pressure of numerous pins and the weight of the hair confined largely at one point.

DRESSING THE HAIR.

Extremes of all kinds are in poor taste, as were the exaggerated pompadours of 1903. Do not follow fashion slavishly, but conform

to it without hesitation so far as it proves graceful and becoming, and no farther. Nearly all women should dress their hair differently, and dress becomingly, irrespective of style. It is a fact that to nearly all women the plainer their mode of dressing the hair, the more becoming it is. This does not mean that you are to comb your hair straight back and roll it in one lump; comb it back if you desire, but have the coil smooth and graceful. It is bad for the hair to be tightly pulled back, or to be closely arranged. The scalp requires ventilation. This should be remembered whenever arranging the hair. The one thing to remember is that the lines of proportion of the face should be the guide, and the hair dressed in such a way as to lessen and not exaggerate these lines of proportion. Notice your defects and remember that what is becoming to one woman may be dismally inappropriate for you. For instance, if one has a heavy chin, a few little puffs and a fluffy fringe left lying out over the ears will add grace and lighten the heaviness of the lower part of the face. A woman with a sharp chin should arrange her hair close to the sides of her head with a coil on top.

When a new fashion appears, try it if it be attractive, but notice the effect in a mirror before venturing to adopt it. It may be just what you have long been waiting for. Sometimes you can adopt only a part of that style, but do not be afraid to do so if it is becoming.

Little girls should have their hair cut short at least once during their growing period. It strengthens the roots of the hair and increases its luxuriance later in life. In fact, it is much better for children's hair to be kept cut short altogether.

OF INTEREST TO TEACHERS.

Chalk dust, to which all teachers are subjected more or less, is extremely trying to even the healthiest hair. It dries the oily secretions of the scalp and gradually deadens the growth. The remedy is in applying something to take the place of the oil. Try this tonic, applying with a medicine dropper every night and rubbing in with the

finger tips: Forty-eight grains of resorcin, one-fourth ounce of glycerine, diluted alcohol to fill a two-ounce bottle.

TO "WAKE UP" THE HAIR IN HOT WEATHER.

If the scalp does not perspire unduly in warm weather and proper precautions are taken, the moisture will improve the appearance of the hair. After a few hot nights, which cause one to awaken with damp locks, shampooing is of course the right thing. Should this be inconvenient, a wash cloth wrung out of warm water should be used briskly on scalp and hair. This should be repeated several times, and the water changed once or more. After this the vigorous use of a dry towel will so brighten and "wake up" the hair as to insure a repetition of this treatment.

After a "spell" of hot weather the cases are very rare where the hair does not come out in combfuls. The above treatment, or, better still, shampooing, must be resorted to, in which case, if the following advice is strictly carried out, the dry, dead hair which has come away will be replaced by a healthier new growth.

Just before retiring massage the head with damp and dry cloths as directed, then with a suspicion of lanolin and vaseline, in equal parts, on the finger tips, keeping it carefully off the hair; massage again thoroughly. Few people are aware of the wonderful effects of lanolin as a promoter of thick, healthful growths of hair. Vaseline (or sweet oil) is used merely to make the lanolin malleable. The less of the first used the better, as while the lanolin will be absorbed into the scalp like magic during the night, the other grease will not. Like magic, too, if its use is persevered in, this will give the satisfaction, for a few cents, that few if any of the expensive skin foods will give.

DANDRUFF.

This is only the cuticle coming off in particles. Where the scalp is well cared for, dandruff will have no chance to accumulate. The shampoo twice a month and the daily brushing as described will usually do away with the trouble. If excessive and obstinate, however,

shampoo the hair once a week with six or eight eggs and plenty of hot water. Rinse well, dry the scalp quickly and follow with a vigorous massage with the finger tips. A simple and effective tonic is made of one pint of bay rum, one pint of soft water, and a teaspoonful of salt. Put in a bottle and shake before using. Rub it well into the scalp each night. Never remove dandruff with a fine comb. The process irritates the scalp and increases the trouble.

THE EGG SHAMPOO.

While speaking of this, which is even more invigorating to the hair than the soap shampoo, let me assure my readers that if the hair is well rinsed, there will be absolutely no odor adhering to the silky strands.

No soap is necessary when eggs are used; they make a fine suds. Use seven or eight eggs—even more if the hair be very heavy. Not the yolks alone, but the entire egg should be used. They stimulate both the oil-glands which bring nourishment to the hair, and those supplying the natural coloring material.

Fill a wash-bowl with very hot water. Hold the head over the bowl, and rub in part of the eggs; scrub and rinse thoroughly. Use the rest of the eggs, rubbing your fingers into the scalp vigorously, and finish with a bath-spray rinsing.

BALDNESS.

Sickness, worry, excessive study, exercise of the passions, or anything else which exhausts the nervous energy, will produce baldness. Women are less subject to it than men. Sometimes in men it is caused by much wearing of hats which exclude the air, causing an overheated condition of the crown of the head. In one instance, a man who had become quite bald in this way was known to secure an abundant growth of hair merely by going one summer without a hat, or in case of need wearing a straw hat with a brim shading his face but with the crown cut out. Brushing, rubbing or massaging the bald place several times a day so as to make it red with the friction, will help in restoring the

vitality of the hair follicles. An onion cut in two, one-half rubbed vigorously over the scalp in the morning, the other at night, has been persisted in till it proved successful.

TO PREVENT GRAY HAIR.

The same causes which produce baldness will also lead to the gradual destruction of the hair's coloring matter, resulting in gray hairs, at first few in number, but soon increasing.

Coloring the hair artificially is a very dangerous practice. Wholesome food, exercise, and proper care of the scalp, will do more to keep away gray hair than all the lotions that ever were made.

If you would keep your hair right you must keep yourself right, both mentally and physically. Unhappiness, sorrow, or some other severe harrowing shock can be told almost immediately by the hair. It has lost its luster.

When both the scalp and the general health are kept in a vigorous condition, there is little danger of the early appearance of gray hairs. The color of the hair may therefore be preserved to an advanced age by attending to its perfect cleanliness and vitality; which regular shampooing, brushing, trimming and hygienic living will accomplish.

Remember that no one who lives in a mental atmosphere of fret and worry is living healthfully. No surer way to invite gray hairs could be contrived than to worry about their coming, or about any other subject under the sun. It will bring them. The thoughts which travel along the brain-paths have not far to go to reach the coloring material of the hair, and the tissues of the face. Don't think shriveled, selfish, dried-up, wrinkled thoughts. Think all the joy-thoughts, love-thoughts, beauty-thoughts you can, by taking note of all sweet and gracious things in the world about you, and yourself *adding to the list* at every opportunity.

THE TEETH.

Beauty of expression and facial appearance is greatly enhanced, or often completely destroyed, by the condition of the teeth. Their in-

fluence on the digestion, nervous system and general health is also marked. One cannot afford to neglect these pearly gifts of nature.

The first essential, cleanliness, includes the careful removal of all clinging particles of food, especially between the teeth; otherwise their accumulation will cause decay and the brownish formation known as tartar. Toothpicks of ivory, quill or wood may be used; or a piece of silk floss drawn between the teeth when brushing them is more effectual still.

BRUSHING THE TEETH.

This should be done night and morning, and if possible after each meal. Use tepid water; pure castile soap or a carefully chosen tooth-powder or paste, and a moderately stiff brush. The "Prophylactic" brush is better than any other, because its bristles, being of graduated lengths, go more easily into many out-of-the-way corners and crevices, thus cleansing the teeth more thoroughly.

For the dentifrice, if you do not like to use the soap alone, the following paste will be found agreeable:

TOOTH PASTE.

Seven ounces of precipitated chalk, seven ounces of powdered castile soap, two and one-half ounces of powdered orris, one-half drachm of oil of peppermint, one-fourth drachm of oil of cinnamon, glycerine sufficient to form a paste.

Or if a powder be preferred, the following is excellent:

TOOTH POWDER.

Precipitated chalk, four ounces; pulverized borax, two ounces; powdered myrrh, one ounce; pulverized orris, one ounce. Mix and sift through fine bolting cloth.

Lyon's tooth powder is also good; so is finely powdered charcoal. The mouth should be well rinsed after using any of these preparations.

Brush all the teeth, back and front, both inside and out, with an

ENGAGED
"He gave it to me, and I—I took it."

MRS. ANNIE JENNESS-MILLER.
Maternity Dress.

"WHAT DOES SHE BRING?"

LOVE'S FIRST AWAKENING.

THE STRONGEST OF ALL HUMAN EMOTIONS.

LOVE'S LESSON LEARNED
Improving on the Antique

MUSIC AND LOVE.

THE PARTING.

PLEADING FOR THE ANSWER.
The Declaration.

THE SLEEPING CUPID.

The little god of Love is asleep in the lap of the budding woman, while she fingers his chubby hand and looks into the woods with a look, part of hesitancy and part of inquiry. It may be that she sees her wooer in the distance, and that Love is about to awake.

"LOVE'S CONFIDENCES."
From a Painting.

INFANCY WELCOMING THE CROSS.
Prophetic Gifts from the Child John to the Child Jesus

"A MESSAGE FOR CLEOPATRA."
What does it mean to you?

A THORN AMONG THE ROSES.

MADONNA.
The German Conception of the Holy Mother and Child.

LOVE'S DARTS ON EVERY SIDE.
Whispers from Cupids.

MADONNA.

up and down movement. Brush the gums also. This will dismay some, but the fact is that to brush the gums improves the circulation in them, makes them firm and healthy, and as a rule healthy gums mean healthy teeth as well. If the brushing makes them bleed a little at first, this will not injure them; and after a few days they will be much less tender. If they are very sensitive, rinsing the mouth each morning with water containing a drop of carbolic acid or listerine is good; or rubbing them with lemon juice, afterward rinsing the mouth.

CRYSTALS THAT CLEANSE.

Occasionally, perhaps twice a week, the mouth should be rinsed with a solution made by dissolving in hot water a little permanganate of potash. One or two crystals of this will be enough for a cupful. Have a little of the water sufficiently hot to dissolve the crystals, then add cold water enough to cool it comfortably. Do not make it too strong, as it would then stain the lips. When it is of the right strength, it should be a light pink, but not a dark wine color. When these directions are followed, it will be an agreeable, practically tasteless and very cleansing mouth wash, making the breath sweet and destroying any germs or impurities that may have escaped the ordinary treatment.

Powdered pumice stone is excellent with which to polish the teeth and massage the gums. It should be applied weekly, with the brush or finger tip. Lemon juice is good for the gums; it is also whitening to the teeth, and if you wish, apply a little with the brush occasionally, but rinse it off quickly, or like other strong acids, it will injure the enamel, which is Nature's protection for the teeth, and once destroyed is never renewed.

Avoid biting off threads or cracking nuts or other hard substances with the teeth. This destroys the enamel, leaving the teeth to crumble and decay easily. Extremely hot or cold foods or drinks are also likely to have a similar effect. Strong medicines will do the same, but any medicine that will injure the teeth is a doubtful visitor to admit into the stomach.

When there is the slightest cavity, or indication of decay in a tooth, a dentist should immediately be consulted. Usually a small filling will arrest the trouble, preventing toothache and more serious results. In any case a good dentist should examine the teeth as often as once or twice a year. If this be attended to, and the teeth cared for as directed, they will be as great a beauty as any string of pearls.

A TRANSFORMATION.

Remarkable results have been obtained by the use of "Ostine," which as a strengthener and beautifier of children's and young people's teeth is unequaled. In my practice, I once ordered this preparation for a three-year-old child who had almost no teeth,—poor, scrubby stumps where they appeared at all—and in a short time the loiterers began to grow, and the little one soon had a full supply of pearly teeth as beautiful as could be found anywhere. If you wish this help for the teeth and your druggist does not keep it, address Mary R. Melendy, M. D., 3815 Ellis Ave., Chicago, Ill.

Eat entire wheat bread rather than white bread. As indicated in the chapter on "Beauty Diet," entire wheat contains phosphates helpful in forming good tooth-substance. Hard water, that containing lime, is best for drinking, for the same reason.

CHAPTER XI.

HOW TO ACQUIRE BODILY GRACE.

Thought the Master-Builder—An Upright Bearing Promotes Strength and Grace—The Body a Priceless Jewel—A Shapely Chin—Well-Proportioned Neck—Breathing Exercises Beautify the Throat—Shapely Arms—The Slender Woman's Exercises—How to Develop the Bust—Straightening Up—The Supple Waist of the Woman of Power—For a Prominent Abdomen—Your Magnetic "Aura"—Protect the Pelvis—How to Reduce Flesh—The Walk of Grace.

THOUGHT is a master-builder. Unceasingly its remodeling work goes on, constantly changing the outlines of the features, the shape of the brain, and the entire outward form and bearing. As time goes on the inward nature is more and more revealed by the outward. Whatever a person feels or thinks, if often experienced, will photograph itself in the face, speak in the tones of the voice, and make itself known in the lines and motions of the body; thus perfectly expressing the life of the individual, whether it be the outcome of a high and noble purpose or the opposite.

"The very manner in which a person stands," says Madam Pote, "reveals the quality of his thought. A noble, upright bearing not only strengthens and beautifies those who maintain it, but it also favorably impresses all with whom they come in contact and has a tendency to arouse in them an instinctive desire to elevate the chest and raise the head.

"All are consciously or unconsciously teachers. They are constantly teaching what they *are,* therefore how great is the responsibility."

> "Thou knowest not what argument
> Thy life to thy neighbor's creed hath lent."

When woman generally has learned to value her physical gifts aright, understanding and reverencing their true source, she will care

for herself as conscientiously as if her body were some rare and priceless plant or jewel left in her possession by a much-loved friend. It is then that, mentally and physically, she will become the woman of power.

BEGINNING AT THE TOP.

No part of the body shows more quickly the result of lack of proper care than the skin of the face, neck, arms and upper part of the chest. If the food be not right, or if there be neglect of careful bathing, of thoroughly rinsing off the soap, or of drying well after the bath—any of these conditions will, as we have seen, cause the pores to become coarse, the skin rough, and give a chance for many unsightly blemishes to appear.

The tissues, in their effort to give grace of form to the body, call for right exercise and rest, as well as food and cleanliness. If their demand be not complied with, they rebel.

Suppose we consider first what often occurs at the dividing line between face and form.

THE "DOUBLE CHIN."

Few muscles of the body are so likely to be neglected as those of the neck and chin. As a result, the tissues often become relaxed and flabby, settling down into a thick, unsightly roll. To remedy this, and give firmness and shapeliness to the chin, nothing is better than the following exercise:

Throw the head well back, at the same time protruding the chin so that the entire chin and tissues just below it will feel stretched. Keeping them thus stretched, turn the head slowly from right to left, and from left to right.

If persisted in, this will surely give symmetry to the chin. Some soreness of the muscles is likely to be felt at first. This is a good sign, as it shows that the unaccustomed exercise is beginning to take effect.

Another method, likewise successful if used perseveringly, is to

massage by firmly pinching and lifting the tissues with both hands, the fingers meeting in the middle; and then smoothing and pressing the flesh from the chin towards the ears.

THE "COLUMNAR" NECK.

A beautifully rounded neck is a rarity, but would be more often possessed had it not been for the tight, high collars occasionally dictated by fashion. The type of neck which artists describe as "columnar," is one well proportioned to support the head.

The neck which is either too thin or too thick will be greatly helped by massage, which can be done by one's self. Place the hands with fingers meeting in front, and with a circular movement of the finger tips go thoroughly over the whole surface, front and back. A slow, easy, gentle massage with cold cream is the right one to develop flesh, while to reduce it, the cold cream should be omitted, and the fingers should work more vigorously.

The thick layer of muscles along the length of the breast bone has a great deal to do with the appearance of the neck. These muscles may be themselves flabby or thin, even if their condition be concealed by a layer of fat. If the neck be thin and scrawny, the probabilities are that these muscles are not well developed. Hence the massage should be extended to them; and the exercise of stretching wide the arms, or the use of dumb-bells, by helping the underlying muscles, will greatly improve the neck.

Scientific applications of electricity, also the use of a certain patent roller contrivance, are good to develop arms, neck and bust. But these methods are not always accessible, and they are after all hardly necessary.

VOCAL EXERCISES.

Singers have beautiful necks and throats, with none of the unsightly hollows so often found. This result is obtained entirely from their ample breathing, which is necessary to the production of good vocal tones. Hence any of the breathing exercises given in the pre-

ceding chapter, if practiced regularly, will improve the muscles of the chest and neck, besides benefiting the general health. Singing lessons, or elocution lessons, are helpful to this end, and are therefore of value even when one has only moderate musical or dramatic ability. It is interesting, when practicing the breathing exercises, to keep a tape-measure where you can use it once a week, to measure the chest growth, for even when you do no more than take eight or ten full, slow breaths every morning and night without fail, it is surprising how soon an improvement is visible. You will feel both the desire and the ability to increase the number of these long breaths. Begin with five or six, and before long you will be taking twenty or more each time, with perfect comfort.

THE ARMS.

Except in corpulent people, the arms, particularly the portions between the shoulder and elbow, are apt to be too thin. Whether too thin or too fat, they can be improved by regular hot bathing, by massage, and by exercise. The skin of the arms is sometimes rough, as a result of carelessness in drying after bathing. Thorough rubbing with a coarse towel or pumice stone will take off the rough outer skin; lemon juice is also helpful, and if the arms are not inclined to be hairy, the use of grease is a good thing. If there are many hairs upon the arms, scrubbing with soap and a bath brush will lessen their coarseness and often cause them to disappear.

In massaging the arms, the proper way is to take hold of the flesh at the shoulder or wrist with the opposite hand, and work up and down the arm with a twisting, wringing motion. Grasp the muscles firmly and move them up and down upon the bones as if they were a sleeve. This improves the circulation and tends to produce symmetry.

STRAWBERRY ARM BATH.

There is in society a young woman whose skin is a deep olive and whose arms especially are a ripe olive brown. At times, when she is bilious or out of condition, her arms are almost brown. This young

woman cuts a strawberry and rubs it over her brown arms. Then she washes off the juice with a basin of hot water with a teaspoonful of borax dissolved in the water and about five drops of ammonia. She is careful not to get this into her eyes. And, to soothe the skin, she follows the arm bath with an application of cold cream.

FOR A SLENDER WOMAN.

One of the finest treatments, to secure at the same time an ideal complexion and beautiful neck, arms and bust, is as follows:

1.—Bathe these portions with extremely hot water, followed with cold, and dry thoroughly.

2.—Massage all the parts as described, at the same time rubbing in either olive oil, almond oil, or cold cream.

3.—Exercise the neck with up and down and rotary movements of the head as described in the treatment for a double chin. Repeat from ten to thirty times.

4.—Extend the arms straight forward and bring them horizontally as far back as possible. Repeat from twenty to fifty times.

5.—Beginning with the arms down at the sides, bring them straight up in front, over, and down in the back; describing a complete vertical circle, with a forward, upward, backward and downward movement. Repeat from twenty to fifty times. This develops bust as well as arms.

6.—*Breathe.* The more deep breathing of fresh air, both during these exercises and at all times, the better. Drink chocolate or hot milk; eat fruit; take out-door exercise, preferably rowing; and don't worry.

The special bathing and massage should be three times a week, or daily if you are very ambitious; the neck and arm exercises every night and morning. You will be surprised at the improvement in a single month. Sweeping, washing and bed-making will help the treatment.

TO DEVELOP THE BUST.

If scientific electrical treatment cannot be had, very satisfactory results can be obtained by carefully following the directions for the

special bathing, massage, exercise, breathing and diet given above "For a Slender Woman." The exercise for development of the bust is the vertical circular arm movement described as No. 5.

ROUND SHOULDERS.

In these days of exacting, prolonged study, our girls and young women find that unless they have a care, there is a tendency to round shoulders, or stooping. In boys, this is remedied by drilling; a soldier is never round shouldered or slovenly in his walk. For girls, there are systematic exercises as helpful to the maintaining of an erect form and graceful carriage, as the boys' soldier drill. It is an excellent feature that so many of our high schools and colleges contain well-equipped gymnasiums. But even at home, with simple apparatus or none at all, a fine figure can be attained.

Stooping should be checked when it first appears; if not, it will often lead to consumption. Shorten the hours of sitting at books or work. When tired, lie flat on the back for ten or fifteen minutes without a pillow; and it is a good plan to omit the pillow also at night. On rising and retiring, and several times during the day, stand erect with head thrown back; look up, and go through the first arm exercise given above, or any deep breathing exercise. Do this for a few minutes whenever you have been studying, sewing, etc., for more than an hour at a time. Be outdoors as much as possible, and play the games that keep the head up. Tennis and basket-ball are better in this respect than golf or croquet; and it is a kind caprice of Dame Fashion that has dictated the revival of archery. Hand-ball, beanbag, ring-toss, and other active games that require a raising of head and arms, are all excellent; there is a wide range. Horseback riding is good, and swimming especially so. Swimming is, in fact, the very best of exercises to remedy round shoulders, and it benefits in countless other ways as well, developing muscles that are seldom used, expanding the chest, increasing the lung power, stimulating both digestion and circulation, and strengthening and bracing the whole body; and, in fact, the mental powers as well; for the energy, courage and self-reliance

which it brings are qualities which can be used to advantage in many emergencies of life.

STRENGTHENING THE BACK.

Easily acquired and well worth acquiring, is the habit of standing or sitting erect, without leaning, or support of any kind. It strengthens the muscles of the back and gives the whole body added health and grace. The most beautiful modern women never use the back of a chair, and never desire to use it. The spinal column will furnish all the support needed at the back, if you pay it the compliment of expecting it to do so.

Rubbing over the spine with olive oil, and massaging the back after bathing, are both beneficial if the back is weak; and it will be found restful occasionally to lie flat, as directed for round shoulders.

FOR A ROUND, SUPPLE WAIST.

It is of the utmost importance that the form be allowed to develop unhindered by corsets or tight clothing. The muscles of the lower chest, waist and abdomen must be kept perfectly free from pressure, that lungs, stomach, and all other vital organs may properly perform their work; and this cannot be if stays are worn. Besides, corsets make a woman's movements stiff and ungraceful. This subject will be treated more fully in the next chapter; but it must be mentioned in passing. A regular course of Delsarte physical culture will soon convince any woman of the great advantages of discarding the corset if she would be beautiful in the true sense, and especially if she would become the woman of power. I would strongly recommend such a course, for the Delsarte exercises, together with deep breathing, will be found the best method for all those wishing to develop a round, supple waist, a fine bust and hips, and permanent grace of motion. There are, however, a few simple exercises which greatly help in cases where to take a full Delsarte course would be inconvenient. I shall give several of the most useful, for the various purposes needed.

TO REDUCE AND STRENGTHEN THE ABDOMEN.

Any one of the three following exercises will help to reduce the abdomen:

Stand erect on the balls of the feet, with hands down at sides; lift the hands slowly till they are stretched out, right and left, on a level with the shoulders. While doing this, inhale and rise gradually on the toes. You will notice, almost with the first breath, what this does to the muscles of the abdomen. It draws them *in* and *up*. Exhale slowly while going down, lowering the arms.

Lifting each leg until the knee touches, or nearly touches, the chest is also helpful. Repeat ten to twenty-five times with each leg.

Or, with the heels together, chest up, chin in and hips back, place the hands on the hips; inhale slowly; then, while exhaling, twist the body at the waist line, first to the right and then to the left. At all times hold the vital organs *up*, as well as your gradually strengthening inner muscles will permit.

Any one of these three exercises used from ten to twenty times, night and morning, will reduce the abdomen; while the hot and cold bathing with circular friction as directed in the chapter on "Beauty Baths," if persisted in, will not only reduce but will strengthen it till the muscles are like steel. It is well worth trying.

Thin people—for there *are* thin people troubled with prominent abdomens—will find an olive oil rubbing after such a bath very helpful, and there is one other important respect in which this particular bath is of benefit:

ACTS AS AN ARMOR.

It prevents depletion of the magnetic aura through contact with other people. A person after taking such a bath can go among others without losing power, or being unpleasantly affected by them. This to many would be like a veritable armor in time of war. But if you exercise and breathe sufficiently, you will not only be independent of the magnetic aura of others, but you will so far develop your solar

plexus as to have a most powerful magnetic aura of your own, and exert a subtle, unconscious influence on all who come near. May this influence be a most gracious as well as powerful one!

THE WELL-FORMED PELVIS.

This bony structure at the lower extremity of the body is so formed as to provide a secure resting place for the unborn child. That it must be strong, well-shaped and ample in size, is a necessity if child-birth is to be made easy. All the framework of the lower part of the body, therefore, must be strengthened and guarded from deformity with the greatest care. Growing girls, and all women as well, should avoid any such pressure as would result from protracted sitting on hard or uncomfortably shaped chairs. It pushes the bones, gradually but surely, into a compressed, constricted position, very unfavorable for safe and easy delivery of the child. If the daily occupation require long sitting, let the chair-seat, if hard and unyielding, be at least cushioned; and sit erect, not on the side or back. The illustrations given in the chapter on the "Reproductive Organs," of a healthy and a deformed pelvis, will show at a glance how necessary these precautions are.

A CORRECT SADDLE.

Bicycle riding, if not overdone, is excellent to develop the limbs and lower part of the body; but care should be taken, for the reasons just stated, to have a comfortable and well-fitting saddle, and not to ride too long. Horseback riding is one of the finest of exercises, and to this, of course, the same rule will apply.

TO DEVELOP LIMBS, ARMS AND CHEST,

and for a clear brain, the following is good:

Stand perfectly erect on the balls of the feet, hands down at sides; close the hands slowly while inhaling and rising on the toes; open the hands and relax while exhaling and coming down. Repeat seven times.

TO REDUCE HIPS.

Large hips are desirable, but sometimes they are too large for beauty or comfort. A simple exercise which is guaranteed to do away with about two inches of hip measurement every month is this: Place the heels together, chest up, chin in, hips back. Take a long breath and bring the hands above the head slowly, then down to the floor without bending the knees. Repeat ten to twenty times, night and morning.

TO REDUCE FLESH.

The daily hot bath, with vigorous massage, plenty of outdoor exercise, the special exercises given in this chapter for reducing the abdomen and the hips, will all be of interest to the corpulent woman. For the proper kinds of food to reduce flesh, turn to the chapters on "Beauty Diet."

HOW TO STAND AND WALK GRACEFULLY.

To those who have occasion to practice any of the foregoing exercises, it seems hardly necessary to explain the proper method of standing and walking, for health, grace and beauty; but it may help in some instances. The weight of the body should be habitually poised upon the balls of the feet; hips and head drawn back, chest forward and raised, so that a line from the chest would drop parallel with the toes. In walking, there should be no movement of the body up and down, nor twisting from side to side. The chest and foot should be carried forward at the same time, at each step, the toes slightly turned outward, the heels in a direct line. The heel and ball of the foot should strike the ground at the same time, but with no weight upon the heel.

I have spoken in a previous chapter of the importance of an erect, graceful posture. It is more womanly, and more conducive to health and power, than a careless one. But no woman looks better than when engaged in household tasks—after she has once learned to enjoy them! —and it is a fact that scrubbing a kitchen floor may be made a physical "means of grace" not to be despised. It strengthens almost every

muscle of the body. Ironing, scouring knives, polishing silver, washing, sweeping, and bed-making all help the arms; light gardening is fine to develop the limbs, back and lower part of the body; and the housewife who can do these things, and knows when to stop, has laid a good foundation for a life of power. All action is spiritual and life-increasing if it contain thought.

"Who sweeps a room as to God's will
Makes that and the action fine."

CHAPTER XII.

INFLUENCE OF DRESS.

Increasing Woman's Attractiveness—Freedom in Dress—Freaks and Tortures of Fashion—Corsets and Their Train of Woes—Combination Underwear—Some Comfortable Garments—What Colors to Choose—Kitchen Dress Hints—Afternoon "Freshening"—Evening Dress—Wraps and Hats—Dress-Rules for Pregnancy—Imperative Reasons—Prepare Joy and Health for Your Child.

EVER since Eve's time, the subject of garments has been one of absorbing interest to women. Well may it be, since the attractiveness of feminine nature is tenfold increased, life prolonged and made worth living, or the reverse, and the well-being of unborn generations affected, by the style of dress chosen. The beautiful woman is always one who knows, as do the trees and flowers, how to clothe herself in becoming and appropriate garments.

HARMONY AND FITNESS.

Any dress that appears uncomfortable is always ungraceful. The attire should be at the same time so suited to the occasion, and so becoming, yet subordinate, to the individual wearing it, that it does not unduly attract the attention. The best-dressed people are those who succeed in making you forget what they wore. Such is the highest attainment in tasteful dress. The woman of power is better and more beautiful than her dress, but in choosing her wardrobe she studies harmony and fitness, and that freedom which leads to a graceful, unrestricted growth and use of her physical powers.

SLAVES TO FASHION.

"Freedom in dress, with physical training," says Dr. Alice B. Stockham, "makes it possible for every young girl to possess the form of a Venus or Minerva." But freedom in dress. even to a limited

degree, is of very recent origin. Fashion has ruled her compliant subjects with an iron hand, and their only reward for obedience has been imprisonment for life in merciless steel cages with even the ability to breathe denied them. Is it not strange that women have not rebelled before?

True, we have made marked progress. Reviewing the freaks in dress during the past century alone, how laughable, and at the same time how pitiable, the array!

WHY DID PNEUMONIA BECOME PREVALENT?

Early in the last century, girls wore low-necked dresses and short sleeves almost universally, except in winter, and many were thus clad even in the severest weather. Woolen underwear and rubbers were unknown; and slippers or thin-soled shoes were worn on the streets in winter as in summer. More than three generations of suffering have been the result.

OTHER INGENIOUS TORTURES.

Away back in the sixties or earlier, every woman wore a hoop skirt. Patiently the poor victims set themselves to the task of acquiring the skill necessary for the management of the ungainly thing. Unconscious martyrs, they endured the cold drafts of winter that circulated about their slightly protected limbs, apparently never dreaming of the possible warmth and comfort of a closer-fitting style of dress. Even the wee girlies were tortured under the same inquisition. To the eyes of the woman of the present day, it is evident that the hoop skirt is unattractive.

In a French medical work published within the past few years, the author says that in America babies' gowns are so constructed as to leave the arms and upper part of the chest bare. This statement would have been correct if made forty years ago, and ought then, as now, to have given every mother a shiver of horror. Yet many children actually survived a season of scanty dresses and short socks. The

naked loveliness gave pleasure to the beholder, and this was the only excuse for a fashion so unhealthful.

Some years later there was an era of tied-back skirts whose ugliness we remember with a blush. How everybody struggled to accomplish the feat of locomotion while her two limbs were bound together throughout their entire length! Not long after, trained skirts became fashionable, and brought great inconvenience with them. So a woman had to carry her skirt in one hand, or else allow it to sweep the floors and the sidewalks, and to be stepped on by the unwary.

In purchasing shoes at one time, it was next to impossible to find them with low heels. We were made to balance ourselves upon our toes and incurred much misery in consequence. Many a corn and bunion originated in those days. The reaction against high heels was decided, and brought about the introduction of the so-called "common-sense" shoes.

Then there were the sleeves made as nearly skin-tight as possible, so that they had to be turned inside out in order to remove the waist. Nobody enjoyed them, and yet it seldom happened that a woman ventured to brave the glances of the world, and wear the loose, more or less wrinkled and altogether comfortable sleeves of other days. In regard to sleeves as well as shoes we seem now to be wiser than formerly.

Once more let us allude to that abomination—the bustle. Destitute of all artistic claims, ugly in appearance, productive of backaches unnumbered, troublesome of adjustment, it nevertheless victimized womankind. A strange optical illusion it was when the artificial, deformed outline of the figure bedecked with a bustle appeared more beautiful than the natural human form. Now that the fashion has passed away, we are able to look at it in a different light and recognize its unattractiveness.

There was the more recent tight-fitting basque, which combined with the skin-tight sleeves, held women as in a vise, so that she could hardly put on or move her hat without assistance.

THE LAST FOE TO RETIRE.

We have certainly gained much; but through all these years, until recently, the corset has held sway. Some of its results on face and form can be traced in sickly, sallow complexions; pale, thin, compressed lips, red noses, distorted features, wrinkles, lusterless eyes, shrunken bust, projecting shoulder-blades, displaced abdomens. Truly a list to be dreaded! But these are only on the surface. Much worse are the kinds of mischief done that are out of sight, but no less certainly to be traced to this barbarous garment. Its reign is beginning to cause a rebellion, and no wonder!

EFFECT ON THE ABDOMEN.

Three layers of muscles have been supplied to the abdominal walls. These are weakened, not strengthened, by any outside "support" furnished by the corset, because the pressure impairs the circulation, and the nourishment of the tissues. They become flabby, and their loss of power to support the organs is seen in countless displacements and diseases.

Heavy skirts fastened about the waist drag downward the whole pelvic viscera; weakness and prolapsion is the result; in short, almost every known disease may be traced to heavy skirts and their ally—the corset.

HOW IT HAMPERS THE LUNGS.

No matter how loosely the corset is worn, the lungs cannot be filled completely while their lower portions are thus encased. Deep breathing cannot, therefore, be successfully practiced by the corset-wearer; and half-breathing must be her portion until she discards the steel cages in which women have for centuries been imprisoned. Thankful indeed are the released ones, that light is dawning for themselves and for their sisters yet in captivity. The world is waking up on this subject.

CAN WOMEN AFFORD IT?

There is never a time in a woman's life when she can afford to compress the waist. In the lower chest and abdomen the various organs are so perfectly adjusted to one another that if one be pushed even slightly out of place, all the others suffer in some degree; and it is well known that corsets do thus compress and push the lungs, heart, stomach and other organs.

THE "CORSET-LIVER."

"Medical students have learned to call the livers of the female subjects that go to the dissecting-room the 'corset-liver,'" says Dr. Mary Studley. "It is the rule, rather than the exception, for these livers to be so deeply indented, where the ribs have been crowded against them by improperly worn clothing, that the wrist may be easily laid in the groove. And this is an organ which is a mass of blood-vessels, through which every particle of the blood ought to circulate freely on its way to the heart. Of course, it cannot get through the squeezed portions. And the inevitable result of the half-done work of the liver is an unclean condition of the blood, which utters its cry by means of aching nerves."

The earlier corsets are worn, the more the liver will be affected, since it is proportionately much larger in the child than in the adult. Previous to puberty its weight may be as much as one-thirtieth, or even one-twentieth, of that of the entire body; in the adult it averages one-fortieth.

The American girl is usually lithe and slender, and requires no artificial intensifying of her slightness. The corset gives her only stiffness of appearance, and interferes with that grace of motion which is one of the charms of young girls; while the stout woman who wears a corset to diminish her proportions only distorts her figure. Her pinched waist causes her broad shoulders and hips to look broader by contrast, while the pressure upon the heart and blood-vessels gives to her face that permanent blowzy flush that suggests apoplexy.

SIMPLIFY THE UNDERWEAR.

The age of multitudinous skirts, among other errors, is past. The sensible woman is learning to dress in just as few garments as possible for warmth and appearance's sake, and either to do away altogether with garments having waistbands, or suspend their weight entirely from the shoulders.

Following are the principles which guide every earnest beauty-seeker in the selection of clothing:

I.—The whole body, limbs as well as trunk, should be kept at an even temperature, protected from external changes, by means of garments that are made as light as is consistent with the required warmth. Wool is the best of all materials for underwear, and the loosely-woven combination suit presents the best-fashioned article as yet offered.

II.—The weight of the clothing should be supported by the shoulders, rather than by the waist. The plan suggested of uniting upper with lower garments, so far as possible, is of decided advantage. An under-waist, for instance, may be combined with drawers or with petticoat. It is of particular value to have the dress-skirt constructed with a special waist of its own attached, a waist made of some lining material and cut with ample arm-holes.

III.—The clothing should not constrict any part of the body, because it would thereby interfere with the circulation, weaken muscles or perhaps do injury to vital organs. This is the reason that tight collars and sleeves have been abandoned, and why garters that held up the stockings by compressing the limbs have given way to the more comfortable, modern elastic hose-supporters suspended from the underwaist.

IV.—The clothing should not interfere in any degree with the free action of the muscles. The corset, as usually worn, causes weakness of the muscles of the trunk, partly from compression, partly from disuse, such that the wearer is likely to complain of a feeling of "falling to pieces" whenever she temporarily leaves it off. Excellent substi-

tutes for the corset have been devised, the best of which are waists of firm cloth, not too tight-fitting, which serve well the purpose of supporting the skirts that are fastened to them.

HINTS FOR THE SEWING-ROOM.

Underwaists made of heavy sheeting cut lengthwise of the goods, with a lining of the same cut crosswise, are recommended as keeping their shape well. The seams are lapped and stitched four times, then the lining and the outside are quilted together. The garment is cut low in the neck, and is sleeveless. It comes well over the hips, and the petticoat can be buttoned on its lower edge. These wash easily and wear well.

Another and simpler way, more comfortable for warm weather, is to take a well-fitted waist originally meant for a corset-cover. By "well-fitted" I mean one adapted to the figure in its normal proportions. Stitch strips of muslin over the seams on the inside, to strengthen them, then sew buttons on the outside, as high or low as may be desired, to which the other underclothing may then be attached.

"Equestrian tights" of black wool are among the finest inventions in woman's underwear, to put on when going out in cold or damp weather. They can be bought either in union form or as drawers separately in any large city; but if not easily obtainable, they can be made at home from a pair of black woolen stocking-legs with the tops sewed to black woolen bloomers so as to form one continuous garment from waist to ankles. In fact, it would improve on the regular bought articles if the stockings were left entire, so that the feet also are protected. In making the bloomers it is best to have a regular pattern, procurable from any hygienic clothing company, and care should be taken that it allows sufficient length and fulness. Often with this garment no petticoat is worn when the dress-skirt is somewhat full.

FOR NIGHT WEAR.

The clothing at night should be completely changed, no garment being retained that has been worn during the day. Flannel night-

dresses are preferable to cotton at all times, both for comfort and for health. Warmer in winter, they obviate the chill of the cold sheets; while in summer they prevent the more dangerous chill when in the early morning hours the external temperature falls, when the production of internal heat in the body is at its lowest ebb and the skin perhaps bathed in perspiration—a chill which can otherwise be avoided only by an unnecessary amount of bedclothes.

Some persons with extremely sensitive skins find woolen garments irritating. Such can wear in cold weather a light-weight ribbed cotton next the skin, with woolen outside. It is better to have the clothing worn at night sufficiently warm so that the bedclothing can be light.

THE DRESS.

It is a sensible fashion which reserves trained dresses for the drawing room, and gives us skirts for street wear that clear the ground. With such an advantage, we may hope soon to see woman's dress made in every respect the beautiful adjunct to womanly power and grace which it should be. Hygienic dress reform has given us the graceful and healthful princess foundation for gowns which may be infinitely varied. If separate waists and skirts be preferred, however, the shirt waist offers almost as delightful possibilities; but the average shirt waist can be improved in one respect. Tack a strip of muslin or lining material around the waist-line, on the under side, as a foundation for sewing four to six flat buttons on the outside, and button the skirt to it. The added comfort well repays anyone for making this slight alteration, and the arrangement is, of course, covered by the belt.

The colors chosen for clothing, from a health standpoint, are of little importance in the shade, but in the sun the best reflectors are coolest, such as white and light grays, while blue and black are the worst, absorbing the most heat. Dark colors also absorb odors more than light colors do. Indeed, for every-day use light-colored garments of whatever material, provided it can be washed, are to be recommended, though dark colors are too often preferred because they do

not show the dirt. What woman would like to wear a cotton waist and skirt six months without washing? Yet it would not be half so badly soiled as the more absorbent woolen dress that she would quite possibly wear as long without a scruple. For kitchen wear in particular, washable gowns should be the invariable rule.

DRESS FOR THE KITCHEN.

When a woman has much household work to attend to, she will be wise to adopt the short skirt for kitchen wear; and it is more comfortable if, as already suggested, it be buttoned to the waist. This brings the weight of the skirt on the shoulders, instead of the hips, and holds both waist and skirt securely in place with no tight bands. This arrangement is more convenient for kitchen wear than the one-piece dress, as it saves laundry work. Two or three waists are usually soiled before the skirt requires washing, especially if large aprons be used.

One woman always makes her kitchen aprons with a ruffle at the bottom, not for ornament alone, but because the ruffle stands out just enough from the dress to catch any stray drops that may be spilled, making a better shield for the skirt than a plain apron, however long, can possibly be.

Some housewives have discovered that the light, pliable, glazed oil-cloth used for shelves and tables makes capital aprons to slip on when a great deal of baking, canning or other work of the kind is apt to add seriously to the week's laundry list.

IN THE AFTERNOON.

It always pays the busiest housewife or farmer's daughter to "freshen up" by rearranging the hair and changing the dress at some time during the day; either just after the midday meal is cleared away, or shortly before the evening one. Of course the morning toilet has been neat, but the afternoon one may and should be daintier. It is a satisfaction to yourself, even if there were no one else to notice the difference.

What the afternoon gown should be, depends upon whether you are going out or not. For indoor wear it may be longer, brighter in hue and more elaborate in trimming than the quieter street garb; and the color and material in either case, should be suited to the face, form and purse of the individual wearer, no matter what fashion may say. Usually, however, one may now conform in a general way to prevailing styles without fear of return to the slavish tortures of other days.

FOR EVENING PARTIES.

No woman with beautiful neck and arms, can well resist the delights of occasionally wearing evening dress; it is as natural as for flowers to bloom. When the social gatherings are very informal, any pretty, light dress is suitable, and summer afternoon gowns may be made to do service at such times. But for the more formal occasions the dress cut low in the neck and short in the sleeves is desired; and may be worn, with proper precautions, by women in vigorous health. The daily cold sponge bath will do much to prevent one from taking cold; but in winter, the woman who indulges in evening dress must be careful to have extra wraps, and should not go out doors from a warm room while perspiring. Carelessness at these times has caused many a serious illness; and no woman who has not first mastered the tendency to take cold ought to attempt evening dress at all. Robust health is the very first requisite. English women, who are usually vigorous, wear dresses of this cut daily without injury.

OUTER GARMENTS.

Wraps, whether of light-weight wool or silk for cool summer days, or thicker ones for cold weather, should be so made as to protect throat and chest. The collarless jackets, open in front, leave exposed the very parts that should be most cared for. With this defect remedied, the fitted jacket is preferable to looser wraps, as it is warmer in proportion to its weight. A cape or wrap hanging loosely may be so heavy as to be burdensome, and yet allow the wind to cir-

culate beneath its folds; and it is seldom as becoming as the trim coat or jacket.

Hats or bonnets should be of light weight, so constructed as to shield the face, at least partially, from the sun. Parasols, so troublesome in the wind, will then be an unnecessary adjunct to the toilet, except when the heat is extreme. In very cold or windy weather it is well to wear a veil (not dotted), but too much muffling is undesirable.

It is only where either the dress or the health is defective that it becomes necessary to piece out the deficiency with heavy furs or mufflers. Not that any delicate, chilly woman should ever hesitate to protect herself, but it would be far better to so improve the circulation as to get rid of the tendency to chill easily.

THE MATERNITY DRESS.

When a woman is preparing for her great task of bringing a new life into the world, the question of how she should clothe herself becomes a vitally important one. At no time in her life does she need more comfortable clothing than during the few months preceding maternity. At this time it is worse than foolish—it is criminal—for one to weight the body with clothing, which, bearing down upon the abdomen and hips, causes pressure upon the delicate, maturing organization, which may thus be deprived, not only of comeliness and perfect bodily structure, but of life itself. In this connection I am glad to endorse the Jenness-Miller maternity dress, with description and a plea for its adoption which I give largely, but not entirely, in Mrs. Miller's own language.

A few years ago when the "maternity dress" was introduced, many women hailed it with delight as a solution of their most perplexing problem. To thousands, however, it is still unknown, and thousands more, alas! have been too unthinking to realize any need of adapting the clothing at such a time to their own highest physical well-being and that of the life in their keeping. Are such women ignorant of the mischief they do to their offspring, or are they indifferent to conse-

quences? Surely every child has a right to be well born! Wealth may be a grand inheritance, but health is a better one, as any poor suffering creature will testify, whose misery the most expensive doctors have been called upon to alleviate without avail. And how can a child be well born unless its parents observe the laws of life bearing upon the birth and rearing of children? It is impossible. If a mother will so clothe herself that the vitality which properly belongs to her baby becomes exhausted and destroyed, the child is robbed, as a natural consequence, and perhaps the weakened, puny, distorted, fretful little creature, who is innocent of the cause of its own sufferings, will live to become a curse to the world instead of the blessing that it would have been had rational conditions been observed before its birth. No doubt many vicious men and women have inherited the evil tendencies which make them loathed by their fellow-creatures; or unfortunately are the victims of causes directly connected with improper dress and food, the effect of which the mother has taken neither the time nor the trouble to study out for herself.

Every woman knows that during the months prior to the birth of children the clothing should be loose, light, and in every way so comfortable that the freedom of the body may be secured in all particulars. Yet many of those who aspire to the reputation styled "a fashionable woman" are perfectly indifferent to this plain, matter-of-fact demand of nature. Tight corsets grudgingly loosened a quarter of an inch at a time, heavy skirts, and all the evil conditions we are so familiar with, are still retained as the months pass, bringing ever nearer what should be the happiest hour of woman's existence—that in which she is to be intrusted with the keeping, training and guidance of a new human soul. Perhaps her baby comes into the world dead or deformed, perhaps deprived of certain of its faculties; or it may be that it possesses life and all of its special senses and organs in such a diminished degree that the whole of its future becomes a pain rather than a joy, while its miserable, puny structure remains a lasting reproach to its parents as long as they live.

How to avoid all this misery, both for herself and her offspring, should be a woman's first study from the moment when she becomes conscious of a new life dependent upon her own. Whatever the habits of dress may have been before, the time has now come for a woman to throw aside every manner of garment which compresses the body, and to relieve the waist and hips of bands and weight. In summer, wear next to the skin the jersey-fitting ribbed light wool or gauze union suit without bands or strictures; over this wear the cotton or linen chemilette if needed for warmth—not otherwise. This garment should be laced up over a gore at the front darts, so that the lacing can be loosened to meet the requirements of size. The Turkish leglette should be made on a plain low-necked waist, so that not even the weight of the bias yoke (very little as it is) may rest upon the abdomen, and this garment also should be laced over the gore in front; and so of the gown, which should in every case be made in one piece on the princess foundation, with soft, loose, flowing fronts, under which the lacing should be adopted, as in the lower garment, a lacing running lengthwise of the darts, to admit of giving size to the waist, and one crossing the dress four inches below the waist-line to admit of lengthening the skirt. All of this lacing will obviate the necessity for further changes in the dress, and will be found perfectly convenient in every way. For winter, the same general garments should be worn, but they should be made of heavier materials and with scrupulous regard for warmth and comfort.

In this dress a woman can walk and take the necessary exercise without danger to herself or the new life of the child which should be welcomed by every fibre of her being as a gift from heaven, and anticipate with the joy which should in itself become the guide to sensible dress, and to habits of eating, drinking, thinking, reading, and exercise, all looking to the one grand result—a perfect child!

CHAPTER XIII.

CHOOSING A MATE.

The Creative Principle Supreme—Three Great Sex-Functions—Transformation Wrought by Puberty—The Sexes Mutually Supplementary—The Time for Higher Ideals—The Mutual Stimulus—The Perfect Blending of Qualities—Well-Balanced Offspring—Scientific Mating the Key to Happy Love—It is Better to be Sure than Sorry—Seek Your Complement in Mating—Congeniality in Race, Religion, etc.—Bring Out the Best in Your Mate—Love the Crown of Woman's Life—Bequeath Health to Your Children—"Marrying to Reform"—The Martyr-Husband—Hope in Domestic Science—Letter-Writing, Conversation and Music—The Heritage of Integrity—Marriage of Relatives—The Reserve Power of Intuition.

ONCE, tradition says, there was a Golden Age. It is past, but a Diamond Age is to come. In fact, who knows but it is already dawning?

The Diamond Age, in all its glory, will be upon us when we can regard each individual human life as a priceless, sparkling gem, to be sought for its perfections and treasured above all else because of its physical, mental and moral brilliance and purity. Perfect men and women are indeed the diamonds of the race.

The first step towards populating the earth with perfect men and women must be in the proper mating of the male and the female, out of which union will arise the representatives of the next generation. In order to have a race of human beings mentally and morally perfect they must also be made physically so; for who can bring a clean thing out of an unclean? and how can a perfect mental and moral being be produced except there be a perfect physical body through which such a being may act?

NATURE'S PROPHECY.

The sex-element, as already explained, is the creative principle found in all nature; the masculine and feminine attributes forming the

constituent parts of life. Applying to each quality of the mind, each propensity, feeling, faculty and sentiment of the soul; to every expression of life in the whole realm of nature, is this union and cooperation of masculine and feminine principles. Every new thought born in the brain, every idea created, is the child of these elements. It is well known by scientists today that both male and female elements exist in every human being; but as one or the other predominates, we have what are outwardly recognized as the divisions of sex —man and woman.

The sex attribute, as thus recognized, has three great functions; those of development, attraction and creation.

First, it is of prime importance in maturing the growth of the individual. Second, by its magnetic power it draws men and women together in wedlock. Third, it combines in their lives to create a new life, that of the child.

Let us follow briefly each of these processes. In early life this attribute develops the boy or girl into the mature man or woman. It rounds out the physical, gives animation, vigor, keenness, vivacity, ardor, courage; it gives independence and stability to the character. Splendid indeed is the result when this vital element is not wasted, but allowed to do its perfect work. This is what gives us the men and women of power to move the world.

THE CHANGE AT PUBERTY.

Up to the age of puberty the main differences between the sexes are mental rather than physical. The girl is naturally more quiet and domestic than the boy. She early shows the feminine trait of inviting attention indirectly. Quite young, also, the boy perceives that it is his part to make the advances.

At the age of puberty there comes a change—so marked a change, at times, as to be almost startling. Although there have been many disputes as to the reality of definite physiological and mental changes in man and woman measured by a limited cycle of years—for instance,

seven—there is no doubt whatever that at about the fourteenth year in both the boy and the girl so complete a transformation takes place as to make of them new beings. In temperate climates both the boy and the girl then assume their specific sexual functions. Heretofore each has been a separate and independent individual and felt no special need of the other, except in so far as the normal social nature called for companionship. With the deepening of the voice and the hardening and expansion of the masculine muscles, with the swelling of the feminine breast and the rounding of every outline, with all that these changes imply, there comes a marked difference in the bearing of the sexes toward each other.

THE ATTRACTIVE POWER OF SEX.

The second function of this wonderful sex-nature is now becoming dominant. The once bold boy, in spite of himself, shows a strange timidity when in the presence of the girl, although he feels irresistibly drawn towards her. When in his presence the girl's eyes brighten, and she may lose to a great extent those withdrawing, shrinking ways which were hers in earlier girlhood. For some years she may even become the aggressor, and her nature in this respect, becomes masculine. If she does not retain, at the same time, those distinctive feminine traits of vivacious delicacy and charming strategy, those little arts which unconsciously but irresistibly draw the boy toward her, those who have the girl in charge should look after her welfare. In fact, at this period, when each discovers with such uneasiness that the other is in some way a supplementary being, too much care cannot be given to either—care to ascertain whether they are developing into normal or abnormal men and women.

It is undoubtedly true, as asserted by an eminent medical authority, that "the appetite which brings the sexes together is founded upon peculiar secretions periodically arising after puberty and creating an uneasiness until discharged or absorbed." It is also true that besides this physiological reason, both male and female natures begin

at this time, with their changed constitutions, to demand a certain stimulus of body, mind and entire being, which can be obtained only by association with the opposite sex. This is a fundamental principle so generally recognized by physiology and mental science that the boy and girl developing into manhood and womanhood should be especially advised in regard to their relations to each other.

As the child thus matures, under wise and loving guidance, the expanding wings of the soul will lift the pure young life to higher and higher planes of thought and action; for it is a striking fact that the majority of religious conversions occur during this period. Such experiences should never be forced, but should come as naturally and beautifully as the other wonderful and prophetic changes that are taking place; until the child has become in the grandest sense the fully developed man or woman, ready to be entrusted with a share in the great and holy work of creation.

PREPARING FOR LIFE'S GREATEST TRUST.

No life is complete without its mate. As we have seen, man and woman apart represent an unrounded life; only by their union can perfection be approximated. A union by marriage is the proper and only course. It is apparent without argument that union of one man and one woman was Nature's design.

We have also seen that man as man possesses certain distinctive qualities which belong alone to the male sex, while woman possesses others distinctively belonging to the female sex. Many traits, however, appear in both men and women. These traits, common to both sexes, should be harmoniously blended. A perfect union, therefore, may be attained by a man selecting as his mate a woman possessing the qualities not possessed by himself. It is easy to perceive that in such a union Nature is represented as perfectly as may be, and a well-balanced couple, such as is sometimes seen, is the result; also, as the parent is represented in the offspring, well-balanced offspring is the further result.

SCIENCE THE FRIEND OF LOVE.

If we were as honest and careful in choosing a companion for life as we are in our business transactions, we should not run the risks we do. Most marriages would be fortunate in their outcome, because based on a more complete knowledge and understanding. Married without such knowledge, as many are, they are far more liable to error and even crime, than if single; and their children grow up with reason to curse instead of to bless them. Yet the same persons, if rightly mated, would have made good husbands, wives, and parents, and would have been supremely happy in their married life. The quarrels, separations and divorces now of such frequent occurrence would be unheard of if all about to marry would be guided by judgment and science, which are the true friends, not the foes, of happy love.

Now, youths and maidens, I adjure you with all the emphasis of my lifelong dealing with humanity on this subject, to be guided by your own carefully-studied ideals in making a life-choice! If you have wise parents, consult with them early in life about the qualities you possess, and those your true affinity should possess. Equip your mind with these principles of science, so vital to your future happiness. Before you commit yourselves to a marriage engagement, be sure, be solemnly sure that you are adapted to make your companion happy in the years to come, and that that companion has like adaptation to you. As you approach the marriage altar, go forward thrilled by *affirmative knowledge* that all is well, and that nothing better could be desired. Then, and then only, can the future open before you with promise of absolute joy and delight in your union, and in the thought of those you may bring into life with the priceless heritage of being "well-born"!

What general rules, then, may be laid down upon this important subject, that may serve as a guide for those who are not familiar with the laws governing the wonderful mechanism of the human body and mind?

LAW OF OPPOSITES.

There is a law of nature of which most people are cognizant, that "likes repel, while unlikes attract." Now, this law extends through all nature, and applies as well to man. A woman strongly feminine attracts and is attracted by a man strongly masculine; and in proportion as a woman loses her femininity, and becomes masculine, does she lose her attractiveness to thoroughly masculine men.

Tall people generally marry short ones; blue eyes find dark eyes most attractive; light hair and complexions mate with those of brunette type, etc. This rule of opposites is and should be applied in most things physical and temperamental. By "opposites" it must not be understood that the unlikeness need be extreme. People of medium complexion may marry those of lighter or darker; those of medium height, persons taller or shorter. The important point is to avoid sameness. For example, two hot tempers will continually clash; a cool and a hot head would better mate. Two strongly nervous temperaments should not marry; they would chafe and irritate each other, and produce still more nervous, fretful offspring.

If two persons of pronounced motive organizations (those of large bones and compact muscles, tall, angular build, prominent brows and retreating forehead) were to marry, their children would be strongly built physically, but homely and uncouth, wilful, gloomy and unsocial in disposition; of slow mental growth, and subject to biliousness, rheumatism and liver troubles.

Two strongly vital, or sanguine temperaments (those of small bones but plump, round build and a jovial disposition), should not mate, as intellect and morality would be swallowed up in sensuality. They would burn out life's forces too fast; and their offspring would be deficient in bone and solidity of muscle and solidity of character as well; would have scrofulous or dropsical tendencies, and being more impulsive than constant, with strong appetites, they would be liable to become intemperate or dissipated.

Remember that *the same physical or temperamental extremes united in both parents will produce still greater extremes in the offspring.* Whatever is very strong or deficient in both parents alike, will be doubly strong, or doubly deficient, in the children. This is why Nature's law provides that unlikes rather than likes shall attract. When a motive and a vital temperament, or a vital and a mental, or a mental and a motive are united, the chances for domestic happiness and harmonious children are much greater. Even the phlegmatic temperament will combine well with the motive or the vital.

LAW OF SIMILARITY.

Leaving the differences, we have now another law to consider. In certain great fundamentals such as race, religion, and general political and social views, Nature decrees similarity. There have been happy marriages where this rule was disregarded, but only in rare cases. The robin mates with a robin, never with an oriole. True, these are progressive days; the spirit of federation is in the air, yet in so vital a matter as marriage, it is better to think twice before attempting to blend elements which promise little of harmony and much of discord. We are learning but slowly the lesson that "God created of one blood all the nations," and because we shall one day take our university degree in this wonderful education is no reason why we should be in haste to act the part of graduates while still in the kindergarten.

One very striking instance of this law comes to my recollection. A beautiful white woman, a teacher, married an educated Indian. He seemed all that could be desired at the time of marriage; but alas! the race instincts were too strong. It was but a short time before he relapsed completely into the savage ways of his people, adding one more to the list of heartbroken wives, whose influence proved inadequate to meet the tremendous strain brought upon it. Husband and wife must be adapted by nature as well as by education.

Regarding the religious instinct, a glance at history's war pages will convince the most skeptical that, like love itself, it lies at the

very root of humanity's greatest passions. The same emotion that raises the soul to transcendent heights, can, when misapplied and unguided by reason, or when wrongly combined, plunge the entire being into the depths of misery. I have known many instances of the marriage of Catholics to Protestants, and wherever both husband and wife remained loyal at heart to their early religious training, sad discord, not happiness, has been the result. There is always great difficulty in such cases, in determining the question sure to arise, as to which faith is to be followed in educating the children. Even when there is outward acquiescence, that is not harmony; for wherever an inward protest remains, there can be no perfect soul-union. In fundamentals, therefore, it is best to marry one of similar views.

LAW OF COMPLEMENTS.

This is the safest of all laws to follow, with most persons; and for those of extreme temperaments, it is the *only* one. It is merely to mate with one whose nature completes, or complements your own; possessing the qualities in which you are deficient. Thus the two halves blend into a perfect whole. Harmonious, well-balanced persons can afford to marry those of marked extremes, or even those like themselves; but less evenly built natures must seek to round off their own sharp corners, not by collision with those equally sharp, but rather with the gentle friction which both magnetizes and polishes.

THE ENCHANTER'S WAND.

The best traits in men can be brought out only by the influence of women; and vice versa. We see, therefore, how important it is that the right choice be made of the one who is to wield this magic influence. The young man starting in life full of hope and ambition may have his entire career gloriously helped or sadly marred, according to the nature of the feminine influence to which he is subject. Men of genius or of great attainments almost invariably owe much of their power to wife or mother, to sister or female friend. What would Charles Lamb have accomplished without his sister? Napoleon's

downfall has been attributed very largely to his parting with Josephine; while the influence of George Washington's mother played no small part in our nation's history. Some women have a gift of inspiring a man to do far more and higher tasks than he would have believed within his power. Notice the effect on you of conversation with different ones of the opposite sex. One may arouse your most brilliant and noble self until you wonder at your own power of expression; while another calls forth only your lower impulses and thoughts. This is true throughout life. Few realize the extent of this power, yet it is the enchanter's wand indeed, for good or ill.

If a woman can thus mold a man's destiny, even more true is it that a wise or unwise choice in marriage controls a woman's very life-springs.

"A loving woman finds Heaven or Hell
On the day she is made a bride."

Love is the mighty, transforming, crowning gift of a woman's life; her all. Far better it is not to wed at all than consent to a loveless union, or to a marriage where undesirable traits in the chosen one cause constant friction and depression of spirits. Not that either husband or wife can be faultless; but great care should be taken that among the varied human imperfections are not those which will one day cause the soul of the mate to shrink in horror, or protest with vain distress, at the acts or words wholly out of keeping with its own ideals and habits of thought.

QUALIFICATIONS FOR MARRIAGE.

A sound mind in a sound body, both under perfect control, are the first requisites for all contemplating marriage. These can be cultivated. Happily, Americans in increasing numbers are studying the laws of health, but many do not even yet give sufficient thought to the importance of a well-built physique.

"There is no other thought in the world so appalling and so fraught with pathos," says Dorothy Dix, "as that of millions of deformed and

sickly children whose parents bequeath them nothing else but disease and death. Nothing can atone for the crime that unhealthy people commit against the individual child they bring into the world by marriage, and against society; and anything that will tend to lessen it, or even arouse the public conscience on the subject, is a blessing to humanity.

"When a girl who falls in love with and marries a dissipated man, thinks of the future, she doesn't see herself dragged down to poverty, a hollow-eyed, anxious woman, getting up in the night to open the door for a maudlin man. Still less does she see herself the mother of sickly little children. She imagines herself, by virtue of that beautiful wifely influence of which we hear so much and see so little, leading him up to the higher life, and it is this picture of herself as a guardian angel that makes her rush into taking a step that she spends the balance of her life in repenting. We can all count upon the fingers of one hand the women we have known that have actually reformed men, but it would take a patent adding machine to enumerate all the ones we know who have wrecked their lives trying to do it.

"The young man who marries a sickly girl makes an equally fatal mistake. When a warm-hearted and generous young fellow falls in love with an ethereal looking young creature, he pictures himself chivalrously protecting and cherishing her, and keeping the wind from blowing coldly upon her, and thus winning the roses back to her cheeks, as the hero does in a Laura Jean Libby novel, and he goes and marries her on that romantic hypothesis. Do you suppose that if he had any conception of what having an invalid wife means to a man he would do it? If he is a poor man, it means that he spends his days toiling to pay drug bills and doctors' bills. Whether he is rich or poor it means that he goes home at night to an ill-kept house, to darkened rooms, to humoring a sick person's whims, to querulous complaints, and hysterics, and nerves. There is no martyr in all the calendar of saints more deserving of our reverence and adoration than the husband who bears patiently with an invalid wife; but any man

who is kept from getting himself into such a scrape as marrying a delicate woman ought to erect a monument to the person who saved his life."

But such sacrifices need not be, for a good physique is within the reach of all. Outdoor exercise will do and is already doing much to transform life from a pale dream into a rosy delight. Excess is to be avoided; that has always been the chief danger of the bicycle; but golf links, tennis courts, skating ponds and gardens alike testify to the presence of the bright, energetic and altogether charming modern American girl, who now bids fair to rival her sensible English sister in laying a good foundation for robust health and strength. This is the right tendency; and the best mothers will prove to be those who thus built up their own health before marriage, and insist upon a like wholesome exercise for their daughters.

HOUSEWIFELY ARTS.

In household skill also—another and important mark of fitness for marriage—the American girl is improving. The establishment of domestic science as a study in many of our public schools is a step full of hopeful significance for the future homes of our country. We shall have less pale, overworked, dragged-out housewives when we have a larger proportion of trained minds combined with deft hands, to make the household routine a fine art instead of a wearisome drudgery.

A CLEAR BRAIN.

Character is often displayed in letter-writing. It is surprising how many graduates of high schools, and even higher institutions of learning, use slipshod English, spell incorrectly, and find great difficulty in expressing their thoughts. A clear brain is certainly an essential quality in a life-partner; and this is shown in writing and also in the power to contribute a fair share to the conversation. This applies to women quite as much as to men. "Small talk," if of the *right kind* of smallness, is not to be despised. It helps another sympa-

thetically over many a rough place, caused by some thoughtless remark or awkward silence. And to be able to converse well on topics of wider interest is still better.

The chief value, however, of a ready flow of language is that the gift of eloquence passes down, often in an increased degree, to the children. Usually this occurs more readily through the mother; hence in choosing a wife, a good talker is to be desired. Who knows but a great statesman may thus be called into being?

Musical talent, also, is to be desired, for the same reasons; and a good general education. Still more essential is that intelligence which is equal to the emergencies of life, and shows ability to weigh facts and decide well in matters of practical moment. Reasoning powers are of priceless value, ranging far above superficial accomplishments.

STERLING MORAL INTEGRITY

is, of course, the most important of all. Any lack in conscience or moral uprightness is readily transmitted, and the worst results follow. That wifely influence of which Dorothy Dix is a little incredulous, is a very real and a very powerful thing; but just as in the work of a skilled gardener, there must first be the right seed, the aspiration and general tendency to right living, on the part of the one to be helped. With this once assured, a wife's loving, tactful influence can do much. Without it, an angel could not uplift anyone.

SHOULD COUSINS MARRY?

The danger to offspring where cousins wed, has been overrated. Much depends on the similarities and differences of the individuals. If they are much alike, it is unwise to marry, for in that case the children would be defective. But if cousins resembling the *unrelated* sides of the family wish to marry, they may do so with perfect safety. For instance, if a daughter resemble her father, other conditions being satisfactory, she may marry her mother's nephew; especially if he resemble the parent unrelated to her mother.

Let no one be discouraged by the necessity for care in choosing a mate. It is the most important business in life, yet when the choice has been thoughtfully made, rest assured that minor mistakes will be overruled in the light of love and truth.

"There's a divinity that shapes our ends,
Rough-hew them though we may."

For, after all the reasoning has been done, there is still the intuition, the inner, enlightened spiritual sense, which if followed, never leads astray. False education alone prevents it from becoming the safe, supreme and universal guide.

CHAPTER XIV.

CUPID'S CONQUEST.

Love the Very Heart of Poetry—"The Spirit and Spring of the Universe"—A Sweet Love-Poem—Magnetism versus Soul-Affection—Both Essential—Difference, not Distance, Separates Souls—Decide When Alone—Testing by Separation—Tell the Love-Story O'er and O'er—"Congeniality" Desirable, but Not All—Courtship a Universal Intuition—Safeguards of the Mating Period—Girls, Confide in Your Mothers!—Cultivating New Graces for the "Other's" Sake—A Sacredness that Banishes Early Follies—Marrying for Money an Insult to Nature—Dollars Not the Test—Know How to be Breadwinners—The Best Time to Marry—Arrival of the Day of All Days.

NATURE'S pencil never lingers so daintily and tenderly in any of her other pictures as in that of the mating-time. It is as natural to love and to marry as it is to breathe. And "when a man's in love" how the very rocks and clouds take on the aspect of the loved one's features!

George Brimley says: "Only conceive the passion of love blotted out from the pages of our great poets—from Chaucer, from Spencer, from Shakespeare, from Milton; what a sky without its sun would remain, what an earth without its verdure, its streams, and its flowers!" And Helen Oldfield forcibly adds: "What would become of 'Romeo and Juliet,' of the 'Midsummer Night's Dream'? What of the 'Faerie Queene,' of Shelley's songs, of Keats' 'Endymion,' of Coleridge's 'Genevieve,' of Longfellow's 'Evangeline,' of Tennyson's 'Idylls'? Something, no doubt, would be left of their beauty and sweetness, something to attract in the grand thoughts, the vivid natural descriptions; but even these would lack a charm which insensibly mingles with and enhances them now. Here and there some short lyric would hold its own, especially if wedded to fine music, but the bulk of poetry would be consigned to oblivion. By the light of love when the world was young, blind Homer told the tales of Troy, the story

in which Helen has lived through all ages; by the light of love Milton pictured the pure joys of Eden; by the light of love Shakespeare dreamed of Florizel and the fair Perdita; by the light of love Spencer created the legend of the Red Cross Knight and 'heavenly Una with her milk white lamb'; by the light of love Tasso sang the mystic strains of the 'Jerusalem Delivered'; by the light of love Petrarch was inspired to pour out in immortal song the praises of his Laura; and by the light of love Tennyson beheld the fair vision of Elaine, 'the Lily Maid of Astolat.'

"Yet, despite its prominence in romance and in history, love in the abstract is a subject rarely discussed in the family circle, and upon such rare occasions it is more often treated as a joke than otherwise. Jest and teasing, 'making fun,' form the attitude usually assumed towards this central fact of life; that which constitutes the holiest and strongest of human ties, the sweet passion which South has called 'the great instrument of nature, the bond and cement of society, the spirit and spring of the universe,' the feeling which rightly prompted and wisely controlled, elevates, warms and brightens life, which softens sorrow, mitigates suffering, and increases joy. Counsel concerning it is for the most part deemed unnecessary; counsel that it should not be lightly given nor carelessly accepted; that the heart should discriminate with care and serious thought between true love and evanescent fancy; that its sacred halo of glory should not be used to crown an unworthy object; that it cannot lead to happiness when reason and judgment declare against it; such advice as this, so essential to the good of young people, especially young girls, is not often insisted upon by parents. Teachers of youth, as a rule, ignore love altogether in their scheme of instruction; beaux are not allowed to pupils at female seminaries. Seldom, if ever, is the subject mentioned from the pulpit, although when the apostle sought a fitting simile for Christ's love for his church he could find none better than the tender affection between true husband and faithful wife, and although the religion which teaches that God Himself is love, and love His best gift to human-

ity, might well remind its disciples that no love can be blessed which is not purified by religious feeling; which they cannot take with them to the altar of God with thanksgiving and prayers for His blessing. 'Love one human being with warmth and purity,' says Jean Paul Richter, 'and thou wilt love the world.'

" 'It is not because your heart is mine, mine only,
Mine alone;
It is not because you chose me, poor and lonely,
For your own;
But because this human Love, though true and sweet,
Yours and mine,
Has been sent by Love more tender, more complete,
Love divine;
That it leads our hearts to rest at last in Heaven,
Far above you,
Do I take you as a gift that God has given,
And I love you.' "

HOW TO DISTINGUISH LOVE FROM FASCINATION.

The world is growing more spiritual in its love-forces; yet how slowly. Thousands of men and women will never know the achievements that might have been theirs, nor the heights to which they might have risen, had they but recognized the grand purpose of their own interior powers. For the sex-element, in its second or attractive function alone, manifests itself on two distinct planes—that of physical love, or personal magnetism; and that of the spiritual, or soul-affection. The physical rises and falls with the vitality or animal vigor. The other, being an expression of the soul, is not subject to physical conditions or changes, but depends upon soul-harmony, and its action produces an intense longing for soul-sympathy and companionship.

Both these phases of love exist in every normal individual. In man, the physical usually predominates; in woman, the spiritual. Both are essential for health, harmony, happiness and the propagation of the species. The abnormal expression of the physical leads to sensu-

ality and desecration; of the spiritual makes one unduly sentimental, but of this there is far less danger.

Thousands of marriages, especially on brief acquaintance, are based on magnetic attraction or physical love alone, without soul union. These are the marriages that are apt to prove failures. Sometimes, even in these, there develops a soul harmony, but otherwise the results are most unfortunate.

Magnetic power and physical love increase by nearness and frequency of association, and diminish by separation, easily forming new attachments; while spiritual love, or soul-affinity is quite as strong under separation. *Difference,* not distance, separates souls. This explains why woman's love, which partakes so largely of the spiritual quality, is stronger than death itself. It is the greatest power in the world.

From these facts it will appear why it is best that the final decision be never made in the presence of the loved one. It is better to decide when alone. Judgment, if thus given a chance, will endorse a genuine soul-affection, but will save one from the mistake of yielding to a mere temporary physical fascination which would not lead to happiness.

For the same reason, it is often well for an engaged couple, as an understood test, to separate for a time and communicate only at long intervals, and even associate with other company of a pleasing, agreeable character. If the inner self holds to its mate with undiminished interest, then the attachment may be relied on as being more than magnetic.

LOVE'S GOLDEN RULE.

Success in love, as in all else, comes from within. Those who would be loved have but to cultivate and manifest those qualities which they know to be lovable. Be manly, if you are a man; be womanly, if you are a woman. Esteem, if you would be esteemed; admire, if you would be admired; avoid all subjects and acts which are likely to be distasteful or to arouse antagonistic feelings.

Men have long since noticed how fond women are of repetition of

specific announcements and declarations in all matters that pertain to love; it is one of woman's true feminine privileges to require these expressions. Eloquence stands a lover in good stead; but nobility of character and delicate thoughtfulness in all the little courtesies of life are of still more importance in determining his success; while they are equally essential to every woman.

In the early days of courtship it is well for the young people to meet often; but always in the presence of others. To learn each other's tastes, preferences, habits and views; to see if they are indeed "congenial spirits" possessing similar likes and dislikes; for this purpose meeting in the presence of others is a better test than being much alone together. If under varied circumstances you find that the one whom you admire acts and feels as you yourself would act or feel, enjoys what you enjoy, dislikes what you dislike, and condemns what you condemn, not from a wish to agree with you, but of his or her own free will, that one is seen to be congenial. Yet this is not sufficient. The laws of selection are now to be considered; for many people are so magnetic that they attract and are attracted by a large number of persons who make pleasing social companions, but who may or may not be suited for the tenderer and more lasting relation.

A noted writer calls courtship "the very finest of the lost arts." In a deeper sense, the art was never lost; it is stored within the recesses of every human heart. In this as in all else pertaining to love and marriage, it is true that Intuition, the voice of the soul, is Nature's highest teacher. Yet so many fail to follow this guide, and so many slips and sad mistakes result, that it is well to consider just what course to pursue in order to keep the rose-tinted promise of love's morning from turning to gray before the sun has fully dawned with its steadier glow.

THE BEGINNINGS OF LOVE.

At first, the young man and maiden are only "very good friends." They have found each other congenial, and enjoy meeting often. Before this friendship gradually ripens into a warmer feeling, too much

care cannot be taken to be sure that the selection is a wise one. Once let Cupid come within range, and he may destroy judgment before it has a chance to act. Lock him out until you are ready for his presence. It is the only safe way.

SELECTION MUST COME FIRST.

In France, Germany, Switzerland and other countries, the greatest safeguards surround young people in their mating period. They are never left alone together; are continually watched and guarded by parents and friends in a way that the American young person would deeply resent. Yet it is much the better way to insure the future happiness of both parties, and save them from being swept blindly along by unreasoning passion or at the best, by evanescent fancy, until it is too late to repair the mischief wrought. The result of the mildest of these errors is an extremely embarrassing tangle, forcing one or the other to withdraw promises made or assurances given; while no pen can portray the heartbreaking, terrible results where the error has been of the more serious nature, as it is in countless cases where the present American methods prevail. Not that our girls are less modest and self-respecting than those of other nations; but the temptations are greater. Thousands of ruined lives, with the circumstances known only to the physician and parents, are my justification for saying that young people should not be thus left unguarded. I know whereof I speak; it is no theory, but an actual condition, that impels the warning. If young people once understood that wise parents can save them from endless minor hurts, embarrassments and disappointments, as well as from the graver dangers, by their loving watchfulness at such a time, it would be welcomed and not resented. A young woman who makes her mother her confidante has many advantages. The task of selection becomes easier; she has a wise and loving counsellor to help her with the hardest problems which are likely to arise, and she has the satisfaction of knowing that her choice is approved by one whose affection for her has been of the purest and most unselfish kind throughout her whole life.

LOVE'S CASTLE-BUILDING.

"If you have built castles in the air," says Thoreau, "your work need not be lost; that is where they should be. Now put the foundations under them."

In the golden time of Love's castle-building, when the momentous question has finally been asked and answered, and the happy plans are being made for the future home, then is the time to adjust all the little differences and decide on the details of the change to be made. It is the woman's privilege to choose the day; and she should not be hurried. To adapt one's self to so important a change and prepare for it in the fullest sense, requires time, and meanwhile what happiness could be purer or sweeter than that of the lovers as they thus prepare for the eventful day when they are to assume life's greatest responsibilities?

Each should strive to attain the highest degree of physical health; and each will find it a pleasant task to cultivate new graces and banish old defects for the sake of the greater happiness of the other. Then there are the practical questions regarding the new home life, to be considered; whether the couple will board, rent a house or apartments, or build a nest of their own; where it shall be located; how it shall be furnished, and the like; together with the general rules of family life to be adopted. It is well to have all details which might occasion dispute or misunderstanding, adjusted in advance; it conduces to the greater harmony of the married life. Through all the happy waiting time, let Love reign supreme. Together or apart, the lovers will now own Cupid's sway, and affection should be freely expressed; remembering always that the best preservative of love is purity.

HABITS TO BE AVOIDED.

Lovers' quarrels often have sad endings; it is never wise to indulge in them with the mistaken notion that the reconciliation, if it come at all, can ever put matters quite on the old basis. A part, at

least, of the perfect soul-harmony has been destroyed; mutual respect diminished, and Love cannot illumine the life with the same steady glow as before the foolish little shadow was allowed to creep in. For the same reason, a teasing or domineering manner, a too great familiarity, flirting, even of a mild type, the gambling, drink or tobacco habit, extremes in dress, and all similar weaknesses should be banished as unworthy to intrude on the sweet sacredness of the life that is now coming to mean so much. When young persons preparing for marriage lay aside the crude follies of their earlier years, it is a sign, not of weakness, but of strength; it indicates true love, with all its refining, maturing, uplifting power. Do not trifle with yourselves, or with each other, young folks, during this time of preparation; it is too beautiful and joyous a period to be thus spoiled. Happiness depends on keeping the standards of life high, that each may fulfill the other's ideals.

MARRYING FOR MONEY.

Those who marry for money or social position, without love, are short-sighted indeed. No one who thus insults Nature, and Nature's God, can expect any result but lifelong wretchedness. If they would but stop and think! Is it really the dollars that they want? or the satisfaction that they foolishly imagine that the money can buy? All the dollars in the world will not purchase peace and contentment, where those who should be mated in soul are unsuited and unloving, so that each finds the mere presence of the other an increasing cause of weariness and irritation.

While on the subject of money, let me remark that sometimes pride leads a self-respecting young man to go to the other extreme and sacrifice years of happiness by deciding not to marry till he has made a fortune equal to that of the girl he loves. This is usually a mistake. If the friends of the girl are willing, the man worthy, and their love sincere, dollars should not be made the decisive test. Those parents who would disinherit their daughter for marrying the man of her choice merely because he is poor, are happily more common in novels

or on the stage than in real life. If such a tendency remains, let the parents think well before deciding on such a course. It is impossible for them to rid themselves of the responsibilities of parenthood by denying themselves its rights and privileges; let them, instead, think the matter calmly over, apply the test of reason tempered with affection, and remember that large fortune is not an essential part of happiness. If the young man is idle, shiftless or incompetent, so that the strong probabilities are that he cannot support a family, and is, in fact, a mere fortune-hunter, a kind, common-sense talk with the daughter will do more to induce her to dismiss him, than angry expostulations or threats. If she has been rightly educated, her own good sense will come to the parents' aid. If it does not, their love should bear with her throughout the consequences of even this serious mistake.

No girl should marry without a practical knowledge of some bread-winning art, profession or handicraft. It is one of the most important parts of her equipment; for though she possess all the graces of an ideal wife and mother, in the home, yet it often happens that misfortune, sickness or death leaves her to face the problem not only of bearing and rearing her children, but of supporting them as well. No woman is a less capable homemaker for having some one talent so thoroughly cultivated that it could be made the mainstay in case of need. It is my belief, nevertheless, that except in dire strait, a wife ought not to be a wage-earner. Domestic and economic reasons alike make this undesirable. Simply let her be prepared in case of emergency.

It is *not* fortune-hunting, nor is it in any degree mercenary, to feel that as one of the requirements of marriage, a man ought to be able to provide a reasonable support. Mrs. Ethelbert Stewart gives some pathetic pictures of the heroic self-sacrifice required of a woman who marries a man earning nine dollars a week. Equally pathetic are the cases of many who wed struggling ministers, lawyers or farmers. In such cases, a cheerful economy becomes a necessity; and will often prove a blessing in unexpected ways. Plain food conduces

to good health and clear mental powers; while simple dress is infinitely better than aping the rich, which is something the self-respecting woman in moderate circumstances scorns to do. With industry, economy and dauntless courage, a family can meet the hard struggles of early days and be all the better for the experience; but they should realize what they are undertaking.

WHEN TO MARRY.

The age at which people should marry is something which must be determined largely by circumstances; but from twenty to twenty-five is young enough, and in many cases educational or health requirements would postpone marriage until several years later. The husband may suitably be a few years older than the wife; although the generally accepted fact that women age faster than men, will hardly prove true as the present century advances, and women become more and more versed in the art of so caring for their own health as to retain youth and beauty.

The courtship and engagement should be extended enough to allow the two young people to become thoroughly well acquainted, and the younger they are, the longer this should be. Two years should be a reasonable time in many cases. Love, if of the right kind, only ripens and strengthens by waiting, but after such reasonable time, the waiting should not be needlessly prolonged. The most convenient time of year is often the vacation period, and June is so beautiful a month that it is little wonder it is the favored one in so many instances. As to the time in the month, a woman will naturally prefer that it be delayed until after the menstrual period. About twelve days after recovering from such period is the best time to choose; as this is said to be nature's time of sterility in woman.

When Cupid's conquest is complete—when the day of all day arrives, with the choice wisely made and the time of preparation well spent, how God and nature smile on such a union! How the heart-beats quicken with joy!

" There has fallen a splendid tear
From the passion flower at the gate.
She is coming, my dove, my dear;
She is coming, my life, my fate;
The red rose cries, 'She is near, she is near;'
And the white rose weeps, 'She is late;'
The larkspur listens, 'I hear; I hear;'
And the lily whispers, 'I wait.' "

CHAPTER XV.

THE HONEYMOON.

The Honeymoon Spirit of Life—Go Away for the Wedding Holiday—The First Wedded Privacy—The Maiden Wife's Embarrassment—The Husband's Best Policy—Love's Greatest Privilege—How to Prolong the Early Delights—Allow No Criticism by Outsiders—A Mathematical Rule—How to Avoid Discord—Mutual and Perpetual Givers.

THERE was a custom in Bible times of excusing every young husband from war or public service during the first married year. He was to "stay at home" and "comfort his wife." What a happy idea! If this custom of extending the honeymoon for a year could be modernized, it would be a great improvement on the present method. But better still is the plan, within reach of all, of continuing the *spirit* of the honeymoon throughout the entire wedded life. As the shoals and quicksands are reached—and they are likely, indeed, to throng the first year of the marital voyage—they can be avoided and even turned to good account, with patience at the helm. They are inherent in the differing constitutions, educations, associations and views; yet if rightly met, will not long have the power to chafe, and may even be of mutual benefit. Love's magic turns the very stones into flowers.

Let the newly married couple take a holiday, the longer the better, and enjoy together the beauties of Nature, and all that they can command of the treasures of art, music and literature; let them read together, and discuss what they read. Through the activity of the intellect the other faculties are developed and harmonized, and the affections cemented; and the long lovers' rides, walks, and talks thus store up treasures, not only in the memory, but in health and happiness, welding the two lives more perfectly into one harmonious whole.

Perfect freedom from business and all other cares is required for

the real enjoyment of the honeymoon. During the sacred season of the first wedded privacy, the bride and groom do well to go away, and if possible spend it where curious neighbors, critical relatives or extremes of heat or cold will not add discomfort to the delicately trying situation of the new relationship. With the most favorable conditions, it will still be no slight task, for two persons accustomed to seeing each other well dressed, to prevent a slight feeling of disillusionment when the *neglige* is first donned in each other's presence; when the curl papers are in evidence and the quoting of poetry is possibly replaced by, or mingled with, the sewing on of buttons. It requires time to learn to regard these little daily intimacies as a matter of course; but with love as a foundation, they soon come to seem natural and grow more dear as the months and years pass.

THE MARRIAGE CHAMBER.

From time immemorial, custom has accorded to the newly-made husband and wife the privilege of occupying the same room and the same bed. The room should be one where the greatest privacy is assured; for of all experiences belonging exclusively to wedded lovers, this of the intimacy of marriage must be most sacredly respected.

"For the fire
Which burns upon that altar is of God.
Its tongues of flame throughout all time and space
Speak but one language, understood by all,
But sacred ever to the wedded hearts
That listen to their breathings."

THE FIRST NIGHT.

Self-control, gentleness and kind thoughtfulness on the part of the husband are of the utmost importance at this most trying time for the young bride. As Dr. Florence Dressler well says:

"The maiden-wife comes to the arms of her husband weighed down with embarrassment, which only time can dispel. If love and kindness

do not govern his heart at this time, the husband's chances for future happiness are slender. Passion, in young women, is rarely developed until after marriage. If its unfolding does not come by degrees in the wooing winds of love, the deepest joys and benefits of marriage can never be realized. The memory of rudeness and lustful violence on the wedding night has made many a husband an object of repulsion thereafter. Disappointment too deep to be expressed comes to the bride who has found herself in the embrace of a human gorilla, when she had expected to find a *man* whose fine nature would recognize her rights and desires, and whose tender thoughtfulness would speak more eloquently than words, of the love in his heart."

There may be kindness without love, but there cannot be love without kindness. The more truly the newly wedded pair love each other, the more will their unselfish consideration overflow in the minutest actions. Let there be no neglect of the little attentions that help to keep love's flame burning brightly. The crowning desire of each should be to make the other as happy as possible. No human luxury equals this priceless privilege.

PROVOKE LOVE BY ITS EXPRESSION.

The expression or exercise of any faculty, as we have seen, increases the blood-supply to the part of the brain controlling that faculty, and renders it still more powerful and active. Not only is this true, but its exercise awakens or enkindles the same faculty in those around. Anger, whether in man or beast, provokes anger. Laughter, as all know, is contagious; so is sadness. Religious revivals proceed on the same principle, the intense devotional spirit starting with one or more, who, being magnetic, quickly inspire others with a similar feeling. Love is subject to the same law. If you would have your honeymoon last forever, beware of the time when the business and home cares which must be assumed, are gradually allowed to crowd out of the time and thoughts all expressions of tenderness. There is no need, however busy either may be, of this neglect to be affection-

ate in manner. Whatever the duties, let love be kept bright. Enkindle the pure flame ever anew, by words and acts of affection; and let no mistaken sense of propriety stand in the way of these demonstrations. Loving courtesies between married folk should be the rule, in public as well as in private. Any lack of them is odious to all right-thinking observers.

There is less danger, perhaps during the honeymoon than later in the year, of the little causes of discord that creep in; yet sometimes they appear even thus early, and one cannot be too careful to avoid the entering wedge of dissension. Instead, Love's welcome chains may be riveted firmly by making every act, word and thought in some way an expression of the wish of each to add to the happiness of the other.

BEWARE OF MEDDLERS.

Thousands of marriages, especially among young people, are rendered unhappy by the indiscreet, unkind criticisms of relatives. Sometimes these criticisms are made with the best of motives, but they almost invariably do harm. There are people with excellent intentions, whose only desire is to do good, but who are so narrow in their thinking as to disapprove of everyone whose ways differ from their own. Trying indeed is the situation when a young bride or bridegroom has been unfortunate enough to fail to meet the cordial approval of such a member of the family into which he or she may have married. The atmosphere of cold, critical thoughts is felt even though not a word is spoken; but too often there are words of unfavorable comment as well, which sooner or later find their way to the ear of the one concerned. Such an experience would take the sweetness out of any honeymoon. It is cruel beyond description for any person to indulge in such a course of fault-finding, after the marriage has taken place. There may be imperfections, but if the two most concerned are satisfied with each other, the friends who profess to love them ought to rejoice in their happiness. Every effort of a real friend will be in the direction of increasing the young people's con-

tentment, and establishing more firmly their love for and belief in each other; not to unsettle it by constant expressions of disapproval and disparagement. It is not to be expected that everyone should like new relations-in-law, but first impressions are often erroneous, and quite frequently the liking will grow. Even if not, there is no excuse for permitting the disapproval to appear.

Honeymoons are better spent entirely away from the relatives, that the newly-made husband and wife may be free from all possible hurts and annoyances of the nature described, and may establish their affection for each other without hindrance. At this time, and thereafter as well, let them turn a deaf ear to all meddlers, and listen only to the voice of love.

LOVE'S EQUATIONS.

All those newly wedded who would keep the affections ever growing in warmth and tenderness as the years pass, have but to remember this one infallible rule; love grows in the exact proportion of the happiness bestowed. In proportion as the wife renders her husband happy, does she cause him to love her; and exactly similar is the rule by which he may oblige her to love him. Every added pleasure which either bestows on the other, increases the other's love; while every word or act which wounds, brings with it a certain degree of dislike. It is a law which none can evade. Knowing it, a wife has it in her power to redouble her husband's affections, preserving them through life and increasing them to any desired extent.

When a couple have not learned this law, and are not perfectly adapted, it often proves that certain characteristics of each will render the other happy, while in certain different traits they make each other miserable; hence they are incessantly quarreling and making up, never being quite happy either with or without each other. The remedy for this unsatisfactory condition is very simple; let each begin at once to study the other's happiness, forgetting his or her own; and the law of love will reward them with its richest treasures.

NOT FOR SELF, BUT FOR THE OTHER.

Love seeks to bless its object—is all the while endeavoring to minister to the loved one's delight—is a perpetual giver. True marriage consists in the complete consecration of each to the happiness of the other. Let each live not at all for self, but for the other. Fancies, whims, caprices may seem foolish, but nevertheless it pays to indulge the loved one even in trifles. For a husband thus to gratify his wife in some wish, however slight, makes her inexpressibly happy because it is an added evidence of his love for her; and her own affection for him is thereby increased. The wife, also, who tries in little ways and in all ways to conform to her husband's preferences, finds in doing so her greatest delight. The unselfishness must be mutual. To those who resolve at the outset never to forget or neglect this law, and who keep their resolution, life will be a continual honeymoon.

CHAPTER XVI.

WOMAN'S IDEAL OF MAN.

The Law of Opposites—Blending of Strength and Beauty—Reserve Power—Resolute Character, with Deference—Absolute Sincerity—Never Depreciate Self or Others—Ardency and Eloquence—The Humility of Love—The Instinct to Hide Love—"Love's Pin-feathers Pricking"—Reticence of First Love—Tell Her Your Love—Love of Home Life—All Secondary; Love First—Purity Develops Men Who Command Love.

IT IS a curious instance of the law of opposites, in selection, that a remarkably handsome woman rarely marries a man equally fine-looking. Beauty is attracted by strength, mental or physical; strength, by beauty. In a woman, a beautiful mind can usually be relied on to "work out" in some degree, in beauty of face and grace of manner, as the years pass. Mere superficial prettiness is often mistaken for beauty, but after a woman of this type has become a mother she is likely to look more faded and plain than her sister who was more gifted in mind but less so in feature. This has occurred too many times to escape notice. A beautiful woman, as we have found, is one beautiful in mind as well as in person.

How is it with man? Does his mental harmony, also, "work out" in harmonious outline of form and features?

To some extent, undoubtedly; but in most cases not so readily as with woman. It must be remembered that man usually thinks more on the objective plane, taking his impressions from reason instead of from intuition. This tends to strength rather than to beauty; and the stronger the sex of the individual, the more evident this rule becomes.

As a consequence, we see many a surpassingly beautiful woman, who could have had her choice among scores of handsome admirers, married to a man of irregular, homely features, but strong frame, superb

physical powers and vigorous mental development. Such a couple are both well sexed and well mated. It is Nature's law of selection, again, thus to blend superior strength and superior beauty. Let no man, therefore, despair of winning a charming woman because he is less symmetrical in feature than others who flock around her. He may be more attractive to her than any one of them.

RESERVE POWER.

Strength, moral, mental and physical, is therefore the first requisite in the ideal man. That this strength should be combined with a generous consideration for the weak, is also necessary to win a woman's admiration. No true woman but will shrink from exhibitions of savage brute force. No true man but will avoid them in her presence. What the feminine nature loves is *reserve* power. A man who will needlessly cause suffering to any fellow creature, always repels. But a woman likes to feel that he could protect her if necessary; and feats of manly strength in games or athletics are apt to awaken her enthusiasm.

DECISION OF CHARACTER.

If there is any one trait that a woman most abhors in a man it is indecision. The weak, vacillating, undecided man is the one who arouses, at the best, a feeling of pity akin to contempt. Let a man be capable of managing his own affairs, of making his own resolute decisions, unaided, and a woman will respect him whether she agrees with him or not. Yet it pleases a woman to have her opinion asked. But her pleasure is that of the recognition of a compliment; of a chivalrous deference to her wishes on the part of one perfectly able to decide for himself. All the time she is thinking, "I know he is better informed than I am on this subject, but it is pleasant to see that he values my thoughts."

SINCERITY.

With all his chivalry, however, a man must be truthful in his inmost nature. His compliments, his deference, must come from the

depths of a sincere admiration, a sincere wish to promote the happiness and well-being of the woman with whom he is conversing. Remember that to be deceived, even in trifles, is humiliating and exasperating in its effects, when once the trick is discovered. A man so unfortunate as to try it and be detected is not likely to have a second chance with the same girl.

EASE OF MANNER.

In man or woman, there is an indescribable charm in a quiet, unaffected elegance of manner. This, like beauty and strength, comes from within; from a well-stored mind, a true refinement and genuine self-respect which may be developed as readily in the farm-house or mechanic's cottage as in the most palatial mansion.' One great help towards cultivating this ease of manner, so desirable in all, is to *never depreciate one's self or others,* even in thought. This genuine self-respect, and respect for others, will prove the best of foundations on which the few necessary rules of outward conduct can rest; and it marks the true gentleman or gentlewoman. A woman cannot well respect a man who has not, to some extent, this innate respect for himself.

APPRECIATION.

Let no lover imagine that he can win a woman the more readily after a period of assumed indifference on his part. That piques a woman's pride, but it also repels her. She may, indeed, exert herself to attract but it is more likely to be with the unworthy object of triumphing over him than of returning his tardily expressed affections; and in fact, he deserves nothing better; for insincerity begets insincerity, and a man's love, to appeal to a woman's heart, must be frankly and ardently expressed. It is at the very basis of feminine nature to require such expressions and assurances, oft-repeated. The selection once made, let Love be blind to the defects of the chosen one, seeing and magnifying only her good qualities; and let this admiration and tenderness be expressed without stint. Praise and compliments are

indecribably dear to the heart of a woman when she knows they come straight from the inmost soul of one whom she is learning to regard as apart from all other men. It pleases her to find that she is the object uppermost in his thoughts, and the knowledge of her feelings will, if she is a true woman, soon lead to an understanding of her own.

THE ELOQUENT MAN.

Men who converse well have a great advantage; also those who have a gift at public speaking. Eloquence is one of Cupid's best weapons, and a man who can sway audiences in a noble cause is able both to win his bride and to make her position in life an honored one, for he will have many friends, and the key to success and the highest usefulness is within his grasp. Still, a woman may well recognize at the outset that she must pay some penalty for having a popular husband; for whether he is in the ministry or the legislature, or on a lecture platform, the public will make such heavy demands upon his time as to create some jealousy on the part of the wife, if such a feeling be not warded off by an admixture of mutual love, generosity, tact and common sense.

SHYNESS OFTEN A PROOF OF LOVE.

Sometimes the lover is tongue-tied from very shyness. "It is worthy of note," says Helen Oldfield, "that the bigger a man is, the more likely is he to tremble in the presence of some wee woman who probably is ready at the first call to fall down and worship his manly strength. But the fact never occurs to him. His fear paralyzes all his faculties.

"The girl who would fain be altogether lovely to the man of her choice is stiff to the point of ungraciousness, not to say rudeness, repelling his advances, and making him believe himself indifferent to her, if not actually disliked.

"This miserable frame of mind, which the English call bashfulness, the French *nauvaise honte,* is, to those who have eyes to see below the surface, one of the surest indications of love. With the man

it is the effect of the exalted admiration which he entertains for the woman who has enthralled him; the humility caused by the sense of his own unworthiness as compared with so much perfection. With the woman it is a more complex emotion; the instinct to hide her real feelings, to avoid giving herself away, literally and figuratively, combined with the harrowing doubt as to whether she may find favor in the eyes of her king among men. True love is always humble and self-abasing.

"'Love took up the harp of life, and smote on all its chords with migh;
Smote the chord of self, which trembling, passed in music out of sight.'

"A lover's humility is an added sense, which, when it is not out of proportion, may be an attraction of no mean importance in the furtherance of his suit, provided the woman he loves is clever enough to understand it and him. When the two who are interested have previously been upon terms of ordinary friendship, this sudden shyness and standoffishness is all the more certainly a sign of the tender passion. The trouble is that it so often leads to misunderstanding. When a woman perceives an inexplicable and sudden change in the manner towards her of a man whom she has known for years; when in place of his accustomed politeness and good fellowship he becomes almost rude, even churlish in his behavior, she is naturally surprised, and if she is upon terms of intimacy with her sisters and cousins she is apt to be wounded or indignant at his apparent dislike for her—a dislike which she has done nothing to merit and cannot account for. However, she need not worry; it is only the pinfeathers of love pricking as they grow. The dawning of affection is not infrequently accompanied by the manifestation of such contrariness as this. Sometimes, even, the man who finds himself smitten, and 'struck all of a heap' as the saying goes, has been positively discourteous to the object of his love, simply because he was for the moment swept from

his balance by the overpowering fear lest his suit might not be acceptable to her. Which is hard on the girl, who must leave it to him to make all the advances. So usual is this diffidence, as a trait of genuine love, that a woman is fairly justifiable in distrusting the sincerity of the admirer who woos her gibly and easily offhand.

"'It is with feelings as with waters;
The shallow murmur, but the deep are dumb.'

"First love, also, is usually more reticent than the attacks which come afterwards. The man who is in the toils, unaccustomed to the symptoms, scarcely understands what is the matter with him, and being at a loss what to do, does nothing, and is in all probability morose and unsociable while doing it. Meanwhile, it occasionally happens that some other fellow, less in love, but with all his wits about him, and his head level above his heart, woos and wins the woman whom No. 1 adores at a distance. For in this world not much is to be had without an effort. Not many things are given unasked."

Let the faint-hearted lover, therefore, gather courage, for with most women, though a lover's humility be an added attraction if understood, it will make shipwreck of all their hopes when carried to extremes. A man of true heart and noble impulses, may well have confidence in himself enough to express his love. It is the manly, and therefore the successful course.

DOMESTIC TASTES.

A man who is fond of home life is more admired by women than one who has no such domestic tastes. So large a proportion of a woman's life and interests is centered in the home, that her husband, to avoid being a disappointment to her, must love and appreciate the home life, also. While business takes him out into the world for a large share of his time, it ought to be the case that neither club life, politics, amusements nor any other interest can have one-tenth the attraction for him possessed by the home delights shared with the life-companion he has chosen.

CONSTANCY.

In all cases a woman wishes to feel assured that she is first in her husband's affections. Money-making, ambition to acquire fame, social popularity, all must be secondary, and forever remain secondary, with him if he would satisfy her. Hence a man's need of care to avoid wounding his bride by apparent decrease of interest as the honeymoon gives place to the work-a-day time when business distracts the mind but need not distract the heart. Remember to give love the first place, then and always; and it will sweeten the toil unspeakably.

To sum up, then, the ideal man, according to a woman's mind, is strong, brave, generous, kind and tender; full of reserve power; has decision of character; is sincere and self-respecting, ardent and eloquent; exalts her far above himself, yet hesitates not too long to express his love; appreciates his home and is true as steel. In other words, he is a *manly* man. Purity of life, with conservation of the sex-force, will tend to the development of such men; reverent study of the creative principle will tend to produce them. As Dr. Hunter says in his "Manhood, Wrecked and Rescued": "There are specimens of manhood whom we cannot pass on the street without admiration; we involuntarily turn around and look at them as they move on with the tread of a giant. There are kings of the stage, the platform, the pulpit, the bar and the senate, who need but to speak and to stand erect, when all eyes are riveted and all hearts are carried away with a sweet captivity. These men inherited noble forms and high intellectual faculties, and have lived in obedience to natural law."

CHAPTER XVII.

WHAT MARRIAGE INVOLVES.

The Hope of the Race—The Foundation of Life—Artistic Weaving of Ideal into Commonplace—Importance of Love Courtesies—No Neglect for the Lonely One—Business Must Not Crowd Out Kisses—Gentle in Criticism; Lavish in Praise—Never Scold or Sneer—Exclude Meddlers or Critics—How One Couple Came to an Understanding—No Striving to Rule—Love's Enthusiasm Supplies Lack of Training—Co-operation of Both in Home Problems—Recreation Preserves Truth—The Italian Senator's Pungent Comments on Married Life—Love Begets Love—The Art of Putting Things—Taming the Male Animal—Establish a Home of Your Own—The Pedestal of Absolute Truthfulness—The Love that Grows—Wise Absences—Purity's Love Preservative—Growing Harmony for Love's Sake—Hope for All.

STRONGEST, most intimate, most enduring in the world is the relation of husband and wife. It is the hope of the race; the source of all other relations, and at the foundations of life itself. More tender than the tie between brother and sister; before even that of parent and child is this holiest of all bonds, completing all that is imcomplete in man or woman, and inciting to a higher moral development.

To the rightly mated, many of the most disappointing experiences of married life will seem as a dream, a something distant and impossible—belonging to less fortunate lives, but not to theirs. Happy indeed are such willing captives of Cupid! Wisdom and Love are safe and gentle guides to the entrance to the new home. Yet on the threshold, as the serious tasks of life are assumed, even the happiest will find problems. To help in their solution let us consider a few of those most frequently arising.

ESTABLISHING THE HOME.

Life and its chief inspiration, love, are made up of the blending of two elements—the spiritual and the physical. The spiritual glori-

fies, while the physical sustains. In establishing family life, the rosy dreams of courtship and the honeymoon must have, not a rude, but a healthy awakening; for such prosaic questions as those of food, shelter and clothing now occupy a prominent part in the thoughts of both, and to keep up the poetry and charm of life under such circumstances will require something of the artist's skill in weaving the beautiful threads of idealism into the commonplace. Yet it can be done, and by remembering to include love-making as an indispensable part of the daily routine of home-making, marriage can be kept from descending to the material plane, even in the midst of homely surroundings and prosaic tasks.

The one thing of first importance in establishing a home, is to include in it the loving courtesies, the thoughtful attentions that mean so much. Especially are these needful to the happiness of the young wife, into whose life marriage has brought a greater change than it usually brings to her husband. A man may have the same business, the same associates, the same scenes during many hours of each day, as before marriage; but the girl who leaves her parents' home must at the best have long, lonely hours, deprived of all the old surroundings and not yet accustomed to the new. The thoughtful husband will consider this, and be careful to avoid even a trifling neglect of kindness to one who is thus struggling with a homesickness no less real because unacknowledged.

THE FORGOTTEN KISS.

Whatever else is forgotten or neglected, therefore, do not let it be this.

"He did not even remember that in parting he had withheld the usual kiss. Thoughts of business had intruded themselves even into his home, and claimed to share the hours sacred to domestic tranquillity. The merchant had risen for the time superior to the husband.

"When Edward met his wife at the falling of twilight it was with a lover's ardor. Not only one kiss was bestowed, but many. In the

warm sunshine of his presence the clouds which had veiled her spirit for hours were scattered into nothingness.

"And yet the memory of that forgotten kiss remained as an unwelcome guest. On the next day, and the next, and every day for a week, the expected kiss was given, yet ever and ever, in her hours of loneliness, would thought go wandering back to the hour when her husband left her without this token of his love, and trouble the crystal waters of her soul."

POLISHING ROUGH DIAMONDS.

Habits of order, neatness, industry and economy are desirable in one who is to help establish the new home. It is well to appreciate such traits at their full value, while remembering that Love is a wonderful teacher, and that in one otherwise suitable, such habits may be cultivated after marriage. One cannot reasonably expect to find many diamonds without a flaw. The young wife's over-critical husband may possibly even be an *uncut* diamond himself, and until the roughnesses are all polished away in one's own nature, it is well to be gentle in criticism of others, content with a general suitability and the great essentials. The molding power of a true marriage will accomplish much, in the smoothing away of minor defects; and that, too, without even pointing them out.

BETTER PRAISE THAN BLAME.

The unpardonable offense of a blow to vanity—a sneer at defects, personal or mental, has created wider havoc amongst the domesticities of life than even ill usage. A woman is too often fed on flatteries by the lover to readily pardon the blunt truths of the husband. She cannot understand that having once been perfect in his eyes, she should ever cease to possess perfection. His one unpardonable sin is committed when he points out her defects instead of magnifying her good qualities. Habitual scolding or fault-finding on the part of either husband or wife is fatal to the growth, or even the preservation, of love. Prof. Fowler does not state the case too strongly when he calls

the scolding mate "a fool." The habit is destructive of all that is most precious, and should be guarded against as if it were a pestilence. Each should be, if not perfect in the other's eyes, at least on the road to perfection. This, with every sincere, aspiring soul, is literally true, and it is the part of conjugal sympathy and discernment to see it. When the failings appear, the less they are noticed the better, and no thanks are due to any outside critic who searches them out and proclaims them.

The same caution against meddlers in the honeymoon, applies all through life. Persons who would sow seeds of discord or introduce even the faintest shadow of discontent in the sacred precincts of home, should be avoided. Even the zealous, well-meaning missionary or reformer is no exception; for, as a rule, such fail to recognize that marriage itself, in its perfection, is the highest and holiest of life's missions, chosen by a wise Creator as the most powerful of all means of reforming the race. One who would say a word to make a wife dissatisfied with her husband's religious, political or other views, is far from being a true friend, and should be gently, but decidedly excluded from further intimate acquaintance, as long as such a tendency remains.

While the soft answer will usually turn away wrath, yet there are exceptional times when a mistaken line of thought and conduct can be better changed by being first shown as in a mirror. A young husband was so annoyed by the lack of order displayed by his girl-wife, whom he loved dearly, that he spoke with unconscious and almost brutal sharpness, entirely out of proportion to the offence, concluding with, "The fact is, I am a little disappointed in you!" Then, amazed at the burst of grief which followed, he added, "Bessie, I thought you a reasonable woman, but all this is very unreasonable." But the little wife, for all her sensitiveness, had some spirit, and common sense as well. Her tears ceased to flow, and she made answer, "And I thought you a kind and reasonable man!"

A little startled by this unlooked-for response, the husband asked,

"In what respect, pray, have I shown myself lacking in kindness and reason?"

"In making the position of a few books on a library shelf of more importance than a kind and gentle demeanor towards your wife, who has no thought or wish but to please you!"

And he was logical enough to see the matter thus presented to his reason in its true light, brave enough to acknowledge it; and both were helped by the better understanding that followed. Disorder and impatience were alike banished from that household; not all at once, but by successive attempts, as each tried to please the other. A man will understand reasoning, when he will not understand tears or moody silence.

It is not often, however, that the "clearing up showers" will need to intrude themselves. The fewer such encounters, the better as a rule; and as the years pass, a perfect mutual understanding will prevent them from occurring at all.

THERE MUST BE NO STRUGGLE FOR MASTERY.

In a true marriage, there should be no thought of ruling or being ruled, yet it is not unusual to hear one woman say to another, "Oh! you spoil your husband! I wouldn't let mine do such a thing!" Such a remark is a sufficient guarantee of that household. It is eloquent of henpecking, squabbles, disagreements, and—most vital of all—the struggle for mastery which too often embitters home life and estranges hearts that once vowed love, honor and truth to each other. There are many men who are spoiled as husbands by the mere fact of being tied down to discipline and bondage.

THE HOUSEKEEPING PROBLEM.

It is often necessary for a young wife to learn all the mysteries of housekeeping after marriage. This is not the ideal condition of affairs, but the problem can be bravely met. Concentrating the mind on the work in hand, whatever it may be, makes of that work a delight as well as a piece of fine art. That is why some girls who have shown

little inclination towards housework learn with surprising quickness when once in a home of their own. It is the enthusiasm born of love; but how much better to have the knowledge as part of the education, thus avoiding the many absurd mistakes which are inevitable to the novice, however well-meaning. The time is surely coming when a girl who knows nothing of practical housekeeping will be considered as deficient in education as if she were unable to read and write.

The woman of power and of practical resources will need to know something of household hygiene; of food values, the care of sleeping apartments, ventilation, heating, drains and the proper disposal of garbage. She should no more be expected to perform all the complex duties of the household without assistance than a man would be expected to carry on his own entire business without hiring help. Each should know something of the daily interests and duties of the other. Many a truly-loved wife has been sacrificed because neither she nor her husband realized that the strength of one is not sufficient to perform the work of two or three, including the work which requires the most vitality of all, the bearing of children. With suitable help, and a husband's appreciation, a wife will take delight in "looking well to the ways of her household," however inexperienced she may be to begin with.

A MAN'S BEST BUSINESS POLICY.

A wife should have some insight into her husband's business; enough to enable her to bring her fine intuitional powers to his aid in advising on delicate points, and also to avoid mistakes in her own field of managing the household expenses. No woman can economize or plan wisely until she knows her husband's income, and the best thing he can do in all cases is to take her into his confidence and initiate her, in a degree, into the mysteries of how that income is produced. Both are equal partners; he furnishing the source of supply for the household needs, she caring for, arranging and preparing the necessary materials. Neither should be wholly ignorant of the duties of the other.

DIVERSIONS.

Both husband and wife must pay due attention to health, and to do this, recreation is essential. Indeed, it is a duty as imperative as any other. Overwork is the poorest sort of economy. That woman is wise who keeps herself young and bright by a quiet period of relaxation once or twice during each day, even if for no more than twenty minutes; and that husband is wise who insists upon her doing it. It is so easy for women to drift into the habit of letting every moment be filled with cares, that even affectionate husbands are sometimes unobserving and in time grow seemingly indifferent to the exhausted conditions resulting, until sickness forces them on the attention. Further, it is well not only to provide for these "breathing spells" of perfect rest, but for occasional diversions in the form of rides, walks, music and social gatherings. If fond of dancing before marriage, by all means include that in the recreations afterwards; and let change of scene for a few weeks each year be a regular custom. It is a significant fact that

MORE FARMERS' WIVES GO INSANE

every year than any other class of women. The reason is obvious. No other class of women lead equally monotonous lives. Remember, change is Nature's law. It is of vital importance, and especially to women, and a loving husband who realizes this truth will seldom let a week pass without planning for his wife some little outside treat, or evening diversion if she is too absorbed in household cares to think of them herself. In fact, it is his thought for her pleasure that will render it infinitely the sweeter and more health-increasing. He will be amply repaid, even from a selfish point of view.

ADVICE OF AN ITALIAN SPECIALIST.

Paolo Mantegazza, a life member of the Italian senate, is called the world's greatest authority on love and marriage. For fifty years he has studied the subject, and is author of a score of books which

resulted in his appointment to the senate by King Victor Emmanuel. In a letter of advice which he wrote for his youngest daughter upon her marriage, are some interesting and excellent ideas, well worthy of my readers' attention. I give a liberal selection:

"BLAME SELDOM UNDIVIDED."

"It is seldom that, in an unhappy marriage, the blame is entirely upon the husband or entirely upon the wife. In the majority of cases the fault lies with both. In some cases it is so evenly divided that each is able to look the other in the face, and say: 'It's your fault.' Commence then, my daughter, by bringing to this great partnership of happiness all the capital which you ought to contribute to it. You should consider your husband as a part of yourself and care for him as carefully as you do for your own face or hands. You care for your person according to established rules of hygiene. You ought to care for the other half of yourself, which is your husband, according to the rules of a wise domestic diplomacy.

"Don't be shocked at the apparent brutality of these words. Although in the world of politics diplomacy means the art of being mutually deceived, in marital matters this term signifies merely the science of handling the other half of one's self with courteous gentleness, with unfailing love, and with a deep knowledge of the human heart. It is inspired by one of the truest sayings of the New Testament: 'Thou shalt love thy neighbor as thyself.' To a young wife I would say: 'Thou shalt love thy husband better than thyself.' Unless you have married a man unworthy of the name, an icy-hearted egoist or a self-indulgent brute, he will love you more and more in proportion as your love for him increases. Dante says that Cupid decrees that no one shall be loved who does not love in return, and this is almost an inspired saying, because it applies to all the affairs of the heart. And no matter how great changes there shall be in the laws and customs of mankind, love will surely beget love as long as the world turns round.

"AVOID PERPETUAL CONTRADICTION."

"In all conflicts of tastes or ideas in the government of the household, you should always yield to your husband in the matters of detail, in order to be able to insist sometimes when an important subject is under discussion. Perpetual contradiction, even if it is generally reasonable and right, is a rust which corrodes love and eventually destroys it. If you wish to have your way in questions which concern your own dignity or the education of your children, you should practice self-repression and subordinate your own desires in unimportant matters like the cooking or your relations with indifferent acquaintances. Whenever you have a wish—and you have the right to have them just as much as your husband—try to support it by some good reason and not by a mere quibble or caprice. And whenever you express a wish, try to put it in the most interrogatory and conditional terms, such as: 'Don't you think it might be a good thing?' or 'Wouldn't it seem wise to you?' That's diplomacy and wisdom; it may look like cheap politics, but it's also virtue. In the most difficult domestic crises, when you want to convince your husband that he ought to do something which he doesn't want to do, but which is nevertheless right, you should craftily soften your words and present your case in such a manner as to make him think that he himself is really eager to do the thing you are suggesting.

"I know one husband who is always boasting that he has a wife who agrees with him in everything and contradicts him in nothing, not even in the most insignificant matters. Of course it is really the wife who has her own way in everything and imposes her own will upon him, and, luckily for all concerned, she seems only to wish for good and reasonable things. But she has erased from her vocabulary the verbs 'I want' and 'I command'; they seemed to her useless and dangerous words. In reality the women who have these two verbs always upon their tongues never succeed in ordering or commanding anybody, and have to resign themselves to a real matrimonial servitude which is most humiliating. The male animal is a ferocious wild

beast that may easily be tamed by caresses and soft words. But he rebels and shows his teeth against those who scold or abuse him; like the lion, he can be more easily influenced by sweetmeats than by blows.

"PROBLEM OF THE MOTHER-IN-LAW."

"I know that you adore your mother, my daughter, and she is certainly a saint who lives only for her husband and her children; but when you take a husband you must see to it that you have a separate home with him. I hope that you may be able to build your new nest near the one in which you were born, but whatever you do, don't live in the same house with your parents-in-law, and don't install yourself in your mother's home. Your fiance at this time, when his whole heart is filled with the sweetest and most unselfish affection, will be sure to propose that you spare yourself the pain of being separated from your relatives. Be sure to refuse this offer, the acceptance of which he would be the first to regret. It is not without some excuse that proverb-makers, comic writers and playwrights have always chosen as the butts for their satire and ridicule the father-in-law and the mother-in-law. These jests are the kernels of the nuts of experience. And when one measures them by the probabilities of life, they become more true. The motives for discord are too numerous, the jealousies of contrast, the clashes of influence, the hatreds between son-in-law and mother-in-law are too frequent to permit peace to remain in such a divided household. Never put your husband to the sad necessity of offending your mother and thus offending yourself. Love the old people from a distance instead of hating them because of too close association. Be gracious, my daughter, in all your dealings with your relatives-in-law, and take care not to shock their incipient affection for you by some overgreat display of feeling for them. It is better to hold some store of tenderness in reserve.

"TRUTH IS THE BEST POLICY."

"And now, my daughter, you must not get angry at the next thing I have to say to you. Never tell your husband the least, smallest

suspicion of a falsehood. I know that you are honest and incapable of a lie, but your marriage will so complicate your relations with people and things that some fine day you are likely to find yourself facing this dilemma: either to tell an untruth or to cause pain to the man you love. Most women in this alternative, I should say about eighty per cent of them, would choose the lie as the best way out. And they will often tell it in the most unimportant crises, to escape being criticised, or being compelled to justify their actions, or even to avoid any long and tiresome explanations. Alexander cut the Gordian knot with a blow of his sword, and this solution of a problem has been famous in history ever since. Women every day cut the knots which form between their hands in the tangled threads of life by means of that little sword which they always carry with them and which is called a lie.

"Never tell an untruth to your husband! Whatever may be the dilemma which confronts you, whatever may be the knot which forms itself in your hand, never cut it by means of a lie. You will thus preserve your own self-respect, and your husband will place you upon an altar-like pedestal. A man may be proud of having a young and beautiful wife, of hearing her praised by all for her culture and wit, but nothing will flatter him more than to be able to say: 'My wife does not know how to say what isn't so.' In this hypocritical age in which we live, where lying envelops us from head to foot, and leaves its slimy trail everywhere like a snail, to know one spot where falsehood has not penetrated and whither it is possible to flee as to a sacred refuge is such an uplifting and noble joy that it makes every function of life seem brighter. There should be for every man in this desert of deceit one oasis where the grass is always green, where the foliage conceals no vipers, where the rosebushes are without thorns, where the bees have no sting, where the skies are always cloudless; and that oasis should be the soul of his wife. Thither we should be able to flee, confident and serene, to hear a 'yes' that always means 'yes' and a 'no' which is always 'no.'

"ONE LIE BREEDS DISTRUST."

"If women only appreciated the value of truthfulness and sincerity, they would unquestionably abandon even the whitest of white fibbing. Women lie often and lie well, but no art has been invented which will prevent them from making an occasional mistake. Now, one lie discovered will make you lose the fruits of a thousand more successful falsehoods. From the day of discovery all serenity will become useless, every affirmation will leave some doubt; after each 'yes' or each 'no' your husband will put a question mark. You have lost your sanctity, you have profaned the temple in which he has placed you. You bring to your husband a veritable crown of flowers, your youth, your beauty, your accomplishments, and, sad to say, all these flowers must fade. But if among these blossoms you have intertwined absolute sincerity, it will remain fresh and unwithered till the last breath of life, and your husband will be able to hold his head high in the presence of every one each time that he cries, 'She has said it,' meaning that its truth is therefore indisputable. Believe me that his eyes will moisten with tenderness when he adds by way of confirmation of this statement: 'My wife has never told me a falsehood.'

"Your husband will swear eternal love and you will swear eternal love. Eternity belongs only to God, but it is constantly upon the lips of lovers. I am willing to agree that your love will die only with yourself, and that your husband's affection will end only with his life. But, for there is a but, how about the growth part of it? Will your mutual passion keep on expanding, as you think, or will it have interruptions and seasons when it does not advance? Gautier has said that, 'In love, as in poetry, to stand still is to go backwards,' and although this saying is not entirely true, there is in it a great deal of truth. You should see to it, therefore, that from time to time, your husband for one reason or another, either because of his health or his business, should go away and leave you alone. Don't follow him about everywhere at all times, and don't make a boast of having never passed a day without him. I believe that you will suffer because of his ab-

sence, and that he himself will share your pain, but this will be two sorrows which will pave the way for one great joy. After a long fast all food tastes delicious, after a protracted thirst any drink is exquisite. It is necessary that you should occasionally deprive your husband of yourself in order that he may the better appreciate you.

"This is the means of maintaining love at the required point of delicious tension. I, who adore your mother and shall adore her until I die, have made a habit since the first year of our marriage of going away from her now and then for a trip of a week or ten days, and up to the present day I have carefully kept up the custom. After each absence I find a new honeymoon, and even to-day I believe that our happiness is still in the period of growth.

"BEST WAY TO PRESERVE LOVE."

"I remember once being present at a conversation between a number of witty people. There were pretty women and some wise old men in the circle and the talk turned upon the best methods of keeping love from fading away. A professor of psychology raised an uproar by advancing the theory that love could be preserved much as the botanists of Germany and Norway preserve flowers in all their original freshness. Jealousy, mutual trust, and other matrimonial attributes were suggested as the best preservatives, when an old man who had not said a word, and who had contented himself with listening to this discussion with a Voltaire-like smile, an old man who was not a professor of psychology, but who had long studied both men and women with great and wise charity, said:

" 'Will you permit me to give my opinion in this matter? If I am not mistaken I have lived longer than any one of you, and I have seen more men and women than any of you. In my judgment the best preservative for love, beautiful ladies and honored gentlemen, is—is—'

" 'Is what?'

" 'Is purity.'

"All his hearers were silent, some with surprise, some because they did not understand.

"But nevertheless, my daughter, that old gentleman was right, and I think the older you grow and the longer you live the more inclined you will be to agree with him."

THE SECRET OF DELIGHT.

In his concluding words, Dr. Mantegazza has struck the key-note. Purity is the best of all preservatives of love. And the way to keep the life pure and the love strong is to keep the spiritual, not the physical, uppermost in the thoughts. Remember, sex is of the mind and soul. Its animal aspect is only its shadow, not its substance. There is a way which will be plainly shown, of so controlling the passions as to purify the affections and increase life's delights, even on the physical plane; while the results of such a union are those priceless blessings—perfect, abounding health, superior offspring, and a harmony of life to which nothing can be compared.

Alas! that such companionship should be so rare! That married life is too often a spoiled—patched—or harmful state and condition, instead of an evidence of a happy union. That love so seldom mates with comprehension of itself, of its infinite possibilities, desires and exactions. That even genius of high order has left records of miserable husbands—and misunderstood wives. And this because tact and sympathy and comprehension have been lacking in either nature; for apart even from love and devotion these qualities are of inestimable value. If they were joined to the love or devotion, the married state would become something at once unspoilable and unspoilt!

If these words come before one who is conscious of having made a sad mistake in choosing, let them not cast you down completely. If there be a living love on both sides, there may yet be great peace and happiness for you. If you will turn to the chapter on "The Gift of Motherhood," and observe how parents are instructed and helped to modify even their strongest characteristics for the sake of their mutual

love for the coming one, you will, I am sure, be prompted to do the like for your sacred, tender love for each other. And in so doing, the one right step helps the other; so that in seeking the new harmony for love's sake, the foundation will be laid for fulfilling the supreme trust, the greatest of all duties and privileges involved in the marriage relation—that of parenthood.

CHAPTER XVIII.

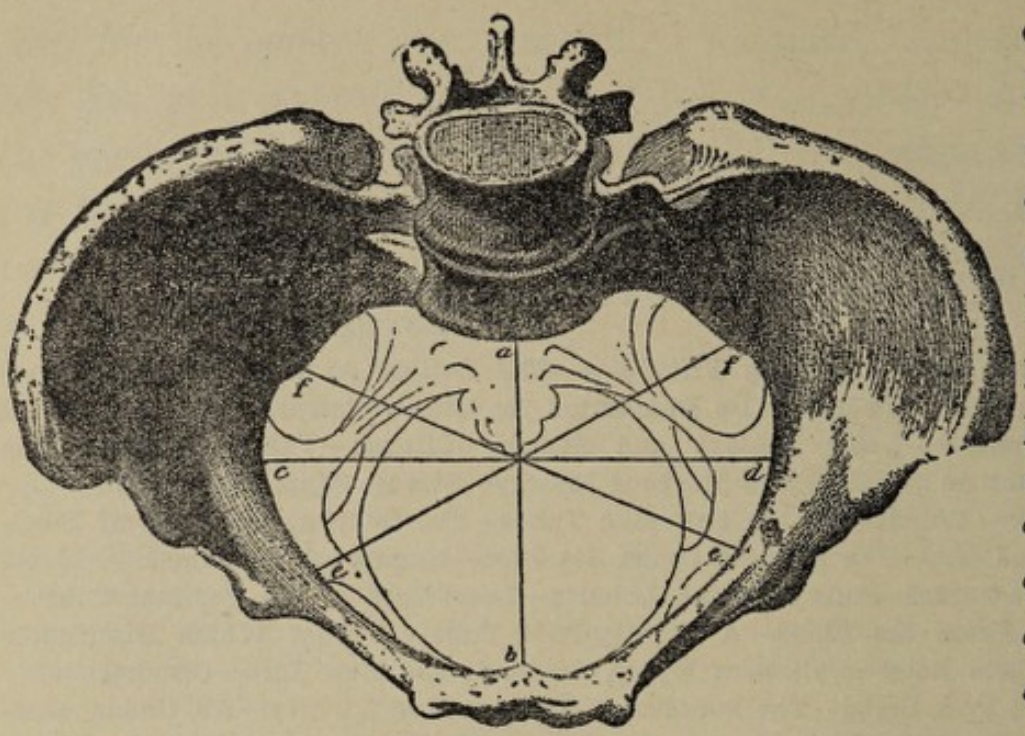
THE REPRODUCTIVE ORGANS.

A Reverent Study of Life—Unfolding Principles—The Double Arch of Destiny—Great Strength of Pelvic Framework—Wise Precaution for Girls—Woman's Organs Internal—The Mons Veneris—Labia Majora and Minora—Clitoris—Vagina—Hymen—The Uterus—The Point of Physical and Nervous Energy—Strong Supporting Ligaments—The Waving Cilia—Wonders of the Fallopian Tubes—The Ovaries, the Basis of Femininity—The Life-Germ—The Ripened Ovum Set Free—Glands of Nourishment—Home of the Male Life-Germs—Four Hundred Lobules—Lace-Work of the Seminal Tubes—Life and Force From the Blood—A Twenty-Foot Tube—A Duct Which Distributes Vigor to the Whole Body—Cylinders Which Transmit the New Life—Circumcision—The Freshest and Best Blood—The Sources of Strength and Virility—All Under Absolute Control of the Will—Man Not at the Mercy of His Passions—Remedy Where Passions Exceed Will—A Splendidly Developed and Preserved Virility.

WONDERFUL indeed in structure are those portions of the human body designed to reproduce life. The tree, the rose, are full of marvelous beauty as we examine their life-unfolding principles; how much more, then, the mysteries of that life which is the material expression of a human soul. Reverently keeping this thought in mind, knowing the soul to be of divine origin and its outward form a fitting temple, to be welcomed, guarded and cared for as a trust from the Most High, we will proceed to a study of the truths teaching us how we can best fulfil that trust.

THE PELVIS.

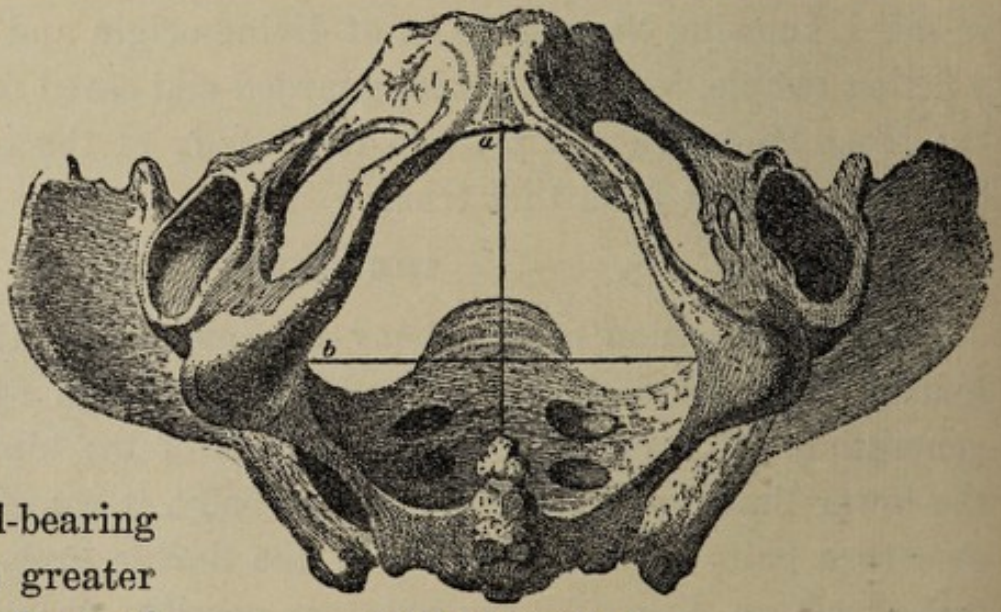
In the formation of this bony framework lies the destiny of the human race; for it is the arched case in which rest the organs of generation. Formed by the broad bones of the hips, and connecting the lower limbs with the trunk of the body, it constitutes a basin-like structure built on the principle of the double arch. In architecture this structure possesses the greatest possible firmness in proportion to the material used; hence the pelvis peculiarly combines the qualities



FEMALE PELVIS.

The Brim, or Upper Portion.
Lighter lines show the projection of adjoining processes.

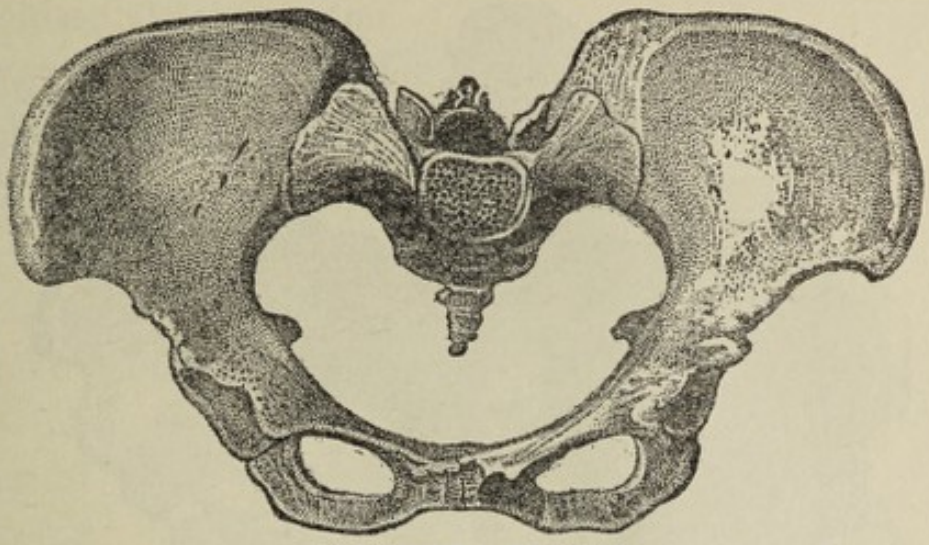
of strength and lightness. For convenience in explaining, physiologists usually treat the upper and lower portions separately, as the "Brim," or "False," and "Outlet," or "True," pelvis. Its brim is somewhat oval; the breadth of the bones at the posterior affording support for the weight that must rest upon them, and the lower portions supporting the body when it is in a sitting posture. The pelvic cavity is deep behind, but grows gradually shallower in front. The walls of the pelvis are composed of three large, irregularly shaped bones, joined at the base by a wedge-shaped piece known as the os sacrum. Upon this latter rests the spinal column. As child-bearing produces a much greater strain upon the floor of the female pelvis than is



FEMALE PELVIS.

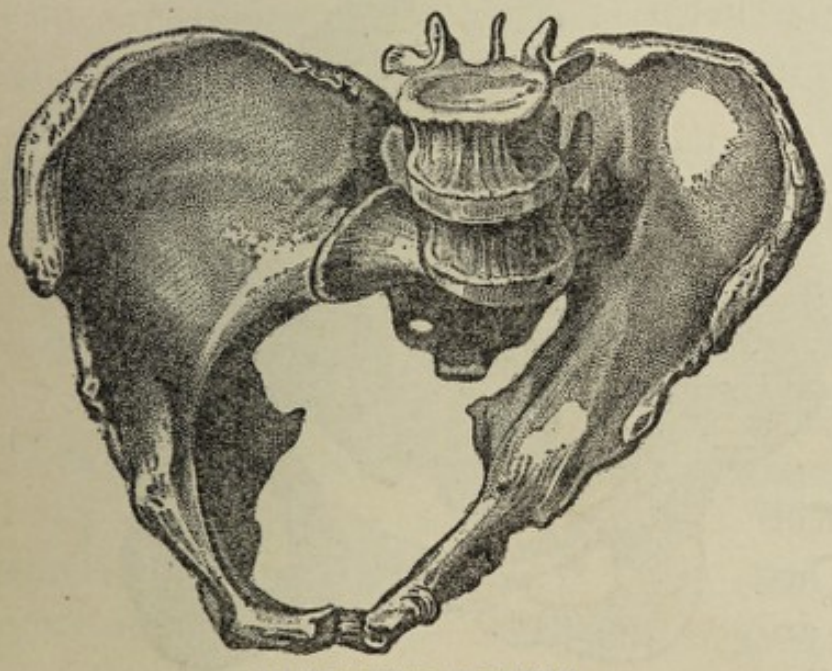
The Outlet or Lower Portion.

exerted upon that of the male, the female os sacrum is flatter and broader than that of man. The large bones of the female pelvis are also far more convex than those of the male. The male pelvis is deep in proportion to its width; the female pelvis, the reverse, and is more capacious than that of man. In the female pelvis its outlet is also more regularly oval, so that there may be less difficulty in the passage of the babe into the outer world. The position of the pelvis in regard to the trunk of the body is oblique, thus affording a better support to the viscera and the uterus during the last stages of pregnancy. Were it not so, the uterus, during pregnancy, would gravitate low into the pelvis and press injuriously on the viscera, while in the early stages it might even protrude externally. The fact that the pelvic bones of the female are more loosely set than those of the male suggests another wise provision of nature. They do not separate in childbirth, as was once thought, but they are slow of growth, and in the case of the girl are



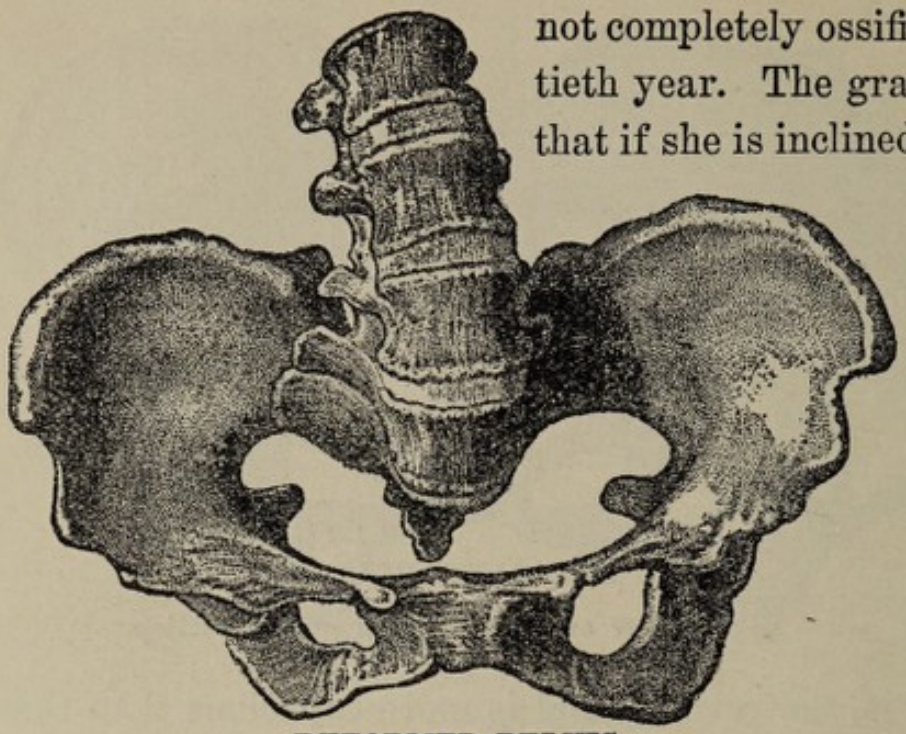
DEFORMED PELVIS.

Might allow of delivery with great exertion.



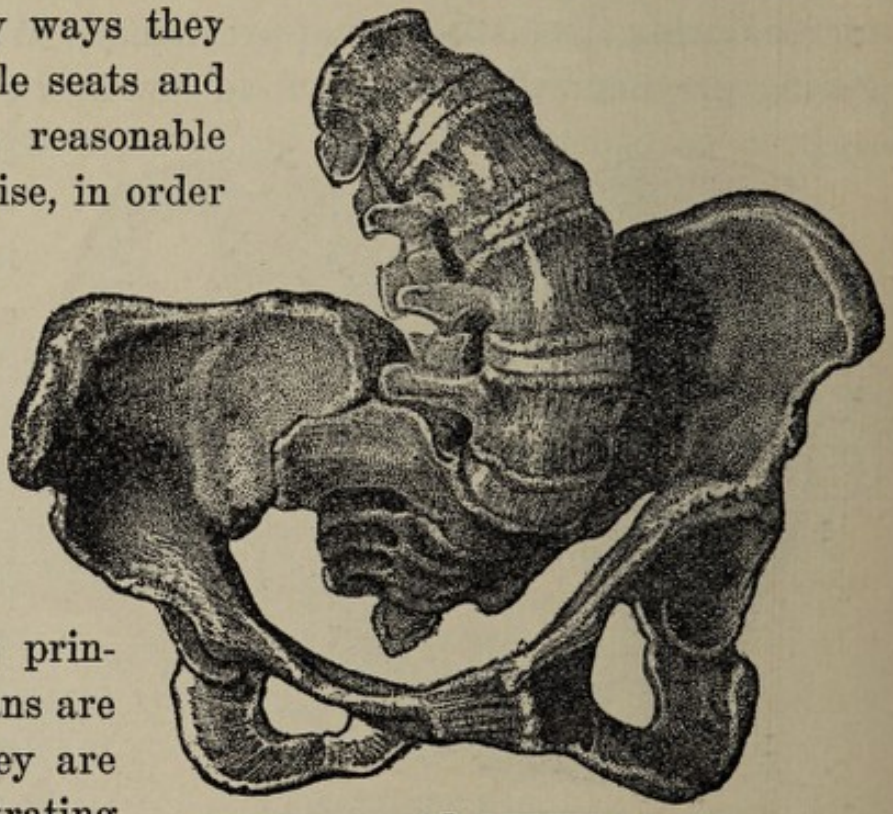
DEFORMED PELVIS.

A rare formation, resulting from disease.



DEFORMED PELVIS.
Delivery possible only by abdominal incision.

not completely ossified until near her twentieth year. The grave danger therefore is that if she is inclined to inactivity, or if her occupation or education forces her to sit too much on hard surfaces, the undeveloped and unossified pelvic bones will be forced out of place and so distorted as to incapacitate her for life to properly perform the functions for which the normal pelvis is so admirably adapted. Parents of girls especially should therefore see to it that if it is necessary for their daughters to be employed in sedentary ways they should have comfortable seats and be forced to take a reasonable amount of active exercise, in order that a continuous strain upon the pelvic bones in one direction may not disturb its normal shape.

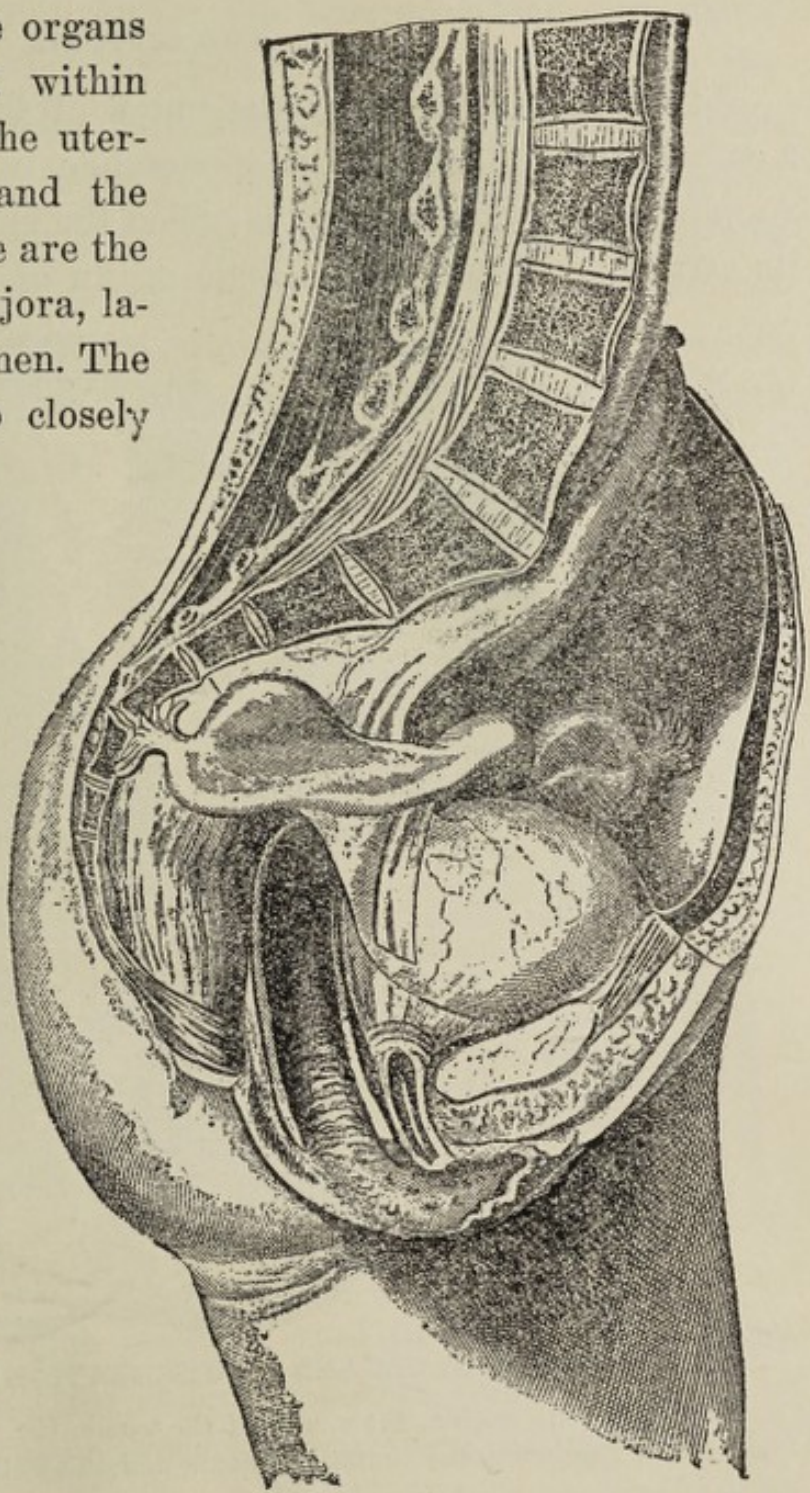


DEFORMED PELVIS.
Instrumental delivery possible.

FEMALE ORGANS OF GENERATION.

While in man the principal reproductive organs are external, in woman they are internal; again illustrating Nature's plan of the one sex

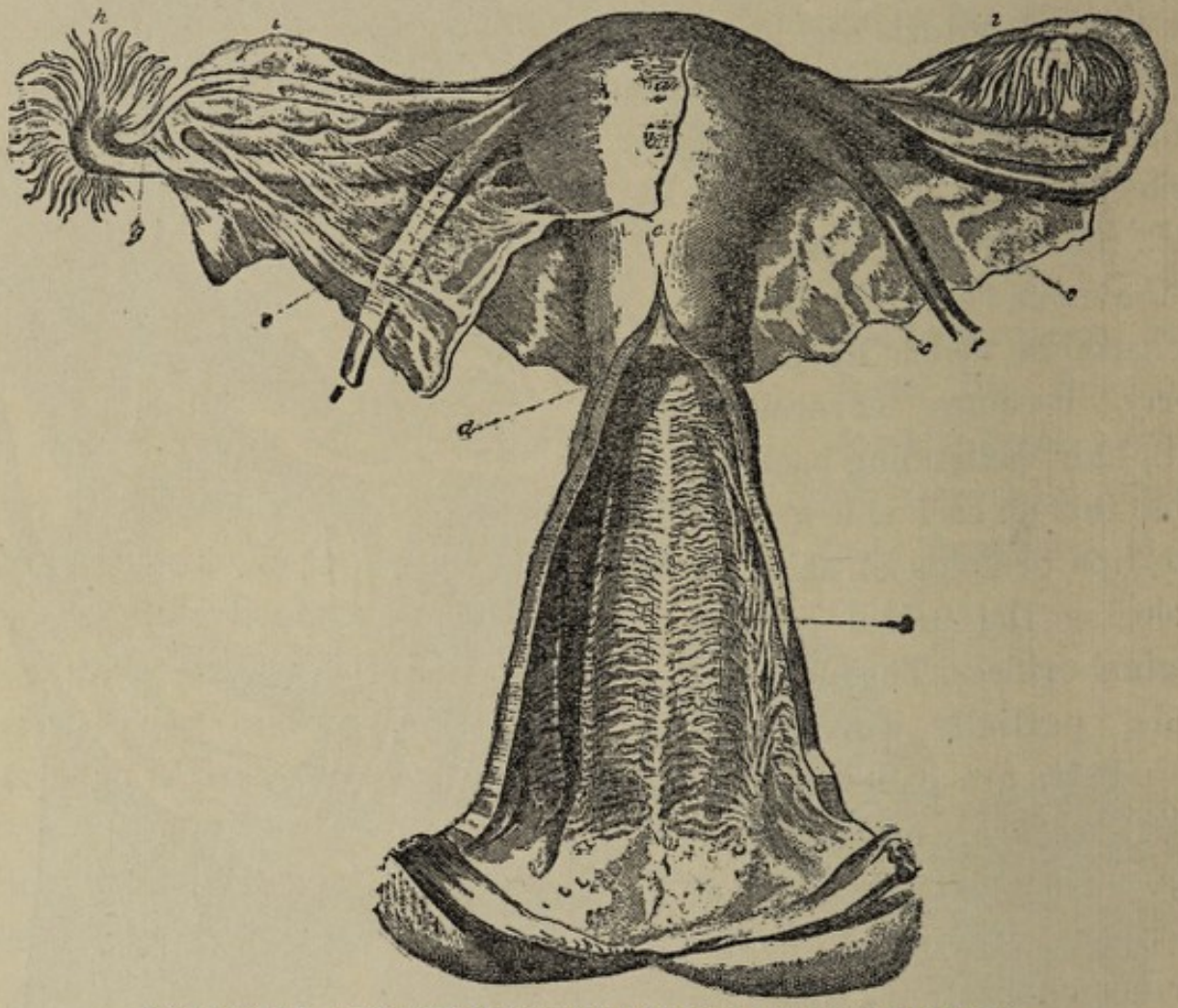
completing the other. The organs of woman thus protected within the body are the vagina, the uterus, the Fallopian tubes and the ovaries. Accessory to these are the mons veneris, the labia majora, labia minora, clitoris and hymen. The mammary glands are also closely related to the organs of generation. Beginning with the external, in front is the mons veneris, a fatty cushion which at puberty becomes covered with hair. Extending back from this on each side are two lips or folds of skin, inclosing the urinal and vaginal orifices. The outer folds, partially covered with hair, are called the labia majora, or large lips. They extend from the mons veneris to the perineum, that part lying between the rectum and the vagina. The inner folds, called the labia minora, or small lips, are similar in construction to the outer ones, but are covered with a pink mucous membrane. They are sometimes elongated, particularly in women who have borne many children; while in the virgin the labia majora are more prominent.



LATERAL SECTION OF THE FEMALE PELVIS, WITH ITS CONTENTS.

THE CLITORIS.

At the arch formed by the union of the labia minora in front, is a small fold of membrane, sponge-like in substance, and plentifully supplied with nerves. This is called the clitoris, and in many respects its structure resembles the male organ of copulation. The clitoris is

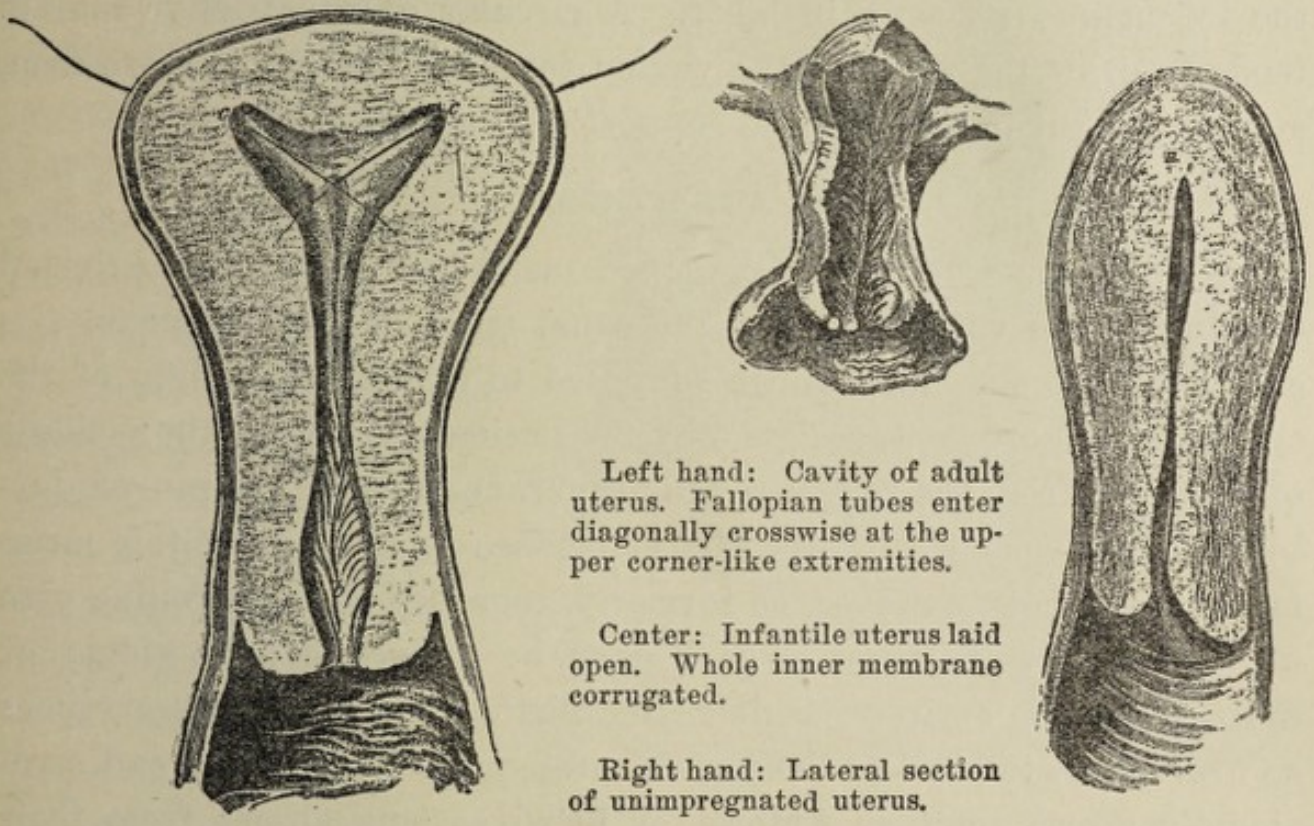


INTERNAL ORGANS OF GENERATION IN THE FEMALE.

Showing the vagina, the mouth of the womb, the neck of the womb and its body, the broad ligaments, the round ligaments and the Fallopian tubes.

usually about one-fourth of an inch long, but sometimes becomes greatly enlarged so as to be an inch or more in length. It is the seat of special sensation, and becomes enlarged and hardened when the passions are excited. In the disease Nymphomania, this organ is associated with the labia minora, and both become so abnormally sensitive that the slightest friction, even the contact of the clothing, or the least

sexual suggestion, is enough to excite the passion which can either uplift or ruin, according to whether it is or is not controlled by the mind. When this undue desire for intercourse exists, a reputable physician should be consulted, as its effects are most serious on health and morals alike. While immorality may not at first exist, a yielding to such abnormal desires would cause it. By the practice of unnatural vice the clitoris sometimes becomes enlarged to the length of several inches. Especially is this true in the gratification of sexual instinct



Left hand: Cavity of adult uterus. Fallopian tubes enter diagonally crosswise at the upper corner-like extremities.

Center: Infantile uterus laid open. Whole inner membrane corrugated.

Right hand: Lateral section of unimpregnated uterus.

between depraved women, which practice, said to have been common in the isle of Lesbos, is from this called "Lesbian Love."

About an inch back from the clitoris is the urethra, or passage from the bladder for the discharge of urine; and immediately back of this is the vulva, or opening to the vagina, which is the entrance to the internal generative organs.

THE VAGINA.

This is a narrow canal, from three to five inches in length, leading to the womb. It is narrowest at the middle, widening towards the

ends; and passes upward and backward in a curved direction, the curve rendering it longer on the posterior than on the anterior side. It has thick, elastic walls, capable of dilating and contracting to a considerable extent. It is lined with a mucous membrane, arranged in many folds, or wrinkles, which grow fewer and gradually almost disappear after copulation and child-bearing. The offices of the vagina are to receive the intromittent male organ, and convey the semen to the uterus; also to afford a passage for the menstrual flow, and transmit the infant and placenta in labor. A circular or constrictive muscle tends to draw the walls of the vagina together, making it more firm, and enabling it to assist in the support of the uterus.

THE HYMEN.

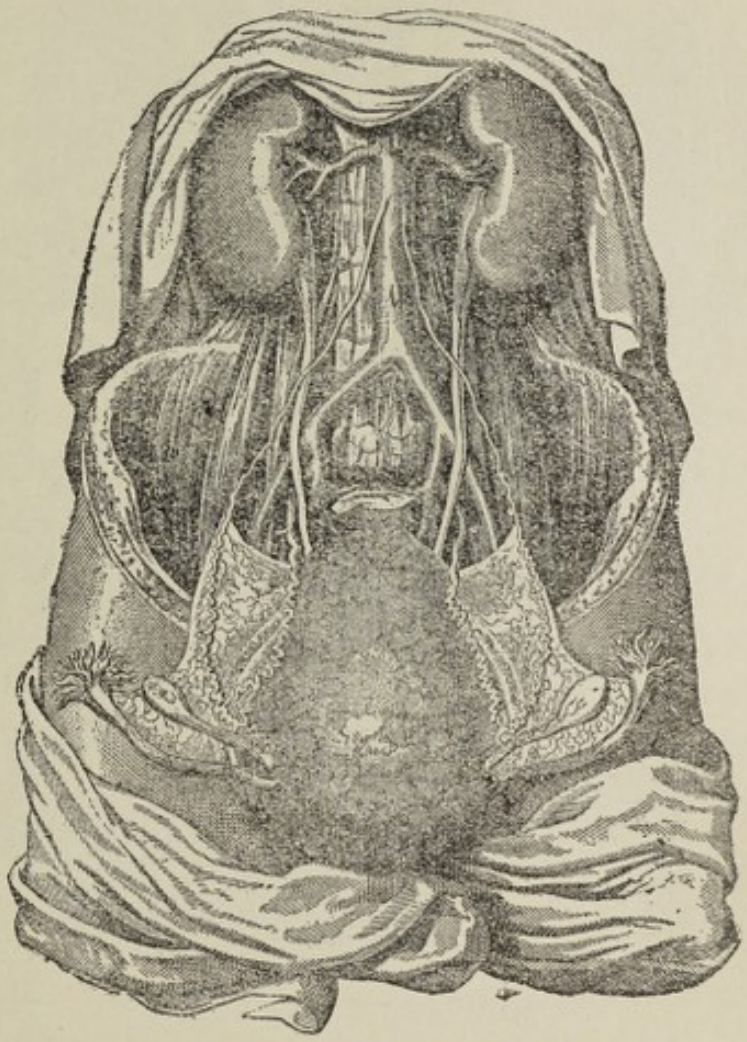
A thin, somewhat crescent-shaped membrane near the external opening of the vagina, closing the canal more or less completely, is called the hymen. Its form is supposed to explain the origin of the symbol of the crescent, assigned by the ancients to Diana, the goddess of chastity; from the fact that the membrane is usually ruptured during the first sexual congress. The presence or absence of this membrane is not now, however, as formerly, regarded as an unfailing sign of virginity or its reverse, as it may be destroyed by accident or disease, may be entirely lacking from birth, or again, it is sometimes so firm as not to yield at the first or subsequent connections, and occasionally grows again in widows, or in wives long absent from their husbands. Normally, the hymen has a small aperture in the center, but sometimes this perforation is lacking, and the result is that the vaginal canal is entirely closed, causing great suffering at the time of the first menstrual period. When this is the case a perforation must be made before relief is obtained.

THE UTERUS.

In its virgin state, the uterus, or womb, under the influence of the ovaries, constitutes the pivot around which play all the physical and nervous energies of the female organism, and its functional per-

fection exercises a powerfully controlling influence upon the physical health and social and moral happiness.

The generative organs constitute the grand center of female economy. All the organisms and functions of the woman are more or less in sympathy with these, and from the full, healthy and harmonious development of the sexual system come the ruddy cheek, the elastic step, the buoyant, womanly spirit, and that constancy and affection which so pre-eminently characterize, beautify and ennoble the female sex. Formerly the uterus was thought to be the most important of the reproductive organs, but it is now known to be but the later receptacle for the egg, or ovum, which is first produced in the ovaries and conveyed by the Fallopian tubes into the uterus, where, if conception takes place, it remains and develops into a new being; otherwise, after a short stay, it passes off. The uterus is between the bladder and the rectum, above and continuous with the vagina, and is supported partly by eight strong ligaments, and partly by the tension of the vaginal muscles beneath it, which serve as pillars. In form, the uterus is much like a flattened

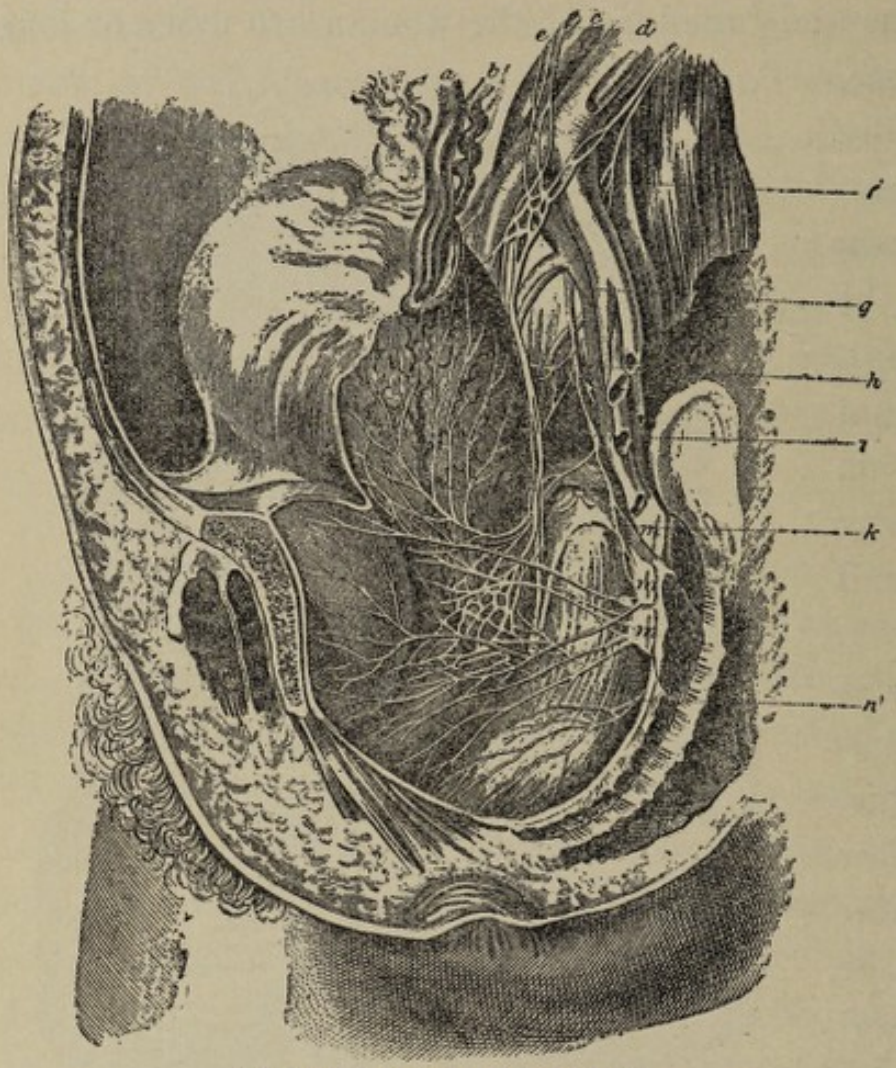


ARTERIES OF THE UTERUS.

The uterus is about the relative size found six days after labor. It is represented turned forward, exhibiting its posterior face.

Besides the principal arteries the cut shows the kidneys, the aorta, the ovaries and the Fallopian tubes.

pear, with the broad part upward. It is from two and a half to three inches in length; nearly two in breadth at the top, and an inch or less at the cervix or neck, which is the lower part. In thickness, also, it is about one inch. Its internal cavity is very small compared with the size of the organ; this is owing to the extreme thickness of its muscular walls, so built as to accommodate the growing size of the fetus. This cavity in the upper part, or body of the womb, is triangular, with the Fallopian tubes opening from its upper angles. In the lower part, or neck of the womb, the cavity becomes more long than broad, swelling somewhat at the middle, and terminating by what is called the os uteri, or mouth of the womb, opening into the vagina. The two principal ligaments holding the womb in place are of round, muscular fibrous tissue, arranged in bundles about five inches long, attached to the pubic or front bone. Two other ligaments are broad sheets of strong membrane passing



NERVES OF THE UTERUS.

a, spermatic vein; b, spermatic artery; d, aorta; e, e, nerves; f, g, fourth and fifth lumbar ganglia; h, i, k, first, second and third sacral; m, m, m, the lumbar and sacral nerves cut which are to form the great sciatic; n, branch.

A plexus of nervous filaments is seen where e, e join, called the superior hypogastric, or common uterine plexus.

The inferior hypogastric is an extensive plexus visible at the side of the vagina rather above the center. This supplies the upper part of the vagina and the lower portion of the uterus.

from the top of the womb to the sides of the pelvis. Of the other four, two ligaments connect the womb with the bladder in front, and two with the rectum behind.

At birth and throughout childhood the neck of the womb is larger than the body, the proportions being reversed with the advent of puberty, and attaining those of maturity, in temperate regions, at about the twentieth year. The fetal uterus is in the abdomen; the mature virgin womb has descended to the pelvis.

These changes in form and in position are in evident preparation to perfect that organ for the development of the human organism before birth into the outer world. The substance of the uterus is muscular, and in its contractions is capable of exerting great force. The expansion which it undergoes during gestation, and its subsequent contraction to its original size are most extraordinary.

In the smooth lining membrane of the body of the womb are tiny canals, which secrete nourishment for the embryo in its various stages of growth. As this lining membrane enters the neck of the womb, and also as it enters the Fallopian tubes, there appear on its surface minute fiber-like projections, called cilia. These are always in motion, like a field of grain in the wind; and their motion assists in the various processes of conception and generation.

THE FALLOPIAN TUBES.

These are two fine, cone-shaped tubes, whose chief function is to convey the ripened ovum, or egg, to the womb. The tubes are four or five inches in length, and extend from the body of the uterus to the brim of the pelvis. They are so narrow that at their juncture with the uterus they will scarcely admit a fine bristle; but about midway they begin to widen out until they form a trumpet-shaped extremity with fringed edges, large enough to admit an ordinary quill. The fringes, or fimbriæ, perform a most wonderful part in the reproductive process. When the ripened egg is ready to burst from the ovary, the finger-like fringes reach over and grasp it, drawing it into the opening

of the tube, where the inward motion of the cilia, together with muscular contractions, draw it into the cavity of the womb.

THE OVARIES.

These are the most important and wonderful of all the female generative organs. They are at the foundation, physically speaking, of all that makes a woman feminine. Their function is to produce the

VIEW OF THE FLOOR OF THE FEMALE PELVIS—REGARDING IT FROM THE ABDOMEN.

human egg; and so vitally does their presence affect a woman's nature, that if they are removed, menstruation ceases, the appearance becomes masculine, the voice coarse; a beard sometimes appears on the face, and the whole being in transformed. No longer a woman, the vital essence of all that was feminine destroyed, the person becomes a mere automaton, without animation, sparkle, magnetism or individual charm.

Yet all this power is *centered* in two almond-shaped bodies scarcely an inch and a half in length, and from a half inch to three-quarters of an inch in thickness. They are placed on each side of the uterus, about two and one-half inches apart; are enveloped in the broad ligaments of the uterus, and are attached to the sides of that organ by ligaments of their own. Each ovary is also attached at its outer extremity to one of the fimbriæ of the Fallopian tubes. Their color is pale red, and their outer substance is a dense, fibrous material, inclosing a soft, fibrous tissue composed of numerous tiny transparent cells called the Graafian vesicles, after De Graaf, their discoverer. Each of these vesicles is filled with a whitish fluid in which is formed a single ovum, or egg.

THE HUMAN EGG.

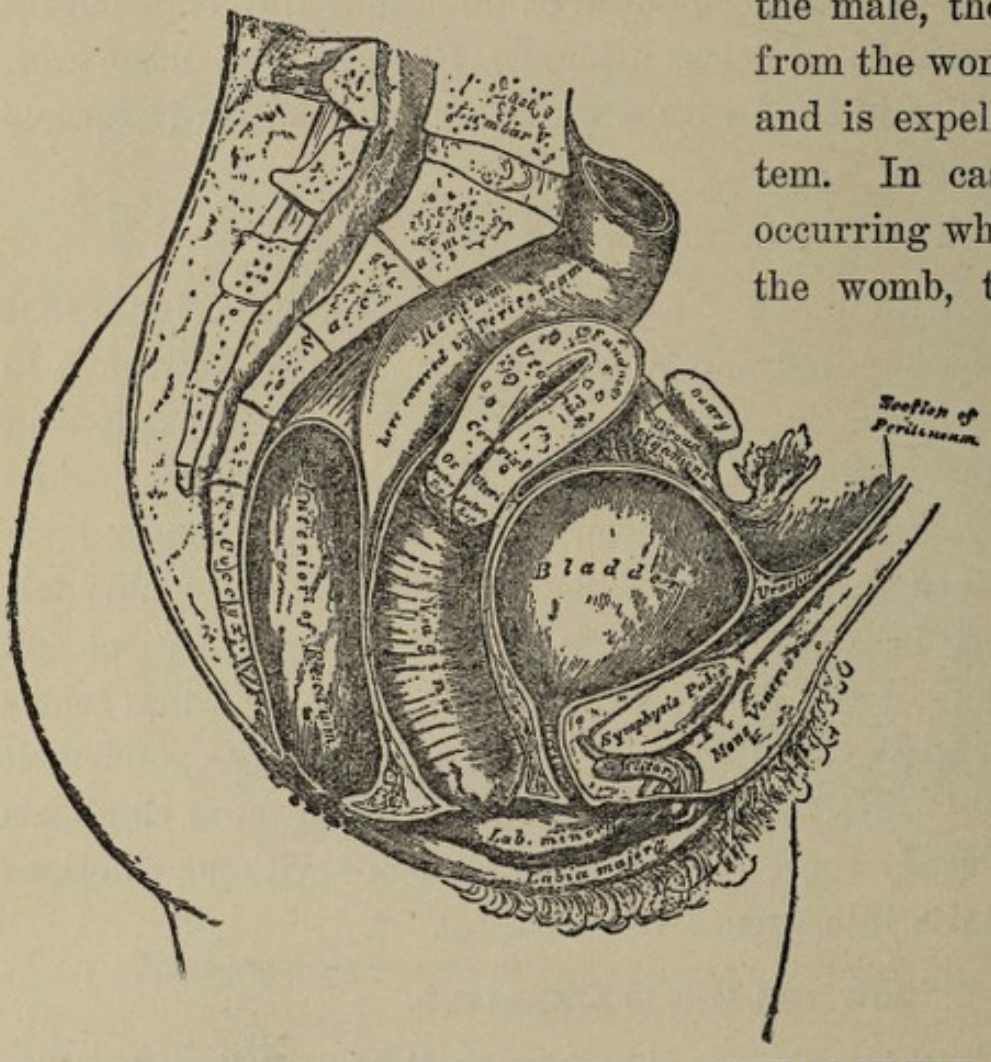
About the size of the point of a pin, or so exceedingly minute that it requires from one hundred and twenty to two hundred and forty to fill an inch of space, the human egg consists of a transparent coat within which is the white and yolk as in the eggs of fowls; while imbedded in the yolk is the life-germ, only one three thousand six hundredth of an inch in diameter, which contains all the embryonic traits of the mother herself. Could any study be more beautiful and wonderful than that of the development, in its successive marvelous changes, of this complex life? If it be true that "the undevout astronomer is mad," surely this can be said with even more emphasis of one who could study these reproductive agencies without emotions of awe at the Infinite intelligence revealed.

HOW THE EGG IS LIBERATED.

Very curious is this process. Twenty or thirty of the Graafian vesicles are all that the ovary appears to contain at any one time, but there are probably many others in different stages of development. They ripen or develop, one after the other, beginning at the time of puberty and continuing until the change of life, when all have been developed. One egg ripens, normally, in each twenty-eight days. As

the vesicle matures, it approaches the surface of the ovary, and finally bursts through it, like a plant emerging from the ground.

The vesicle itself also bursts open as does the membrane of the ovary; and the ripened ovum, or egg, is set free. This escape of the ovum occurs at the menstrual period. It requires from two to five days for the ovum to pass through the Fallopian tubes and reach the womb; it never reaches there until the flow has ceased, and after remaining there from two to eight days, if no intercourse is had with the male, the egg then passes from the womb into the vagina and is expelled from the system. In case of intercourse occurring while the ovum is in the womb, the male element unites with the germ of the ovum, impregnation takes place, and life is begun.



SECTION OF FEMALE PELVIS SHOWING POSITION OF THE VISCERA.

MAMMARY GLANDS.

Closely relating with the generative organs are these glands intended for the secretion of milk to nourish the infant after birth. They have been previously referred to in describing the breasts, but I will here mention a few further details as to their construction.

At the time of delivery, the milk is secreted in follicles, grouped

closely and opening into ducts, which meet and merge into larger and larger ones as they approach the surface, finally terminating in the nipples. To permit the milk to be drawn out by the infant in the process of nursing, the nipples are perforated with numerous openings; and to protect them from pain in the act of sucking, fat is liberally secreted by glands at their base. Fatty tissue is thus produced which forms the size and shape of the breasts.

The breasts become considerably enlarged at puberty, and more so during pregnancy and after delivery. One of the signs of pregnancy is the change of color in the areola, which surrounds the nipple. In the virgin this is a delicate rosy pink, but in pregnancy it turns to a dark brown.

Abundant blood-vessels and nerves are supplied to the mammary glands, connecting them closely with the generative organs, which are similarly supplied. These tend to keep the entire sexual system in health by building up the waste tissues and by warning in case of disease.

MALE ORGANS OF GENERATION.

As these serve only for copulation and fecundation, they are more external than those of the female, with whom the developing and nourishing processes must form a part. In the male, the organs consist of the testicles with their tubes, and the penis with its glands.

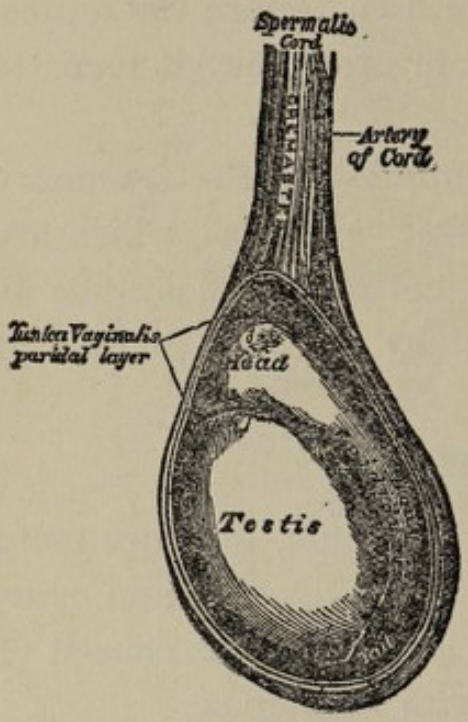
THE TESTICLES.

Corresponding to the ovaries in the female, the most important of the male sexual organs are the testicles, or testes. They produce the life-germs, or spermatozoa; and they are the centers of that masculine vigor which gives to its possessor manliness of form, bearing, voice, intellect and moral nature.

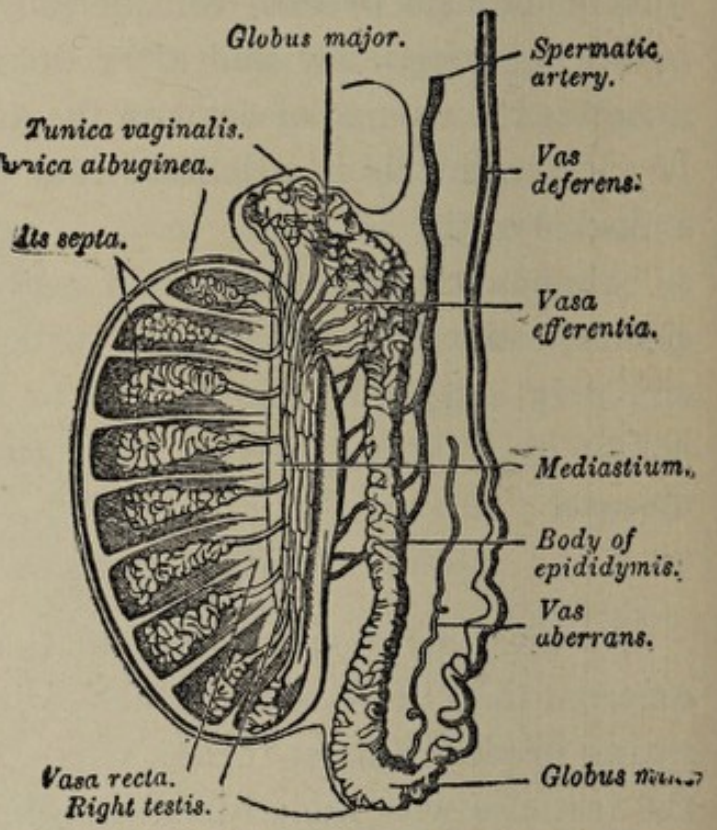
The testicles are two glandular, bean-shaped bodies a little more than an inch long, nearly an inch wide, and about half an inch thick, suspended side by side by what are called the spermatic cords; having six distinct coverings, including as the outer ones the dartos muscle

and the skin, forming the scrotum. In youth and health, the scrotum is short, wrinkled and adheres closely to the testes; in the old and in those who have abused themselves mentally, physically and sexually, it is flabby and elongated. A wall beginning at the root of the penis divides the testes.

Cells, blood-vessels and ducts for the secretions are gathered into separate bundles called lobules, some four hundred of these lobules being contained in each testicle. Around these lobules are coiled



TESTIS AND EPIDIDYMUS.



STRUCTURE OF THE TESTES AND DUCTS.

the seminal tubes, each finer than a hair, but lined with a network of capillaries, absorbents and nerves which under the microscope look like beautiful lace. Innumerable cells full of life and force here draw from the blood the nourishment needed for their work of secretion. The seminal tubes themselves, carrying the secretion, become straight before leaving the lobules, and are called the *vasa recta.* Next they meet, and passing upwards weave themselves into a network called the *rete testis.* This, at the top and rear, forms into some twenty or thirty larger ducts called *vasa efferentia,* which empty into and form

the *epididymus,* a convoluted tube twenty feet long or more, but bunched closely together and held in place by areolar tissue. At the lower end of the testicle, the epididymus, collecting all the semen, opens into the vas deferens, or great duct, which carries the fluid upward through the inguinal ring into the abdomen and pelvis. This great duct distributes the seminal fluid throughout the circulation, re-vitalizing the blood, or, being rendered contractile by muscles running around it, by the exercise of these muscles projects the fluid, freighted with its life-germ contents, around and behind the bladder and empties it into the reservoir there. At the base of the bladder the vas deferens and seminal duct unite, forming the ejaculatory duct.

THE PROSTATE GLAND,

surrounding the neck of the bladder, in the lowest part of the body, is composed mainly of glands and in size and shape resembles a horse-chestnut. Within this gland the ejaculatory duct opens into the urethra through which the seminal fluid is discharged, when not re-absorbed.

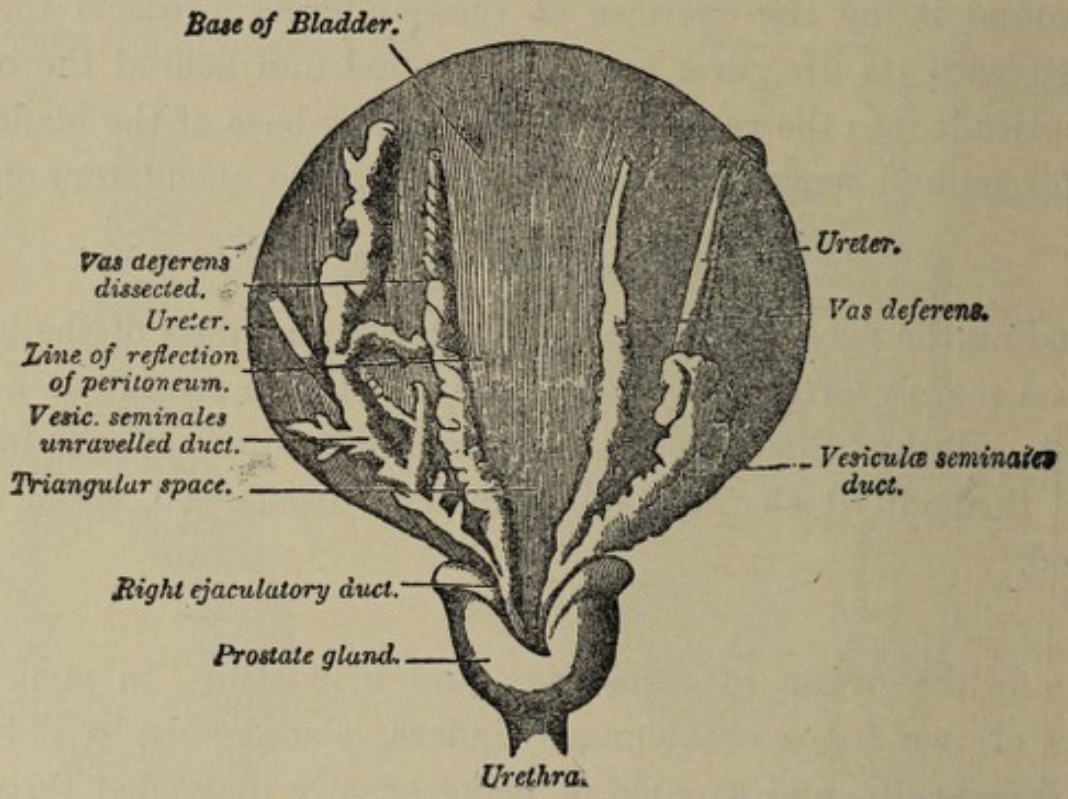
THE PENIS.

This is the organ of copulation and urination. In structure it consists of two cones or oblong cylinders, placed side by side, very full of blood-cells, and capable of being greatly distended throughout its entire length by the flow of blood induced by exciting causes. A groove above these cones is filled by a large vein; one below, by the urethra, with its spongy, erectile walls which expand at its head to form the *glans penis* covering the ends of the two cone-shaped bodies. The urethra is the passage through which the urine is emptied from the bladder, and through which the seminal fluid is passed at the time of coition.

THE PREPUCE, OR FORESKIN.

Covering the body of the penis is a loose skin, continuous at the root with that of the pubis; at the head of the organ, leaving the surface, the skin is folded back upon itself, forming the prepuce, or

foreskin. The operation of circumcision, in practice among the Hebrews, consisted in the removal of this foreskin; a practice commended by many leading physicians at the present day as conducive to cleanliness and health. When care is not taken in bathing, to press back the foreskin, and give to the glans penis its full share of soap and water, the old secretions will induce tenderness and soreness of these parts, with resulting sympathetic disorders elsewhere throughout the system;



BASE OF BLADDER, VAS DEFERENS AND URETHRA.

hence the operation is often found to relieve nervousness, epilepsy and similar diseases in both children and adults.

All this wonderfully complex delicate sexual system with its abundant nerves and blood-vessels, is formed to produce and convey that subtle essence of the blood variously called semen, seminal fluid, seed, or sperm. The freshest and best blood from the heart is taken directly to the testicles to be there transformed into this vital fluid generating strength, virility, sturdiness and penetration in a man; and the nerves of these portions are so connected with the brain as to leave no doubt that the sexual processes are under the control of the will.

Do not misunderstand me. This is a physiological fact, and brings with it a message of truth and hope to those who have long been deluded by the terribly false education of the ages. Let it be written in letters of living light that man is *not* at the mercy of his passions. The continent life is the strong, healthful, abundantly satisfying life, and it is within the power of every man to attain it in high measure, and in the attainment bring untold blessings on himself, on the woman whose happiness is so largely in his keeping, and on posterity. Think a moment and I will make it clear why this is true. Remember that the vital fluid, after leaving the testicles, is either distributed by the vas deferens throughout the system, or dispelled in the sexual act. If the greater part is dispelled, through frequent coition, however lawful, such excess not only causes local inflammations and disease, but deprives the whole system of virility and health; while the more semen is retained, the more vigor is enjoyed and the keener become life's pleasures in consequence.

THE MUSCLES OF THE THIGHS.

Now nature, if left free, invariably deals out her gifts fairly. She either endows men with strong wills when she gives them strong passions, or in every case where the will is weak, she makes the nature plastic and easily subject to mental impressions, right or wrong.

The great remedy, then, for those who find their passions stronger than their wills, is to *regulate the mental impressions.* Sex always obeys the strongest mental suggestion, whether it be pure or impure. To those who would completely rule their animal instincts instead of being in a greater or less degree ruled by them, I would recommend above all things, healthful mental occupation, either in the line of work, study or recreation. Keep the *thoughts* busy with useful, interesting, uplifting topics; observe strictly the laws of physical health, as to frequent bathing, clean, comfortable clothing, unstimulating diet, early rising, fresh air and exercise; but above all, let the mental associations be pure and actively at work. The benefit is beyond compute. It will appear in the perfect form, the musical, manly ring of the voice, the energetic, graceful movements, the sparkling eyes, fine complexion, magnetic influence and whole bearing, proclaiming a splendidly developed and preserved virility. Such a man alone is fit mate for the woman of true feminine charm and power.

I would proclaim the above as my message of hope and joy not only for the one addicted to immoderate practices in wedded life, but also for the one who, by self-abuse, perverts these wonderful powers, for there is hope for all!

CHAPTER XIX.

SPECIAL WARNING TO THE BOY AND GIRL.

Respect the Bodies God Has Given—Take Your Questions to "Mother"—Life's Origin and Its Beautiful Shelter—Why Children are Dearly Loved—The Reproductive Organs—Right Care of Them Makes Men Strong and Women Beautiful—Saving Them for Maturity's Joy and Blessing—Perverting Them Depletes Blood—Inflames Nerves—Promotes Stupidity and Destroys Healthy Play-Faculties—You Want to Be Strong—Keep Away from Impure Companions—Keep Thoughts High—Tell Father or Mother—They Love You and Can Help You—The Conquest—You Become a Prince—The Girl's Treasure, Her Growing Womanhood—She Must Keep Herself Pure—What Is at Stake: Beautiful Home-Life; Husband's Affection; Darling Children of Her Own—The Sexual Organs Are Sacred—Controlling the Thoughts—The "Card Plan" for Boys or Girls—The "Friendly Witch"—Men and Women of Purity and Power.

EVERYTHING good and beautiful can be misused; and great suffering is the result. It is so terrible and unfortunate when boys or girls have once formed the habit of misusing the bodies God has given them, and such a happy and fortunate thing when they are early led to respect and treat these bodies rightly, that I cannot let my book go before the public without containing a warning that not only the older people, but the children themselves can understand, whenever this book shall meet their eyes.

It is not wrong to want to know about the many curious and wonderful works of God; and the human body is the most wonderful of all. But, do you know, my boy, my girl, that no one can tell you *quite* so many interesting facts about it as mother can? A wise, kind mother is the best friend of all. Take your questions to her, in the very first place, no matter what they are; and I think she will either answer them herself, or place in your hands one of the many books written on purpose for such a time, that will tell you all about it.

THE FIRST QUESTION.

She may first tell you this beautiful truth, if you have not already learned it from her; that all life comes from a tiny seed; that before

you were born you were growing, just as the seed grows in the ground, or as the bird grows within the egg; that God so planned for your coming that He placed a sheltered nest for you within your mother's body, and there, like a fledgling with folded wings, soft-brooded in her very bosom, lulled by her loving heart-beats, you slept and grew, till from a shapeless seed you had grown into a human form. For many weary months she carried you about like this, then with much pain brought you into the world as a tiny baby, more precious to her than all the world beside, because of the pain your coming cost her, and because you had been thus a part of herself. All human life comes from the father and mother; it is God's way of creating, and the most beautiful way that could be, because a child, having been a part of its parents' bodies, is the more dearly loved.

FOR THE OLDER ONES.

If you are older and just beginning to wonder about the bodily organs which have been provided for this wonderful work of bringing human beings into the world, you will be likely to turn to the chapter just before this one. After you have read it, you will know that the right care of what are known as the reproductive, generative, or sexual organs is what makes men strong and women beautiful; you will begin to understand that their wrong use causes dreadful deformities and sickness too loathsome to be described. These organs are provided by God in order that children may be born. If they are never misused, never handled in any way, except to keep them clean, until they are fully matured, they may be the source of great blessing to the world and to those who possess them. But many, very many boys, and even girls, of all ages, form the habit of handling their sexual organs before they know the harm it will do. Let me tell some of the results of this terrible practice, which is called self-abuse.

WHY IT DOES HARM.

A boy who thus handles himself cannot possibly grow up happy, healthy and strong. This is true for two reasons. The sexual organs

have nerves running to all parts of the body. They have also a great many blood-vessels. Whenever these organs are handled, it draws too much blood to them, exciting and inflaming them, and leaving other parts of the body without enough blood to nourish them. The nerves, too, carry the inflamed condition from the sexual organs to other parts of the system. These nerves go so directly to the spine and the brain, that if you handle the sexual organs or even if you keep thinking about them, it excites and exhausts the nerves, making the back ache, the brain heavy and dull, and the whole body weak. It lays the foundation for consumption, paralysis and heart disease. It weakens the memory, and makes a boy careless, stupid and too lazy to study or even play with any keen enjoyment. It makes the form stooping, instead of erect; it makes him narrow-chested and thin; causes the muscles to become flabby, so that he cannot excel in outdoor sports; and even causes many to lose their minds, and others, when grown, to commit suicide. The results come so slowly that often the victim of self-abuse is very near death before he realizes that he has done himself any harm.

A TRUE CONTRAST.

My boy, would you be a *strong* man? Of course you would. What boy does not wish to be strong? Then never indulge in a practice so surely weakening as this one. Look at the picture here given of the healthy, robust, splendidly vigorous man who has never abused himself, and then look at that of the poor victim of this loathsome habit. Notice the stooping shoulders, the narrow chest, the exhausted look. Yet both represent men in their prime.

If you have ever been taught this habit of self-abuse by companions, stop it now, and keep away from those books or men, as you value your life! When tempted, take at once some interesting book, game, task, or sport, that will keep you from even thinking of this matter; for a bad habit is not cured in a day, but perseverance will do it in every case. Your parents will help you if you confide in them. Make up your mind to be *free,* at all costs, rather than a slave to this miserable, ruinous practice.

In thus conquering, you will have made great progress in life. Solomon says, "he that ruleth his spirit is greater than he that taketh a city." You have conquered yourself; you have ruled your thoughts; yes, you have made yourself master. It is a great step onward in your life. It is the hardening of your "character-muscle." Henceforth you will respect your own powers; and, moreover, your mates will instinctively respect you and defer to you. Such a conquest puts all slavery impulses out of your life. You move as a prince, born to rule! You have acquired the self-respect native to princely life. It will mean much to your whole future—and the best of all is that *there is not a single one of my readers but can do it!*

Be careful to observe the laws of health in other respects, also; they have much to do with this matter. Rise early, or as soon as you are awake; take a cold sponge bath and dress quickly; exercise a little before breakfast, in the open air if possible. Eat plenty of fresh ripe fruit, but avoid meat and highly seasoned dishes. Attend to the moving of the bowels at a regular time each day. Take a warm tub bath with soap twice a week; and breathe plenty of fresh air. Gardening, farm work and the outdoor sports are excellent to build up a strong, clean body, free from all bad habits; but remember that the mind must be kept healthy too, for a poisoned mind always means an unhealthy body as well.

It pays to read books by the best authors, both modern and standard. Fine stories of heroic lives have been written, and it will prove intensely interesting to any wide-awake, energetic boy to read how Lincoln and other great men won their places in the world's history. You will want some fiction, too, of course, but let it be the best. Some books will reach your hands that should not be read by anyone. You do not want those; say to yourself, proudly, instead, "The *best* is good enough for me," and then stick to it. Any book that you would not like to have your mother see, is *not* good enough for you, for it is of the kind most likely to inflame the passions and bring on the very troubles I am warning you against. The mind as well as the body is too often

made the victim of self-abuse; and when it starts in the mind the habit is more than likely to extend to the body also.

HOW IT AFFECTS THE LOOKS.

What I have said regarding the effect on the health of the boy is true also of the girl. How unspeakably sad to see a girl who has ignorantly made shipwreck of that which should be her greatest treasure—her own growing womanhood! Not only does self-abuse ruin the health and the mind; but it so affects the appearance that, as a rule, all can tell what is the matter. The signs are unmistakable. There will be the bloodless lips, the dull, heavy eyes, surrounded with dark rings, the blanched cheek, the nerveless hand, the short breath, the old, faded look, the weakened memory, and silly irritability,—these tell the story all too plainly.

CAN A GIRL AFFORD IT?

A girl must keep herself pure, must be above yielding to the advice of ignorant servants or foolish schoolmates, if she would grow into a woman loved and trusted with the greatest and most desired of blessings—a beautiful home-life, a noble husband's affection, and darling children of her own. And it must be remembered that any disease of the sexual organs will take away that great privilege of happy motherhood; for if the mother is not healthy, the children, also, will be ailing, if indeed they can be born and live at all.

Can any girl afford to lose her power to become a good wife and mother, just for the sake of yielding to a foolish temptation?

THE SEXUAL ORGANS TO BE KEPT SACRED.

Many have been taught that the sexual organs themselves are impure. This is not true. God made them, and they are the part of the body most sacred of all, for to them is given the honor and privilege, under right conditions, after marriage, of creating life. But certain it is that they must be let alone until that time, except to keep them clean, if they are ever to fulfill this high mission in a way to bring happiness. Let them alone even with your *thoughts*. It is not wrong

to know about them; but I have told you why it is a mistake to keep thinking about them. Let them alone, to grow strong and mature and beautiful in the way that God has planned, and by and by you will be very glad and thankful that you did so.

HOW TO CONTROL THE THOUGHTS; THE CARD PLAN.

"But how can I stop thinking about them?" some of you will feel like asking. I will tell you one very successful way:

Take a blank card, and write on it the names of seven things, as follows; the three outdoor sports you like best; the three indoor occupations most interesting to you; and your favorite school study. All must be *good* things for you to do and think about. Whenever you are not busy, and your thoughts run away with you and persist in dwelling on unhealthy subjects, look at this card or remember it, and begin right away to do or to plan, *hard,* some one of those seven things. For instance, if you are a boy, suppose your list includes skating, the use of carpenter's tools, and geography. If it is summer, and you can't go skating, you can plan to build a boat or an Indian wigwam, or you can read some interesting book describing travels by Livingstone, Peary, or some other explorer, telling about real countries and people so curious that they will make you forget everything else. Or if you are a girl, perhaps your list includes tennis, private theatricals and history. When *your* thoughts wander to undesirable subjects, and you have no task to perform, either take your tennis racquet and go out for a splendid bit of practice or read a story of early colonial days and then invite a girl friend or two to help you plan an entertainment with historical tableaux, perhaps, the costumes improvised from attic treasures.

Or it may be that you do not care for these particular things, but prefer gardening, music, drawing or something else. You can apply this card plan, no matter whether you are a girl or a boy, and whatever your tastes may be. It works just as well at night, too, after you have memorized your seven subjects; for you can go to sleep thinking of

whichever one of them interests you most. Of course you can have more than seven if you like. Best of all is the pleasure of planning gifts, or helpful surprises for others. Vincent Van Marter Beede, in one of his plays for children, represents a "Friendly Witch," in the course of her broomstick travels, as bringing many delightful, funny surprises with her. Many a tired mother would welcome the presence of such a "friendly witch" in her own home!

When you have once tasted the joy of helping others, not as a task but as a pleasure, your thoughts will soon learn to obey you; all sorts of merry times, both work and play—for even work can and should be merry,—will fill the hours as a result; and you will grow up the healthy, happy creatures you were meant to be. May all sweet and healthful pleasures be yours! and may you become men and women of such power and purity as shall make the world a safer and happier place than it has ever been before, and a fit dwelling-place for the healthy, beautiful, merry children that may one day add to your happiness!

CHAPTER XX.

BECOMING A WOMAN; MENSTRUATION.

Indicates Capability to Bear Children—The Time for Mother's Counsel—New Powers—The Brain Intensely Active—Mothers, Question Your Daughters—"Thought She Was to be Changed Into a Boy"—Menstruation Is Natural and Healthful—The Ripening of the Life-Germ—A Reminder of Womanhood and Coming Power—Physical Reasons Against Immature Marriage—The Normal Flow Painless—Cold Climates—Tropical Child-Brides—Menses at Five Months of Age!—A Ten-Year-Old Mother!—Symptoms of the First Menstruation—Avoid All Chilling—Relieve from Excessive Strain—Correct Irregularities—No Menstruation During Pregnancy; Rarely During Nursing—Thirty to Thirty-Five Years of Ripening—Preparing for the Rest-Period.

NOT only does woman owe much of her beauty and power to the regular, healthy performance of this important function, but its significance becomes doubly apparent when it is remembered that where menstruation occurs properly, it indicates that the womb is healthy and capable of conception and child-bearing. To the young daughter just coming into possession of her womanhood the mother should explain the true, beautiful meaning of the new experiences through which she is passing. Tell her there is nothing to fear; that the process is natural and that if she takes proper care of her health at this beginning of her life as a woman, she will find each month a repeated proof of the new powers maturing within her being.

Between the ages of eleven and fourteen, the girl arrives at puberty, when great changes take place in her physical and mental nature. Up to this time, if she has grown naturally, her shoulders, waist and hips are about the same in width; the sexual organs have grown but little; but now they take a sudden start and need more room. Nature comes to her aid, and the tissues, muscles and pelvic bones enlarge; the limbs grow plump, the breasts grow round and full, the girl stops growing tall and her whole body begins to round out and increase in strength.

Tasks once hard are now easy. The voice becomes sweeter and richer; there is a new sparkle in her eyes, a new thoughtfulness and intelligence; for the brain is intensely active now, and the mind is developing even more rapidly than the body. Have a care, oh, mother, that the influences surrounding your daughter at this time are pure, healthful and uplifting; for as the bud blossoms into the rose it can be either a glorious unfolding or a sad blight! If you take your daughter early into your confidence and teach her wisely, tenderly, as only a mother can, she will be safe both from false views gathered from schoolmates, and from the terrors of an unexplained mystery which should never be allowed to overtake her unprepared.

Girls, in the absence of special instruction, have been greatly alarmed by the unexpected appearance of the menses, which they very naturally mistook for some dangerous internal hemorrhage; and in not a few cases instead of confiding in any one, have done themselves serious injury by the local application of cold water to stop the flow. This and other mistakes can be best avoided by taking the matter in time.

THOUGHT SHE WAS TO LOSE HER SEX.

It sometimes proves that the perforation in the hymen is lacking. When this is the case there will need to be a slight operation, otherwise the menstrual fluid, unable to escape, would cause constantly increasing inflammation and pain. The operation is nothing painful or tedious, but to illustrate the folly of failing to explain so simple a matter to the child, let me tell you of one case of utterly needless mental suffering, resulting from ignorance. The operation above referred to had to be performed. The little girl was terribly averse to it, and cried so pitifully that it was plain she had some great fear not to be easily accounted for. Years afterward she explained that she *thought the operation was intended to change her from a girl into a boy!*

WHAT CAUSES THE MENSTRUAL FLOW.

It is plain to my readers that all life, vegetable or animal, is from a seed or germ; that in the animal kingdom every egg contains a germ,

which when brought under proper conditions will produce after its own kind; and that an organ must always exist for the production and throwing off of these life-germs. In woman this organ, as we have seen, is the ovary, which matures and deposits its ovum or egg every twenty-eighth day, from about the ages of fourteen to forty-five, except that it ceases during pregnancy and usually during nursing. While the ovum is ripening and during its passage from the ovary through the Fallopian tube into the womb, the generative organs become greatly congested; this congestion at last reaching such a height that their blood-vessels overflow, producing a discharge of venous blood and other fluids which is called the menstrual flow.

Menstruation, therefore, is simply the ripening and regular deposit of an ovum or egg, which when not impregnated, is washed away by its surrounding fluids, together with that poured out from the blood-vessels in the membrane of the uterus. The process is also commonly known under the various names of the "menses," the "courses," the "monthly periods," and "being unwell"; although when woman's health reaches the ideal state, she will menstruate without the slightest pain, and with no thought of being other than perfectly well.

During pregnancy, however, the fluid is retained and supplies needed nourishment for the growth of the embryo. When the young daughter arrives at the age of puberty, this monthly function is a continual reminder, therefore, of her womanhood, and should be regarded, not with aversion, but as a proof that she is one of the class set apart by nature to be entrusted with life's highest and holiest responsibility—that of preparing, under wise guidance, for possible future motherhood; and it is important that this task of preparation be neither slighted nor hurried.

PRECOCIOUS MARRIAGES.

At the time when menstruation first appears, the girl ceases to be a child, yet is only beginning to be a woman. It cannot be said that she is mature. Eight or ten years more are required for perfect development. Should she marry when only seventeen or eighteen, the

bones of the pelvis are not sufficiently developed; are not properly shaped for the purposes of labor; will not afford sufficient space for the head of the child to readily pass, as it would if she were of the riper age of twenty-three or twenty-five. It is for this reason that the woman who marries thus early, so often loses her health, through severe and dangerous confinements, and becomes the delicate mother of sickly children.

Parents ought, therefore, to persuade their daughters not to marry until past twenty, and twenty-five is better. Physically and morally, they will be free, at this age, from many of those risks which precocious marriages bring in their train.

The appearance of the menses, therefore, although a sign of dawning womanhood, is not to be regarded as an evidence that the responsibilities of marriage are to be hastily assumed.

HEALTHY MENSTRUATION.

In a normal state the menstrual discharge is slight, amounting to three ounces or less, and lasting but three or four days. The process, as just stated, should also be entirely free from suffering, and a woman in perfect health need make no difference in her daily occupations at this time. She will have no unpleasant symptoms and no reason for noticing the monthly period except the flow itself. But perfectly healthy women are rare, and it is the exception rather than the rule, when one is found who suffers not at all in menstruation. Most women, under our present artificial manner of living, find it necessary to lighten their work somewhat, for a day at least; headache and backache are all too common at these periods even among women who consider their general health fair; and often serious disorders render the return of the menses a constantly recurring dread.

This disturbed condition is both physical and mental. Often when there is congestion to a painful extent, it will be completely relieved by some pleasant occupation absorbing to the mind, together with physical exercise which increases the circulation.

The chief disorders of this function are suppressed, painful and profuse menstruation. A chapter will be given especially to their treatment.

CLIMATIC INFLUENCES.

In temperate climates, the age at which menstruation most frequently begins is fourteen or fifteen. In cold climates, such as Russia, the beginning is much later in life, often not until women are between twenty and thirty years of age, and as it lasts thirty or thirty-five years, it is not unusual for these women to bear children at a very advanced age—even as late as sixty. The menstrual discharge, with them, is spare in quantity, and occurs, in some cases, not oftener than three or four times a year; while some women menstruate only in warm weather.

In tropical countries, like Abyssinia and India, the function is earlier, the menses often appearing at the age of ten or eleven; and as the customs in those lands include early marriages, we hear of the Persian child-brides and the Hindu child-widows, of matrons and even mothers of twelve or younger. In Abyssinia and Bengal travelers have frequently seen mothers eleven years of age; and Dr. Goodeve, when stationed at Calcutta, said: "The earliest age at which I have *known* a Hindu woman to bear a child is ten years, but I have *heard* of one at nine!"

We are not surprised to learn that in such countries the women become old and decrepit at the age when those of our own land are in the very prime of their strength and beauty.

FREAKS OF NATURE.

Not a few cases have been given to the medical world of girls menstruating, in temperate climates, previous to ten years of age; some prior to five and several instances of the menses appearing in infants of only a few months. One instance is recorded of a girl in Pennsylvania who was born with breasts as large as hen's eggs, which in a few months, with her external genitals, developed to maturity in every

respect. The menses appeared when she was five months old. They appeared irregularly up to her sixth year, their suppression being attended with the usual disturbances noted in females of mature years. Subsequently, this abnormality (one of the few cases of such early menstruation) was lost sight of.

Many years ago there was exhibited in Barnum's Museum a baby three years of age who was known to have menstruated, had pubic hair, well-developed breasts and intense amorous desires.

An old journal describes the case of a child who menstruated at one year of age and was delivered of a child at the age of ten years and thirteen days.

In general, in our own land, the appearance of the menses before the fourteenth year indicates premature development of the organs and is therefore regarded as unfortunate; while their delay until after the sixteenth year is generally an evidence of weakness, or of some derangement of the generative system. If, however, all the other functions are regular, the general health good and the mind clear and active, there is no necessity for alarm.

Those who live luxuriously, and whose physical training has been such as to make their nervous systems more susceptible, menstruate at a much earlier period than those who have been accustomed to coarse food and laborious employment.

THE FIRST MENSTRUATION.

When a girl's first period is approaching, it is generally preceded by a sensation of heaviness and languor; headache, pains in the back, loins and thighs; enlarged, tender breasts; sometimes a constriction in the throat; a peculiarly dark tint of the complexion, especially under the eyes; the perspiration has a faint, sickly odor, and the smell of the breath is peculiar. The appetite is likely to be capricious and the digestion somewhat impaired. For one, two or three days these symptoms continue, but subside as the menses appear. The flow varies greatly in quantity and duration, with different individuals, continuing

from three to seven days. The best way to judge if the amount be normal is by its effect on the health. What would be a healthful flow in a strong, vigorous girl, would be excessive in one more delicate. The color of the fluid should be a bright red, resembling blood from a cut finger; but it is not wholly blood, and ought not to clot as blood does.

Often there is a lapse of two or three months between the first and second menstruations. This in itself is not alarming; it merely indicates that the system is not quite ready for the permanent establishment of the function. Careful observation of the rules of health will usually be followed by regularity, as soon as the system becomes more thoroughly adjusted to the change.

HYGIENIC PRECAUTIONS.

During the menstrual flow, there must be no cold baths, foot baths, or wetting the feet by wearing thin shoes, as any one of these errors is almost certain to stop the flow, and sudden suppression is always most injurious. It was a barbarous custom that long made it necessary for women and girls to visit cold, draughty outhouses in all kinds of weather to obey nature's calls. Many serious derangements of the sex have resulted. Remember that the system is more easily chilled at this time of the month than at any other, and when chilled, suppression results. Over-exertion has equally bad effects, leading to displacements.

At other times than during the flow, warm foot baths and sitz baths are valuable aids to the system in early life as well as later. Let a girl take plenty of sleep, exercise in the open air, wear light, loose, comfortable clothing, eat nourishing, but easily digested food, and keep the bowels free, and there will be every reason to expect a healthy establishment of the menstrual function. Gymnastics, when not carried to the point of fatigue, will be of assistance; and sea-bathing is excellent. It is sometimes found best at this time to take an especially delicate girl from school life for a year, or until there has been a chance

to effect a complete adjustment of nature's plans. Physical freedom and absence from mental anxiety will alone often remove unfavorable tendencies. But in general, with the average bright, healthy American girl of to-day, the studies can proceed as usual, if only the rules of hygiene are carefully observed.

DRINK PLENTY OF WATER,

both before and during the menstrual period. Not only should a girl drink whenever she is thirsty, but take a large glass of water before breakfast, and at frequent intervals whenever it occurs to her. The body requires much water, and in all cases of disordered or painful menstruation it assists in restoring healthful conditions.

WHAT IS MEANT BY "REGULARITY."

This includes quality, quantity and time. When fully established, the flow should be of the same quality each time, neither too thick nor too thin, too pale nor too dark; the quantity should be neither excessive nor deficient; and the periods should recur at regular intervals. Very much depends upon this regular, healthy action of the menstrual flow, and where any irregularity exists a few months before marriage it is always best to consult an experienced physician and have the condition corrected at that time. If this is not done, either barrenness, miscarriage or ill health in some form will be likely to ensue.

CESSATION DURING PREGNANCY.

Some assert that women have been known to menstruate during pregnancy. This, however, would appear to be impossible; for the moment conception has taken place the neck of the womb becomes plugged up with mucus, and is, in fact, hermetically sealed. There is sometimes a very slight red discharge, coming on at the time of the monthly periods, but this does not come from the cavity of the womb, but from small blood-vessels at its mouth, and is not like the menstrual fluid at all, but a few drops of real blood, resulting from the rupture

of some of these small blood-vessels. It would be quite impossible during pregnancy for menstruation to occur.

In rare instances, women have been known to menstruate during lactation—while nursing an infant; but this is exceptional, and the double drain would tend to unduly exhaust the life-forces, and deteriorate the milk. It is well, therefore, when this occurs, to wean the infant as early as it can safely be done.

Except during pregnancy and lactation, the menstrual function extends through the child-bearing period of a woman's life; usually from thirty to thirty-five years from the time it begins. When it finally ceases, at the age of forty-three to forty-eight years, there is likely to be some disturbance of the system, as in establishing it. Care is necessary, it is true; and this subject of the "change of life" will be treated more fully by itself. But in cases where a woman has observed the laws of health from childhood, she has a much better prospect for safe and easy transition through life's rest period, to the later activities which will be different from those of early life, indeed, but no less womanly and satisfying as her children and children's children grow up around her.

CHAPTER XXI.

THE SEXUAL EMBRACE.

To the Pure, Sex-Love is Not Degrading—Progressing Beyond the Alphabet—Wise Connubial Sex-Relations a Refining, Uplifting Power—Excess Fatal to Love—Impaired Powers and Puny Children the Result—Examples of Animal Life—Not Only Desire, but Love is Required—In Moderation, Intercourse Gives Mutual Gain—Equalizes Male and Female Magnetism—Nature Gives Woman the Selection of Time—The Husband Must Continue to be the Lover—Motherhood a Sacred Shrine, Not to be Polluted—Tenderness of the Normal Man—Intercourse under Control of the Enlightened Will—Continence Means Brain-Power—Diet and Hygiene of Continence—Love the Preserver of Purity—A Message of Hope to the Struggler—You Are Not "Chained"—Womanhood Appeals to Your Higher Nature—The Divine Within You—Your Gift of Manhood—The Psalm of Grace and Power—Mind-Pictures of Success—The "Line of Least Resistance"—The King Crowning His Queen.

SO CLOSELY related are the sexual and mental powers that it is not strange that perverted thoughts on this subject so invariably lead to disorder in the physical manifestations of the sex-life. The faculty of amativeness, or sex-love, has long been regarded by the majority as a low instinct, and so, indeed, it becomes, when separated in thought from the higher faculties. "As a man thinketh in his heart, so is he." To all who hold the idea that sex-love is degrading, it actually becomes such; because their thought has created a barrier between it and the feelings and emotions which elevate.

THE LIGHT DAWNING.

Love's alphabet teaches the pleasure of harmonious sex relations, and that children often result from the mere physical union, with or without recognition of the higher powers. But mankind is progressing beyond the alphabet, and glimpses of the grand possibilities of sex on the mental, and still grander on the spiritual plane are seen. Yet the most of humanity is only spelling out a few words of this wonderful life-lesson. The time will come when it will be recognized in its

fullness. It is only when lowered to a mere selfish gratification that sex-love loses its power to bless and elevate. A happy marriage—one in which sexual relations are held in accordance with love and reason—affords the best condition for the development of a high spiritual life. Even when both husband and wife begin on the physical plane, not realizing the height to which their union is to lead them, if they love truly and unselfishly, if intelligence forbids excess and the wife be not overtaxed beyond her natural desire, the union will prove a refining, uplifting power, and its higher phases will dawn on the consciousness of both until they have a new and luminous understanding.

EXCESSES IN EARLY MARRIAGE.

I have already cautioned my readers against too early marriage because of the suffering resulting to the wife in such cases from physical immaturity. There is another reason which must not be overlooked. Ordinarily a youthful couple, finding pleasure in the marriage relation, will repeatedly indulge in the sexual act until nature rebels and they become obnoxious to each other. For this is the natural and inevitable result of sexual excess. When love gives place to lust, it must die, for as Prof. Fowler shows, the two are directly opposed to each other.

Nor is this all. Continuing in ignorant excesses, the moral, intelligent and physical powers become impaired; puny, sickly children are born to be a care to every one and themselves while life shall last; and after the first fires of youth have been thus extinguished, and sensuality has cut off its own pleasures, all ambition to be or do anything above the commonplace will have died out, leaving a stolid half-existence instead of the rich, ever-increasing life of power, based on love and knowledge. No young people should ever marry until they are strong enough and mature enough to control their passions, making unselfish love instead of temporary selfish pleasure, the guide.

The lower animals and savages could teach civilized humanity a valuable lesson. Except in rare instances where animals are domesti-

cated, the female admits the male in sexual embrace only for procreation. Among many savage tribes the same rule has few exceptions. Should civilized human beings hold, teach and practice that sexual intercourse shall occur in season and out of season, and then blame nature for the results? Remember that intense sexual excitement paralyzes the sexual organism. As Prof. Riddell says: "Where the well-being of offspring is involved, there should not only be a magnetic, ardent desire, but strong, pure, conjugal love. Love is the awakener of all the powers. Where at this event it is strong and ardent, it marshals all the other forces into action; so that a child of love, other things being equal, is always superior to one begotten when the affections are passive. There should be pure thoughts, tender affection, mutual love and sacred associations, all producing perfect soul-sympathy, awakened forces and perfect union."

ACT MUST BE MUTUAL.

If the lives of married people were always lived from the standpoint of this true, warm, pure, conjugal love, there would be self-control, but not indifference. The demand of the man would be no more frequent than that of the woman; and let it be emphasized that the husband cannot sustain this relation satisfactorily and without injury to himself unless there is reciprocation on the part of the wife. Under the law of moderation there is no loss to either party, but a mutual gain; a compensation.

Coition is a love act. It should never occur except where there can be this mutual participation on the part of both man and woman; and should be governed and guarded so as to control the creative power.

By this act, the emblem of love, there is a mutual exchange of subtle elements which add to the health and vigor, more firmly cementing the union.

Ever keeping the higher, the spiritual side of love uppermost in the thoughts will render the sexual embrace less frequent, but far more satisfying when it does occur; children will come only when wel-

comed and desired; and the act under such circumstances will make both stronger instead of weaker.

HOW FREQUENT SHOULD IT BE?

"Intercourse, as to time and frequency," says a well-known writer, "can be governed by no certain law. Yet experience has proved that it is far more satisfactory to have at least an interval of two to four weeks; and many find that even three or four months afford greater impetus to power and growth, as well as greater personal satisfaction; in the interval, the thousand and one lover-like attentions give reciprocal delight, and are an anticipating prophecy of the ultimate union."

It is of the utmost importance that both should be in a condition of high physical vigor. The sexual act should never be indulged in at a time when either participant is tired or debilitated. Children conceived at such a time would be lacking in vitality; and the coition would also add to the exhausted conditions.

At the close of the menstrual period is the time, physically speaking, when coition is usually most agreeable to women; but unless children are desired, it is better to choose a time twelve or fourteen days later. After fourteen days from the close of the period there is usually little chance of conception, until the near approach of the next period. In any case woman must choose the time. "A genuine man," says Prof. Fowler, "never obtrudes, but instinctively waits till invited, or at least assured that he is *more* than welcome. Universal normal manhood is called upon to attest the truth that obtrusion, in married life, destroys much of the pleasure of love. Right intercourse only equalizes, instead of consuming, male and female magnetism, and thereby strengthens and benefits both, without exhausting or injuring either." He also calls attention to the fact that nature accords to all female birds, beasts, reptiles and insects, the right of full control over their sexual organs; that in no single instance except among human beings, does the male ever obtrude upon the unwilling female. If he

sometimes makes advances first, it is by way of promoting desire in her; but they are at once withdrawn when not cordially accepted. Nature's law, therefore, is clearly for woman to determine the time.

Inasmuch as desire is often lacking in woman and sexual congress must not take place when the desire for it is not mutual, how, then, it may be asked, may a right and healthy desire be promoted?

By constant lover-like attentions on the part of the husband. Remember that the key to woman's nature is in her affections, and that a woman's love is more mental and spiritual than physical. Let a husband ever remain the ardent lover of the courtship days, and his own efforts to exalt love to the highest plane will be rewarded by its physical expression on the part of the wife. He will also be immeasurably benefited even aside from this; for, as Ella Wheeler Wilcox says, "The highest plane of happiness is the result of self-conquest and the attainment of serenity—not the indulgence of the emotions, appetites and desires."

CONTINENCE DURING GESTATION.

It seems incredible that any should need to be told nature's plain law that during pregnancy women should be exempt from the sexual relation; yet many do practice coition at that time, and by so doing, implant in the coming life the seeds of sensuality, besides greatly increasing the suffering of the mother before and during the child's birth. The practice cannot be too strongly condemned. All the life-forces should be conserved and guarded at such a time; and as Mrs. Chandler expresses it, "Undisturbed maternity, which was essential to the ushering in of the Prince of Peace, is equally in all cases a vital and indisputable necessity for the improvement of humanity. Motherhood should be a shrine unpolluted by selfishness."

Men naturally reverence the maternal in woman, and when they once understand that continence is necessary at such a time, to serve the best interests of motherhood and posterity, they will gladly practice it. Dr. Alice B. Stockham relates the following, showing the tenderness of a normal, pure-minded, high-souled man:

"A principal of a high school in Iowa was a married man many years before he knew that the sexual relation was ever sustained during pregnancy. When he learned it, he asserted that his whole soul was filled with shame and disgust that his sex had no better knowledge of their protective duties relating to maternity."

WHEN INFLAMMATION EXISTS.

In all cases of sexual disease, also, especially in inflammation of the womb, there should be a total abstinence from sexual relations. As many husbands do not understand the necessity for this, it is often difficult to accomplish. But the fact is that anything which tends to attract the blood to the womb will increase the inflammation; hence all sexual intercourse and everything which would suggest it to the mind, or in any way excite the passions, should be strictly avoided. Travel, or anything which pleasantly diverts the mind from the diseased condition is of the greatest benefit. At the "change of life," also,—the period when the entire system is in a disturbed condition—it will be seen that continence is an important aid to its readjustment.

THE LAW OF CONTINENCE.

In youth or age, in health or disease, we thus see that the law of continence has both its warnings and its rich rewards. The highest physical, mental and moral vigor is attained and the grandest ideals of creation met, when sexual intercourse is so completely under the control of the enlightened will as never to be indulged in except for the the express purpose of calling into life a new being, and then at sufficient intervals and under the most favorable conditions.

CONTINENCE ITSELF CREATIVE.

Remember that the reabsorption and diffusion of the seminal fluid throughout the system is just as truly a part of the generative function as is the begetting of physical offspring. It is creation on the mental and spiritual plane instead of the physical; for as surely as this vivifying life-current pervades the blood it is taken up by the brain and "coined" into new thoughts, perhaps new inventions—grand

conceptions of the true, the beautiful, the useful,—or into fresh emotions of joy and impulses of kindness and blessings to all around. Men who have achieved great results in the field of science, invention, philosophy, religion and philanthropy have been those who led continent lives.

HOW TO ATTAIN TO THE HIGHEST.

Perfect obedience to this greatest of all laws of the sex-nature is attainable by everyone, through intelligent endeavor. A few rules may help to direct the earnest seeker after the riches of the continent life.

First, adopt a plain, unstimulating diet; avoid coffee, intoxicating drinks, highly seasoned dishes, oysters and eggs, and all animal food; and *omit the evening meal.* This is most important of all. Follow the ordinary hygienic rules as to dress, bathing, fresh air and exercise; sleep in separate beds, and rise early. Make the life a temperate one in all respects.

We have seen that purity is the best preservative of love; but the converse is also true. Love is the best preservative of purity. The continent life (by which I mean abstinence at unfavorable times, and moderation at all times) can be best attained under the influence of a strong, pure affection and its continual expression on the mental and spiritual plane. Go back to the days of courtship, and enjoy its pure delights now as you did then. The new regimen must be mental quite as much as physical; for the action of the mind controls the body. And right here is where many of you are likely to make a mistake. Do not concentrate your thoughts upon any struggle, or the difficulty you may experience in attaining. Read the following extract from a letter written by A. R. Heath, the President of the Prentice Mulford Club of Chicago, to one of the club's non-resident members, which was afterwards gratefully acknowledged to be the means of helping the member to the pure, free life he desired:

"You speak of a sexual habit which you have. Now I do not wish to minimize the seriousness of that habit. But I do wish you to form

the clear and strong expectation of—not 'overcoming' it, but—leaving it behind. I do not wish you to form any mental conception that you are chained to a habit, and that it will take most gigantic effort to overcome it. I do not wish you to be living in the mental atmosphere of a terrible struggle, with the outcome in doubt. I do not wish you to concentrate on the 'struggle' at all. I intend you shall forget that.

"Nor do I wish you to agonize in spirit over a yielding by you to the habit while you are following my instructions. If that occurs, it does not by any means call upon you to despair. Of course, if you abandon yourself utterly to it, I can do little for you, for the basis of my help is for you to make up your mind definitely that you wish and intend to be free. But if that wish and intention is your prevailing habit of thought, I do not wish you to think of despairing if you are occasionally overtaken by a wave of the passion that has so long dominated you. Just be sorry, regret it, and be very sure that it is possible for you to grow out of it, and then proceed to jump right up, just as if you had not slipped, and keep right on in the better way.

"Having said this much, I will now tell you to keep your mind full of sweet, pure thoughts. Think of womankind as the sweet counsellor, the sympathizing friend, the voice appealing to your higher nature. Never allow yourself to come into the presence of any other kind. But I think that for the present you will do well to think of sexual ideas as little as possible. There is a beautiful motto about 'conquering by displacing.' Take care of your thoughts. By this I again say that I do not mean that you are to have a spirit of 'panic' for fear that you will not be able to control yourself. But in the slang of the day, I advise you to 'forget it.' How? By thinking beautiful thoughts of what is really possible for you. You have the Divine within you. This body is the 'Holy Temple of God.' Your mind is God in action. You can think God-thoughts. You can do God-deeds. Read books that will tell you how to develop the God within you, and to make your manhood a sweet, pure, noble power in society. You are made for beautiful

things. Your gift of manhood is to make you a greater soul and a stronger, broader thinking power than you have ever conceived.

"If you have a special taste for anything, so that when you see it, your soul is uplifted, and a psalm of grace and power seems to be singing itself into your inner being, rest assured that *that* very thing, whatever it may be, is the thing through which you are to develop a richer, fuller manhood, and attain to a high efficiency. Think earnestly upon that thing. Concentrate upon it. Believe in yourself. Form pictures in mind of yourself in the enjoyment of success in this lofty vocation, whatever it may be. Those pictures have their attractive power and will hasten your success. To think thus is a strictly scientific process which tends directly to breadth and growth. These are among the most powerful thoughts that we can have. Indulge in them. Not to become an idler, but to glorify your work, however humble, by visions of a beautiful success in life for you."

Thus concentrating the mind upon some noble career, in accord with the individual tastes and therefore in the "line of least resistance," with the added sweetness of doing it all for the sake of the loved one, lightens the task unspeakably, and the victor comes forth a king among men, able to crown his queen with the greatest gift of a woman's life—that of a pure, ideal maternity.

CHAPTER XXII.

THE GIFT OF MOTHERHOOD; CONCEPTION.

Starting Points of Life—Meeting with God to Form a Human Soul—Lifelong Impressions from One Moment—The Father's Influence First—His Life-Germs are Living Beings—Their Extreme Activity—"A Serpent Bit an Egg"—Fish and Oysters Artificially Multiplied—Double Impregnation—The Favorable Period—High Vigor Required for Child's Sake—Spring the Time for New Life—The "Second Honeymoon"—Training to Prepare for the Best Offspring—The Food, the Breathing, the Baths and the Dress—Two Children Contrasted—Pre-Natal Training Saves Much Time and Labor—A Splendidly Endowed Child—What to Cultivate; What to Restrain—You Can Counteract Heredity—A Stronger Force—The Supreme Moment—Pray as Never Before—God's Image to be Produced.

THERE are three moments of vital import to every human life; each in one sense a beginning.

First of all is the initial moment of its very existence, when the creative forces of fatherhood and motherhood unite to form a new being.

Second, birth; when the child, parting from the shielding maternal nest, draws for the first time the breath of individual life.

Third, regeneration, when the soul, quickened by a realization of its relation to an All-Loving, All-Wise and All-Powerful Source, takes up reverently the welcome task of developing those spiritual powers within, which are divine, but which have been hitherto lying dormant.

Perhaps—nay, surely—death is a *fourth* beginning; but we are now concerned chiefly with the other three, which are to a greater or less extent under the conscious control of those on this side of death's portals.

Well is it for the precious coming life if it be invited, and lovingly, wisely planned for in advance by those who have themselves reached the *third* of life's beginnings! It is a great responsibility to call into being an immortal life. How sacred should be this hour to the pros-

pective parents! What a sense of reverence, of lofty, tender purpose and pure joy should animate them as they thus meet with God to give form to a human soul!

POWER OF IMPRESSIONS AT CONCEPTION.

It is now an unquestioned fact that initial impressions, those stamped upon the nature of the child at the moment of conception, are sufficient to influence in a marked degree its physical, mental, moral and social traits. Knowing this truth, it will be seen what a power is given to parents, and with what care it should be used. Fowler tells of one child conceived after the parents had just spent an especially pleasant day and evening with friends. The child grew up to be a charming young woman, with unusual social gifts. She made friends easily and was a favorite everywhere.

A boy who was conceived just after his parents had attended a course of lectures that were a great intellectual treat to them, was quite superior to his brothers intellectually. Another, conceived after the parents had attended and greatly enjoyed a concert, showed marked musical abilities not possessed by either parent, though both were fond of music.

AS PARENTS, SO CHILDREN.

Better known, and no less wonderful than the power of these impressions is the fact that the entire body, mind and soul of the parents are represented in the tiny sperm and germ cells; and as are the parents, so will be these life-messengers. The sperm cell, propelled by the semen on its journey towards the ripened ovum, therefore carries with it all the developed and undeveloped traits, peculiarities and characteristics of the father, as well as those suggested by the activities of his mind most prominent at the time of the creative act.

FATHERS NO LESS RESPONSIBLE THAN MOTHERS.

This fact makes it clear that even before the mother's pre-natal influence, comes the father's. Both parents are equally responsible for the right or wrong tendencies transmitted; and heredity thus becomes

a powerful influence, excelled only by the wonderful secret enabling all to control and overcome it—a knowledge which is growing more and more luminous, and is to be one of the brightest lights of the twentieth century.

Let us, then, take up in turn, the most significant questions connected with the moment of conception.

What do we find, all things considered, to be the most favorable time and conditions for thus ushering a new being into existence? What specific preparation is necessary? and when should it begin? If heredity is such a power, how can the transmission of undesirable traits in either parent be avoided?

SPERMATOZOA (enlarged).

The Life-germ supplied by the male.

I will give to these questions an honest, conscientious answer, and then I shall expect the seekers after truth not only to accept it from me, but to seek reverently and earnestly for its further manifestations in their own experience. Truth is limitless and must be *lived* to be best understood. New light will certainly dawn, and each seeker will learn as the light is followed. Some of the less earnest ones, alas! will learn through *not* following it, but it is a sad wisdom that comes through such experience—and comes too late!

We must begin by a brief review of the process and the laws of conception.

THE SPERMATOZOA.

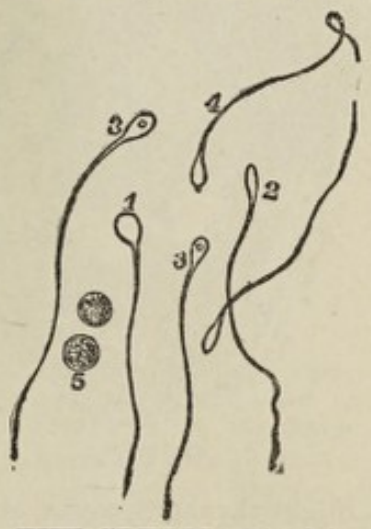
You will remember that in the chapter on "Life Centers," considering the physical beginnings of a human life, I spoke of the curious, exceedingly minute living beings consisting of oval-shaped bodies with long tails. These are the sperm cells, or spermatozoa; the life-germs of the male. They swim in the seminal fluid, a substance somewhat like the white of an egg. In full health and vigor these spermatozoa are both numerous and active; in sickness or great debil-

ity they are few and weak, and in certain states of the system they disappear, and the power of reproduction no longer exists.

LIBERATION OF THE SPERMATOZOA.

The primitive germ-cell in the testicles bursts, and sets the smaller cells free; and these, in turn, liquefy and set free the now perfected spermatozoa; the fluid containing them passes on, as described in the chapter on the "Reproductive Organs," and finally reaches the seminal vesicles, which act as a reservoir. It is here that the cells become vivified, beginning to rush madly about in all directions, lashing their tails as though endowed with conscious life. If now expelled by the action of the dartos muscle, the first sperm-cell brought in contact with a ripened ovum of the female, will unite with it to produce a new being.

You will remember the wave-like motion of the cilia in the uterus and Fallopian tubes. The motion of the spermatozoa is supposed to be caused by a similar law, and they retain their power of motion for hours, sometimes for days, after being evicted.



THE SPERMATOZOA.
After being quickened by seminal liquid.

Hundreds of spermatozoa are contained in a single drop of semen; and when deposited in the vicinity of an ovum, they are attracted by it, surround it, and the one nearest to the germinal spot of the ovum strikes it with open mouth, as though seeking food. Thus the two germs are merged into one and the new life begun. "A serpent bit an egg and the first man was born," says an old legend. We can easily see how the story may have been founded on this most curious physiological fact; the spermatozoa resembling a serpent, and the ovum being an egg.

ARTIFICIAL IMPREGNATION.

The power of motion, and the unerring attraction of the male element to the female, can be traced throughout all nature. In fish, for instance, which do not copulate, the spermatozoa swim about in the

water until they come in contact with the eggs laid by the female. The ripe eggs or hard roe may be taken from the body of a female fish and the testicles or soft roe from the male, and by mingling them together they become fertilized. Ponds and rivers may thus be stocked with fish, and a similar means of artificial impregnation has proved successful with oysters.

In mammals, including human beings, the seminal fluid containing the spermatozoa is thrown through the penis, into the vagina of the female, and from there is conducted by the contractions into the uterus and up the Fallopian tubes toward the ovaries, to meet the ripened ovum. As these spermatozoa dart hither and thither in great numbers and with intense activity, some one of them is likely, if the time be favorable and there be no serious malformation, to reach the destined point, and impregnation results. But sometimes this fails to occur; when the womb is too low, for instance, as in the common ailment of falling of the womb, the semen freighted with its numerous life-germs may proceed past instead of into the mouth of the womb, be lodged in some fold of the vagina and thus escape impregnation.

OVUM.

Blighted, about seven or eight weeks old. Too much gelatine formed in the funis, or umbilical cord.

Fig 1.

OVUM.

Fig. 1.

The chorion, surrounded by filamentous vessels.

HOW TWINS ARE PRODUCED.

The spermatozoa are continually being formed by millions, while the ova are produced at the rate of only one or two as a rule, each month at the menstrual period. Usually one egg is discharged each month, the ovaries acting alternately; but sometimes both ovaries dis-

charge their contents at once, or a follicle may contain two eggs. In either case, both eggs may be impregnated, and the result would be twins.

As we have seen, the human egg is not unlike that of fowls except in its minute size. In the case of fowls, there must be contained within the shell of the egg all the matter of which the perfect bird is to be formed; but in the human being, the embryo is nourished by the blood of the mother, while in the uterus. It does not need at the outset, therefore, the proportionate bulk of the fowl's egg, which receives no such additional nourishment.

OVUM.

Fig. 2.

Vessels more numerous at a than at any other point; forming a basis for the placenta. At b the chorion is denuded of the shaggy vessels.

THE TIME CHOSEN.

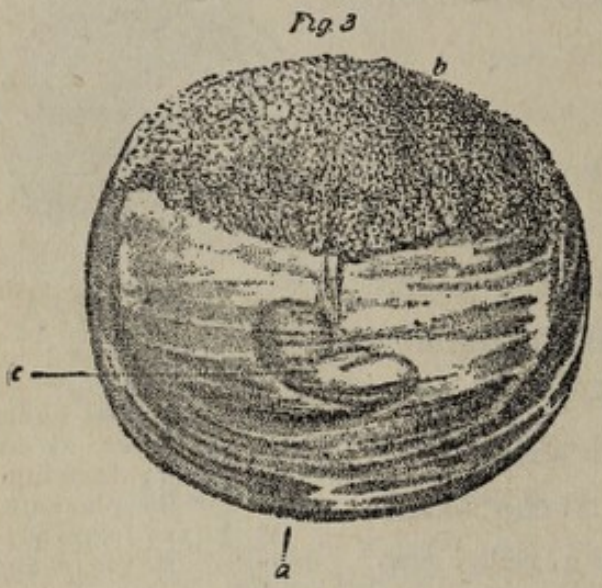
Since impregnation can only take place at some time when there is a ripened ovum set free, but still remaining in the generative regions, which process takes place in all healthy females at the time of the menstrual period, it follows that the spermatozoa, if introduced either too early or too late for the presence of the ovum, will not become thus united; and as a rule, conception can only result, therefore, from the sexual congress within eight, or at most, twelve days of the menstrual period. The spermatozoa may meet the ovum when first liberated and drawn into the Fallopian tube; or the ovum may possibly find the spermatozoa awaiting its arrival in the uterus; or the connection may take place at the very close of the ovum's stay in the uterus.

It follows, then, that if all conditions are normal, the sexual act, to result in conception at all, should occur within three days before the beginning, or within ten days after the close, of the menstrual period. For some reasons, the latter would seem preferable; and strict continence for at least a month before would well repay both participants. To best endow the child, conception should be when the sex-vigor is at its height; this usually being with women at the close of the menstrual

flow, and with both men and women, at the close of at least a month of entire abstinence from the sexual relation. For it is an ascertained fact that even healthy parents can transmit their health, intellect and morals only according to the amount of sexual vigor that they possess at the moment of the creative act.

PHYSICAL PREPARATION.

It is important that physical vigor, also, be at high tide. *Never* should the new life be initiated at a time when either parent is tired, exhausted or in any way indisposed. Better by far would it be to take a month's vacation, and give the time wholly to bringing the health up to its highest possible condition.



OVUM.

Fig. 3.

Progress of forming the placenta. Embryo seen at c, eight weeks old. The pellucid membranes a have increased in extent.

NATURE'S FAVORITE BIRTH-SEASON.

It is noticeable that Nature usually seems to prefer the spring-time for the bringing forth of new life in both the plant and animal worlds. While man has more latitude in this respect than the lower animals, still it would seem not unwise to heed the hint that Nature gives. In climates where extremes of temperature are common, a child born in the spring has many advantages over one born in summer or winter; the time for weaning is more favorable than with one born in the fall; and the mother recovers more rapidly as the early summer breezes coax her frequently into the open air.

Summer, then, would be an especially favorable time of year for conception; and if the wedding was in June, what better plan could there be for the anniversary than to prepare (after a year's continent or moderate love-expression) for the actual initiation of the little com-

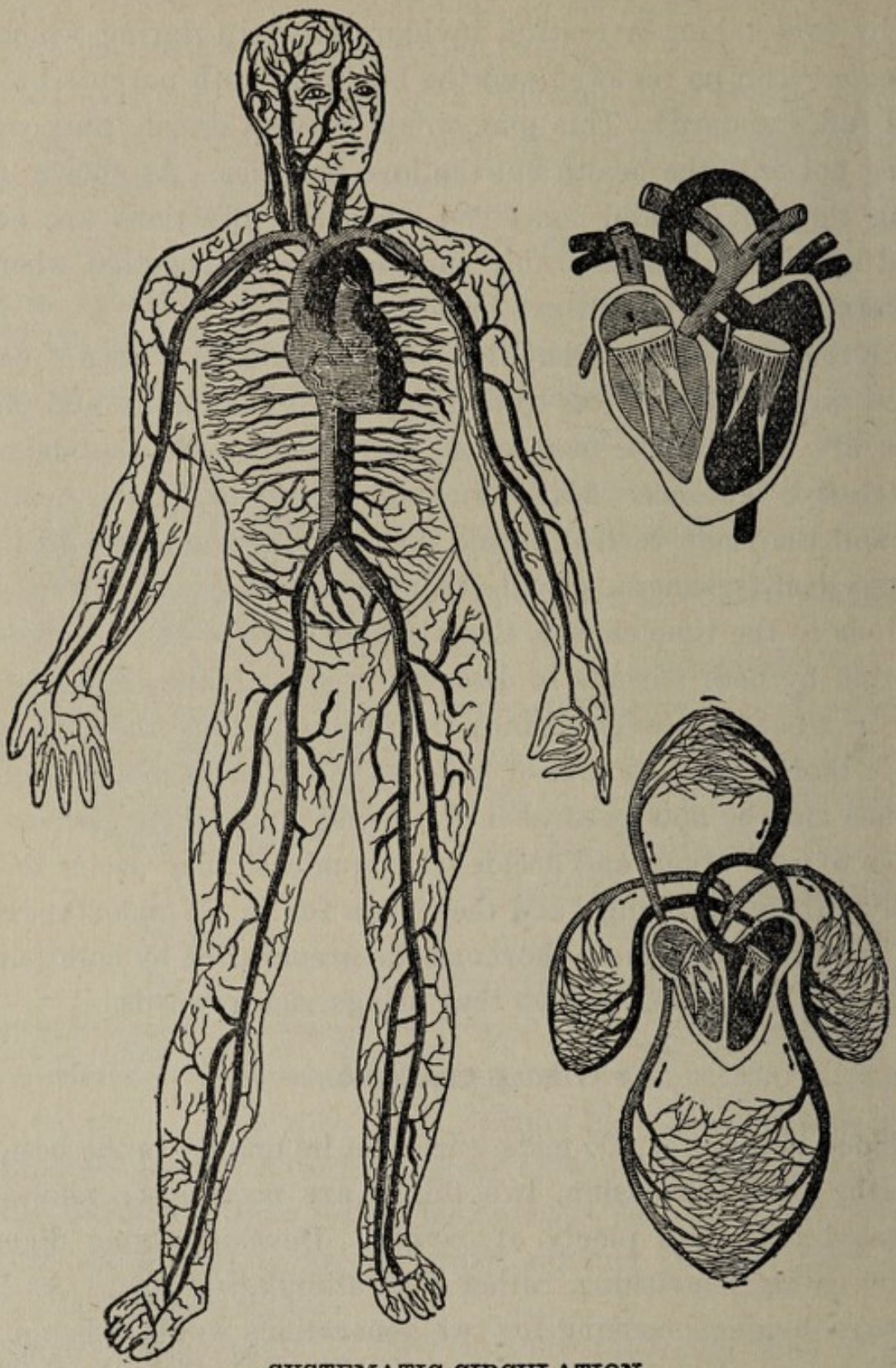
ing life by first taking a restful, invigorating trip during which the "honeymoon" can be renewed and the health of both parents brought up to its full standard? This plan would serve a double purpose, invigorating not only the health but the love-faculties. As shown in the preceding chapter, a child conceived when the affections are active, pure and intense is immeasurably superior to one begotten when the love-powers of either parent are passive.

As for the time of day, that time is best which has been preceded by a good night's sleep. One author says that the bodily and mental functions are most active near noon, and recommends that hour for the procreative embrace. Early morning, however, if the health be normal, and the sleep restful, would also seem a good time to insure perfect physical freshness, sexual vigor and intellectual clearness.

Previous to the time chosen, there should always be thorough self-examination by both parents to discover in what traits they are lacking, and in what ones over-strong; they should study their ancestry, not with a thought of fear, but of hope, to see what slumbering talents and virtues may be now re-awakened; should study their likeness and unlikeness to each other, and decide what qualities they desire to have strongest in their offspring—and then *train* for it. Wonderful results are thus achieved. The more thorough the preparation by both parents the better. It is a labor of love that brings rich rewards.

PHYSICAL TRAINING.

The blood is the life. To make sure that its quality is the best, and thus worthy of transmission, two things are necessary; wholesome, well-digested food, and plenty of oxygen. Develop strong digestive powers by eating nourishing, rather than stimulating food. As Prof. Riddell says, hygienic cooking for two generations would substantially improve the race. Eat slowly; take plenty of time, and let the thoughts and conversation at table be always on cheering topics. Drink little or nothing at meals, but eat plenty of fruit. Never worry or fret while eating; never overload the stomach, and do not expect to cure dyspep-



SYSTEMATIC CIRCULATION.

Heavy lines indicate the arteries.

The right upper figure shows in detail the heart and its blood vessels, heavy lines indicating arteries all through.

The right lower figure shows the connection of the circulation of heart, lungs and abdomen.

sia or kidney trouble while using tobacco. Alcohol should never enter the stomach; and pastry, confectionery, condiments, pork and fried meats are also to be avoided.

Breathe plenty of fresh air; do not have rooms overheated; give great attention to ventilation; and it is well for both parents to make a practice of regular deep breathing in the open air at stated periods at least twice daily. In the chapter on "A Breath of Air," you will recall, are instructions for deep breathing.

Exercise the whole body, especially any weak or undeveloped portions, but avoid overwork. A man of sedentary occupation—a writer—was deficient in physical strength at the time his first child was conceived. The child had a fine brain but low vitality. The father then took up systematic physical culture, and the next son had a fine physique and as good a brain as his brother.

Bathing should include the daily morning sponge-bath and the warm tub-bath twice a week. The dress should be rational; corsets should be abandoned by the prospective mother long before conception, and the weight of the clothing hung entirely from the shoulders. Never resort to opiates; instead, cure nervousness or wakefulness by a proper diet, abundant fresh air, the warm bath and physical culture. Seven or eight hours of sound, refreshing sleep every night, with open windows, should be the rule.

Be continent; for this strengthens the sex powers, increases the love-faculty and promotes harmony; and it gives a pure inheritance. Sir Isaac Newton was conceived after two years of continence. He had a splendid inheritance.

MENTAL AND MORAL PREPARATION.

If possible, the specific training should begin at least a year before conception and continue until birth. It is a great saving of time, for two years of systematic study and training by the prospective parents will actually go farther than ten years of the most careful and painstaking instruction of the child after birth. It will count for more, in the long run, in the child's education.

A girl of ten, in Michigan, was observed to be unusually well-formed, pretty, highly magnetic, pleasing in manner and intellectual, easily excelling her schoolmates of the same age. Inquiry revealed the fact that the little life had been carefully planned for; that the parents, neither of whom was remarkable, had followed sedentary occupations, but had taken physical training for a year before the child's conception, and had lived hygienically; that the mother had given much attention to elocution and art, the father being an artist. The child excelled in all studies, but particularly in art; and was highly dramatic, graceful, self-possessed and lady-like; an exceptionally, but intentionally, well-born child.

Cultivate self-respect, dignity, and some worthy ambition. If a specific mental or moral power is very *strong* or very *weak* in *both* parents, that strength or that weakness is likely to be greatly exaggerated in the child. Suppose, for instance, that both parents are firm and positive; not to the extent of a serious fault, in themselves, yet if this quality is kept active, the child will have a double supply and be wilful and stubborn. It is better, therefore, for such parents to cultivate a more yielding spirit. The child may then have less obstinacy than either but still retain a desirable degree of pertinacity.

The same rule applies with all other mental and moral traits. In this training, some qualities will need to be earnestly cultivated, others will require restraining, all with a view to establishing a well-balanced, strong, harmonious nature.

When both parents are extremely active and energetic, the children tend to be bundles of transmitted nervous activity, to go pell-mell into everything and wear out before they are thirty; or else they are sadly deficient in energy, seemingly "born tired," which results from the parents' completely exhausting their energy and having none left to transmit.

The training in such a case would lie in the direction of moderation, both parents learning the art of resting, and of working more slowly.

On the other hand, when both parents are sluggishly inclined, they

should train physically, by diet and exercise, to get rid of fat; should work hard several hours each day; and strive to *feel* vigorous and active, cultivating the will. In this way they can transmit a fine degree of physical courage, energy and aggressiveness not naturally possessed by themselves.

Mechanical ingenuity may be transmitted by devoting a little time each day to the use of tools, machinery, or some study which, like architecture, or dressmaking, requires close observation, a knowledge of proportions, and care in putting together.

Memory can be strengthened and transmitted by concentration. Get a clear, vivid mental picture of what is to be remembered; and repeat it over and over again to yourself. Try to memorize bits of poetry, philosophy or historical facts, giving a half hour or more every day to the practice. Any study or art in which it is desired that the child shall excel, should have this special, systematic attention by both parents, whether their own talents lie in those directions or not.

It will be found that persistent mental force, thus directed, is a stronger power than heredity. One prospective mother, herself deficient in musical ability, determined that her child should be better endowed in this respect. She took music lessons during the latter months of pregnancy, and the result was that the child learned music easily. Had she known, she could, with her husband's help, have still further increased the child's talent by giving it special attention before and at conception.

The moral faculties, justice, truth, honesty, temperance, cheerfulness, generosity, kindness, should be cultivated and strengthened in precisely the same way—by systematic thought and practice, avoiding every approach to their opposites. *Reverence* for things sacred, for old age, for superiors, and the power of seeing good in all things, is a heritage greatly to be desired. It can be given, in every instance, by these methods. Whatever is lacking in yourself which you would see in your child, practice assiduously; and the longer before conception this is begun, the better.

Finally, as the moment arrives to bestow the gift of life, the prospective parents should enter the silence and hold communion with the living God, until they have subordinated the carnal self and exalted the spiritual. If they have never prayed before, they should now; not in fear, but in reverence and awe. If ever two souls needed the baptism of the Holy Spirit, it is in the performance of this sacred function. If they would create a child in God's image, His spirit must animate their natures at this time when they unite to give form to a soul.

CHAPTER XXIII.

LIMITATION OF OFFSPRING.

Joy of Parenthood—Perversion of the Function—Unwelcome Children—Consider This Seriously—Over-Population Feared—Records of Norway and Switzerland—Limitation a Duty—One Preventive Check—Nursing No Preventive—Abortion is Criminal—Malformation Alone Justifies It—Limitation is Not Infanticide—Limitation Destroys No Life—Mechanical Appliances Dangerous—Prof. Fowler's Objections—The Discovery of Limitation by Control—Objections Answered—Another Method—Love's Highest Plane—Striking Quotations—The Woman Who Cursed God—The Coming "Diamond Age."

NO JOY on earth can equal that of parenthood. It is the greatest of blessings. But blessings, perverted, change to curses. While prudence suggests that the number of children born to any married couple be limited in accord with the ability to care for them, it is yet few, comparatively speaking, who will listen to the voice of prudence in this respect. Unfortunately for the race, irresponsible sexual intercourse is so largely the rule among the married, that unwelcome, sickly and viciously inclined children are thrust into the world with no chance to make their own lives such as will be worth living.

A SERIOUS PROBLEM.

For the sake of society as it is and as it should be; for the sake of those wives whose husbands have not learned self-control, and those children who are robbed of their just heritage by this ignorant, immoral practice of calling them into life when life has nothing to offer them, I advocate a brave and serious consideration of this problem.

There is a tendency in all animated existence to increase faster than the means of subsistence. In plant-life, the soil, moisture, sunlight, may all be favorable, but if seeds are allowed to multiply until the plants become overcrowded, the result will be weak, dwarfed, sickly

plants. It is the same with human plants. As advancing civilization gradually subdues the three great life-destroyers—war, famine and pestilence—the problem of increasing population will stand out with even more clearness than it has done in the past.

LIFE PROLONGED BY SELF-CONTROL.

"So far as is known," says Anna Besant in her "Law of Population," "the countries which have practiced a great degree of voluntary prudence for the longest time are Norway and Switzerland. In both countries the increase of population is very slow, and what checks it is not multitude of deaths but fewness of births. Both the births and deaths are remarkably few in proportion to population; the average duration of life is longest in Europe, undoubtedly due to the fact that the population contains fewer children, and consequently a greater proportion of persons in the vigor of life than is found in any other part of the world.

"The fewness of births tends directly to prolong life by keeping the people in comfortable circumstances."

HOW NUMBER MAY BE LIMITED.

Montague Cookson says and urges that the number of children born after marriage should be limited and that "such limitation is as much the duty of married persons as the observance of chastity is the duty of those who are unmarried." He goes on to recommend, as a preventive check, the observance of certain natural, physiological laws such as I have mentioned elsewhere. "The family may be limited," he says, "by obedience to natural laws which all may discover and verify if they will. A woman is more apt to conceive soon after menstruation than at any other time; so much is this fact recognized by the medical profession that in cases of sterility a husband is often recommended only to visit his wife immediately after the cessation of the monthly flow; since women conceive more easily at this period, the avoidance of sexual intercourse during the few days before and after menstruation has been recommended as a preventive check."

Dr. Tyler Smith writes: "In the middle of the interval between the periods there is little chance of impregnation taking place."

The same kind of knowledge is of use, by the way of caution, to women who menstruate during lactation, in whom there is a great aptitude to conceive; pregnancy, under such circumstances, would be injurious to the health of the foetus, the child at the breast, and the mother herself, and should therefore be avoided.

Only six or seven per cent of conceptions take place during this interval between the menses. Women are far less likely to conceive midway between the menstrual periods than either before or after them.

NURSING NO CHECK TO CONCEPTION.

There is a preventive check attempted by many poor women which is most detrimental to health, and should therefore never be employed; namely: The too long persistence in nursing one baby, in the hope of thereby preventing the conception of another. Nursing does not prevent conception. For a mother to nurse during pregnancy is highly improper; it not only injures her own health, and may bring on a miscarriage, but it is also prejudicial to her babe, and may produce a delicacy of constitution in both from which they may never recover.

ABORTION.

Another class of checks is distinctly criminal; the procuring of abortion. Various drugs are taken by women with this intent, and too often their use results in death, or in dangerous sickness. Yet there are cases in which, because of some malformation, the child cannot be born alive, when physicians are compelled to induce premature delivery to save the life of the mother. Dr. Fleetwood Churchill gives various methods of inducing labor prematurely, and argues, justly, that where the delivery of a living child at the full time is impossible, it is better to bring on labor than to be compelled to perform later either craniotomy or the Caesarian section. But he goes further: "There are cases where the distortion (of the pelvis) is so great as to render the passage

of a seven months' child impossible, and others still worse, where no reduction of a viable child's bulk will enable it to pass. I do not see why abortion should not be induced at an early period in such cases." And Dr. Churchill quotes Mr. Ingleby as saying: "Premature labor may, with great propriety be proposed on pregnancy recurring, assuming the delivery of a living child at term to have already proved impracticable." But if the delivery of a living child has proved to be impossible, surely the prevention of conception is far better than the procuring of abortion. The destruction of the foetus is the destruction of life; and it is immoral, where a woman cannot bear a living child, that she should conceive at all.

I cannot agree with those who consider it wrong to limit the birth-rate, even by continence and self-control. Let the distinction between right and wrong in this matter of limitation be clearly made. "An extraordinary confusion exists in some minds," says Mrs. Besant, "between preventive checks and infanticide. People speak as though prevention were the same as destruction. But no life is destroyed by the prevention of conception, any more than by abstention from marriage. * * * Life is not made until the male and female elements are united; and if this is prevented, either by absention from intercourse among the unmarried, or by preventive intercourse among the married, life is not destroyed, because the life is not yet in existence." * * * "To limit the family is no more a violation of nature's laws than to preserve the sick by medical skill; the restriction of the birth-rate does not violate nature's laws more than does the restriction of the death-rate."

FOREIGN SUBSTANCES INJURIOUS.

The use of certain mechanical appliances, common among dissolute classes, does not and cannot protect them from the ill effects of their debauchery. Inflammations and venereal diseases, the most loathsome and frightfully painful known, are certain to overtake them if they persist in such practices, either with or without the mechanical checks

to conception. The insertion of pessaries or their equivalents, recommended by some as preventive checks, is not to be advised. Prof. O. S. Fowler speaks emphatically on this point. He says: "*Pessaries necessarily injure.* Foreign substances must needs inflame, and create ulcers."

PREVENTIVE INTERCOURSE THROUGH CONTROL.

There is, however, a method of prevention depending on the complete control of both husband and wife throughout the entire relation, so that unless procreation is desired the final orgasm is entirely avoided. In a pamphlet giving the history of the discovery, the author explains how he was brought to the experiment. Said he: "The discovery was occasioned and even forced upon me by very sorrowful experience. In the course of six years my wife went through the agony of five births; four of them premature; only one child lived. This experience is what directed my studies and kept me studying. After our last disappointment I pledged my word to my wife that I would never again expose her to such fruitless suffering. I made up my mind to live apart from her rather than break this promise. I conceived the idea that the sexual organs have a social function which is distinct from the propagative function, and that these functions may be separated practically. I experimented on this idea, and found that the self-control which it requires is not difficult; that my enjoyment was increased; that my wife's experience was very satisfactory, as it had never been before; that we had escaped the horrors and fear of involuntary propagation. This was a great deliverance. It made a happy household. I communicated my discovery to a friend. His experience and that of his household were the same. In normal condition, men are entirely competent to choose in sexual intercourse whether they will stop at any point in the voluntary stages of it, and so make it an act of communion, or go through to the involuntary stage, and make it an act of propagation."

Noting the objections urged against this method of connubial embrace, the author continues: "The wholesale and ever-ready objec-

tion to this method is that it is unnatural, and unauthorized by the example of other animals. I may answer, in a wholesale way, that cooking, wearing clothes, living in houses, and almost everything else done by civilized man is unnatural in the same sense. * * * But I will come closer to this objection. The real meaning of it is, that male continence, as taught by us, is a difficult and injurious interruption of a natural act. * * * If it is noble and beautiful for the betrothed lover to respect the law of marriage in the midst of the glories of courtship, it may be even more noble and beautiful for the wedded lover to respect the unwritten laws of health and propagation in the midst of the ecstasies of sexual union. The same moral culture that ennobles the antecedents and approaches of marriage will sometime surely glorify the consummation."

ANOTHER METHOD.

Here is a practical suggestion by Dr. T. R. Allison, which, if heeded, would surely result in fewer and superior children, and greatly improved health of the parents as well. He says: "From a health point of view, it is better to occupy separate beds. Women are affectionate, and when they nestle close to a man, they excite sexual desire on the part of the man. Married couples will do well to sleep in separate beds. By this means, intercourse occurs less often, and health is preserved; for *opportunity* is the cause of much useless and injurious intercourse."

CREATION'S HIGHEST LAW.

Best of all is the cultivation of that high altitude of thought and life which lifts love above the physical plane, and counts it no privation to refrain altogether from the sexual act save at the times most favorable for the welfare of parents and child alike. Sexual intercourse should be *only* for the purpose of procreation. Invite children only when welcome. Obedience to this, creation's highest law, would solve the whole painful problem of limitation; besides immeasurably increasing the health of both parents. This ideal condition is becoming

real in instance after instance, as the light dawns on growing souls. It is to be the condition of the future. Meanwhile, in humanity's imperfect development, there are so many authorities agreed on the importance in many instances of making the sexual act fruitless, that I give quotations from several of them:

Sismondi, who was among the most benevolent of his time, and the happiness of whose married life was celebrated, says: "When dangerous prejudices have not become accredited, when our true duties toward those to whom we give life are not obscured in the name of a sacred authority, no married man will have more children than he can afford to bring up properly."

Dr. Elliot says: "There are times and conditions when the birth of children is a wrong to the community. It is wrong, either knowingly or ignorantly, to bring into the world through no fault of its own, a being impure, unhealthy and incomplete, only to suffer and die, or to live a life of misery and imperfection, and perpetuate the curse in succeeding generations."

Dr. Nichols says: "The world is full of miserable wretches, the results of sexual commerce forced upon a loathing wife by a drunken husband."

Prof. H. Newell Martin says: "Many a wife who might have led a long and happy life is made an invalid, or brought to premature death or insanity, through being kept in a chronic state of pregnancy."

Richard Carlile says: "It is not wise, not parental, not kind, to breed children to such disasters (disease, pestilence, famine). It is better that they should not be born than be cut off prematurely by disease, or struggle through a life of disease, poverty and misery—a life of pain to themselves, and both a pain and burden to their parents."

"The world is groaning," says another, under the curse of chance parenthood. It is due to posterity that procreation be brought under the control of reason and conscience."

Dr. Dressler gives a forceful illustration, one woman's confession to another, revealing the agonizing state of mind she was in: "There

was the eternal round of hard duties; no rest for body or mind. There was the unending sickness that precedes childbirth, and the heavy dragging at back and brain. Life was nothing but the acute consciousness of imposition and cruel wrong. I turned away from prayer, with a mental curse upon God for making men the lustful creatures they are, and creating women as the tortured receptacles of their lusts." "This is an instance desperate in the extreme," comments Dr. Dressler, "but motherhood does become a curse and terror to nearly all women who are deprived of the control of the maternal function, when it should be the choicest of blessings. Nothing will so surely destroy the mother instinct as the enforced intimacy of marriage, from which escape seems impossible. Not until enforced motherhood ceases to be, not until such children are conceived as are desired by both parents, will abortion cease. These are two evils which destroy the finer instincts of women in the havoc caused by loss of health and hope, through the slavish drudgery to maternal requirements."

Oh, for the coming of the "diamond age" of the world's history, when such abnormal horrors shall cease to exist! The curse shall yet give way to the blessing, and motherhood be the great privilege, the sacredly guarded trust, that it was divinely meant to be. Thank God that in many, very many instances it is so even now! This, and this alone, is normal maternity.

CHAPTER XXIV.

THE MOTHER-ARTIST. (PRE-NATAL CULTURE.)

An Endless, Widening Stream—The Ennobling Art—A Co-Laborer with the Divine—Intelligent Breeding of Animals—Shall Humanity be Left Behind?—Tenfold Harder by Deferring—Joyous Greeting for the Little One—"I Never Dreamed How Happy You Were!"—"Lovin' 'em Right Along from the Beginning"—No Limit to the Mother's Power—Hygiene and Beauty the Earliest—Surroundings of Greek Mothers—The Reason for the Italian Madonna-Type—Two Sisters Contrasted—You Can Counteract a Repulsive Sight—Implanting the Mental and Moral—Acquisition—Honesty—Sociability and Good Cheer—Literature—Your Child a Leader—Build Up the Soul!—The Father a Sympathetic Helper—Four Sons; All Planned For—Life a Wonderland of Treasures.

IF THE fairy godmother of some olden tale were to appear to-day and offer you the proverbial granting of three wishes for your child, would it not seem like a wonderful treasure indeed—this power bestowed upon you? Yet a power even more marvelous is actually in the keeping of every mother. It is a power beginning to be recognized, yet even now immeasurable, and, like that of electricity, is as yet imperfectly studied and exercised. When it is more widely understood, we shall have a race of beings as far surpassing the present-day humanity as these surpass the semi-barbarous nations of the world's cruder ages.

THE INCOMPETENT MOTHER.

"Ignorant and undeveloped motherhood," says a writer, "has been a terrible curse to mankind. An incompetent artist is simply a pathetic failure. A superficial woman lawyer simply goes clientless. A trivial woman doctor may get a chance to kill one or two patients, but her career of harm will be brief. A shallow or lazy woman journalist will be crowded out and back by the bright and industrious fellows who are her competitors. But a superficial, shallow, incompetent or trivial *mother* has left a heritage to the world which can and does poison the

stream of life as it flows on and on in an endless widening of incompetence, or pain, or disease, or insanity, or crime."

A MOTHER'S INFLUENCE.

Napoleon uttered a great truth when he said, "The future destiny of the child is always the work of the mother." It is a work which must be begun before the child is born; and what art so ennobling, so far-reaching in its results, as the perfect molding of a human life in all that beautifies and uplifts. Truly the mother-artist is a co-laborer with the Divine.

An artist, to be successful, must have a continual mental picture of the perfected work—must think of it by day, dream of it by night, and always delight in it as a vision of beauty. So with the mother; for there is no limit to the perfection that is attainable through intelligent transmission. The stream of improvement, once started, will not stop with our children, but go on and on for centuries. As a writer has said, "We can provide two hundred years in advance for the welfare of our progeny. By preparing wisely and conscientiously for the happy birth of our children, we implant a tendency in them to like wisdom and consecration. By continuing this for six generations, they will be vastly superior to us. Analogies exist in all our fine plants and animals which originally came from wild and crude stock. Their perfection is the result of intelligent breeding and cultivation. It is only in *ourselves* that we neglect this forethought and care. We have not yet reached, and never will reach the limit of perfection in improving the human species."

In illustration, the facts are cited that our race-horses are becoming faster and finer every year; that in England, stock-breeders study with the most painstaking care how to improve animals by judicious mating and breeding; that Japanese jugglers and acrobats are the finest in the world simply because they are trained to be acrobats for generations back.

No less is it possible to control the tide of human destiny in our

own land, in our own homes, by coming into conscious harmony with the Creator's plan and giving to our children exactly such physical, mental and moral qualities as we wish them to possess in order to add honor and delight to the world they are to inhabit.

What sacrifices would a true mother not make to give to her dearly-loved invalid child the single blessing of health? or to the fretful one, happiness? or to the mentally deficient one, a new brightness of intellect? But she often makes the task needlessly hard by deferring it. The time to bestow all priceless gifts on the little one is before its advent into the visible world.

How is this to be done? First of all, by

A LOVING WELCOME.

First of all requisites is joy at this great privilege. Lucinda Chandler says: "The most precious blessing of a human life is a welcome into existence through the baptism of love. That children are coming into the struggle of mortal experience the victims of parental ignorance, weakness and unwillingness, is the saddest of all human shortcomings."

Yes, give the little ones a loving, joyous welcome from the very first. In one of Saxe Holmes' stories telling of life in a town where the old heedlessness and ignorance prevailed, we have a beautiful picture of the power of loving thoughts on the coming life, and of how such thoughts illumined other lives as well:

"In the early days of the second winter came the Angel of the Annunciation, bearing a white lily to Draxy. Her joy and gratitude were unspeakable, and the exquisite purity and elevation of her nature shone out transcendent in the new experience.

" 'Now I begin to feel surer that God really trusts me,' she said, 'since He is going to let me have a child of my own.' 'O, my dear friends!' she exclaimed more than once to others, 'I never dreamed how happy you were. I thought I knew, but I did not.'

"Draxy's spontaneous and unreserved joy of motherhood, while

yet her babe was unborn, was a novel and startling thing to the women among whom she lived. The false notions on this point, grown out of ignorant and base thoughts, are too wide-spread, too firm-rooted, to be overthrown in an hour or a day, even by the presence of angelic truth incarnate. Some of Draxy's best friends were annoyed and disquieted by her frankness and unreserve of delight. But as the weeks went on, the true instinct of complete motherhood thrilled for the first time in many a mother's heart, under Draxy's glowing words, and women talked tearfully one with another, in secret, with lowered voices, about the new revelation which had come to them through her.

"'I've come to see it all quite different, since I've talked with Mis' Kinney,' said one young married woman, holding her baby close to her breast, and looking down with remorseful tenderness on its placid little face. 'I shan't never feel that I've quite made it up to Benjy, never, for the thoughts I had about him before he was born. I don't see why nobody ever told us before, that we was just as much mothers to 'em from the very first as we ever could be'; and tears dropped on Benjy's face; 'an' I jest hope the Lord'll send me's many more's we can manage to feed 'n clothe, 'n I'll see if lovin' 'em right along from the beginning, with all my heart, 'll make 'em beautiful an' happy an' strong an' well, 's Mis' Kinney says. I b'lieve it's much's ef 'twas in the Bible, after all she told me, and read me out of a Physiology, an' it stands to natur', which's more'n the old way of talkin' did.'

"This new strong current of the divinest of truths, stirred the very veins of the village. Mothers were more loving and fathers more tender, and maidens sweeter and graver—all for the coming of this one little babe into the bosom of full and inspired motherhood."

The result, a child whose every physical, mental and moral trait was a continual delight to all who knew him, merely illustrates a truth greater than any fiction. There is no limit to a mother's power to influence the destiny and character of her child if she will begin in time.

In the embryo the physical takes form first, then the brain areas that control mentality. Hence the first influences upon the coming child are chiefly physical. In the early months of pregnancy, a mother should pay special attention to hygiene, and to beautiful surroundings. Not that the physical and mental activities of the mother can or should ever be wholly separated. That were a task at once impracticable and undesirable. But in early pregnancy let the attention dwell strongly on everything which tends to suggest perfect physical health and beauty, because the prospective mother is *now* to enter upon a sweet and delightful work of molding the body, mind and soul of the darling one who is now all hers.

Greek mothers, before the birth of their children, lived in rooms which were made beautiful in every manner the Grecian artistic taste could suggest. Beautiful statues were placed in the mother's room that her eyes might rest on them and her mind follow in the direction of her eyes. From her surroundings she was expected to assimilate ideas of strength and loveliness which would be transmitted to her children. Her physical and mental condition were regulated as wisely as possible. Her dwelling-place was illustrative of the ideas it was desired the child should have.

Italian beauties, it has long been observed, conform to one type: that of Raphael's masterpiece, the Madonna. Copies of this painting are found on the walls of almost every Italian home, and are regarded with great affection and reverence by the people; which fact easily accounts for the many reproductions of these features in living works of art—the children—found even in the humblest homes of the peasants.

Two sisters in our own country presented a great contrast; one, born on a Western ranch, was strong, practical, matter-of-fact, uncouth, with no artistic or decorative ability. The other, born twenty years later in a comfortable home surrounded by beautiful grounds, and furnished with many works of art, is herself an artist, refined, poetic, graceful.

Prospective mothers, therefore, should carefully select their company, their books, their thoughts and their ideals. All repulsive, hideous sights must be carefully avoided; they may result in mental impressions which deform the child. I do not need to emphasize a fact already so well known; and though I mention it to warn the careless, do not let it make you nervous and fearful. There is a stronger power than even these impressions, and that is

THE POWER OF A TRAINED WILL.

The expectant mother should know at the outset that by the right exercise of thought and will, she can control and counteract the results of undesirable sights and impressions. If she has been unexpectedly confronted by the sight of severed fingers, she can counteract the shock by the *instant strong thought of a perfect hand.*

The mental and moral attributes should have attention during the whole period of pregnancy, but especially from the fourth month on.

The *acquiring* impulse should be carefully directed. It may be cultivated by the practice of economy, by saving for some special purpose, or by entering into some actual business enterprise for a time. The thought of *honesty* must be kept strongly uppermost in it all; for what seems like a trifling advantage taken or deception practiced at such a time has been quite enough to make the child a thief.

The social nature must not be neglected. Too much retirement on the part of the mother often leads to an inborn tendency of the child to shrink from society, to manifest a cold, shy, super-sensitive nature from which he or she may suffer during the whole life. It is a great misfortune to have this tendency, and a naturally retiring prospective mother may well make some sacrifices of her own feelings and attend social gatherings occasionally in the later months of pregnancy; for then is the very time it will help the child most.

TALENTS MUST BE EXERCISED.

At this time, too, the reading and study should receive most careful attention. Remember that the mother's superior culture in music, art,

or any study, must be exercised during gestation, if it is to have any effect on the child. The mother's mind and talents should be kept especially and regularly active during the later months.

THE KIND OF READING.

Avoid trashy literature as you would avoid poison! "If the published accounts of fiendish crimes cause these crimes to become epidemic among hundreds," says Prof. Riddell, "how much more among the embryonic lives in the formative period! The reading should be the *very best* literature, varied, to cover art, science, commerce, law, government, philanthropy and religion. *Try to impress* the thoughts on the mind of the child, just as if reading to a friend. Have reading that creates an *intense interest.*"

"Highways of Literature," a little book by David Pryde, published by the Funk & Wagnalls Company, New York, will help greatly to a keen enjoyment and intelligent understanding of the best literature. It explains just how to acquire this taste and appreciation, and opens before the reader new avenues of delight.

YOUR DARLING A LEADER.

The reasoning and thinking faculties, judgment and originality may be greatly strengthened, in the little coming life, if the mother will make it a point to do her own thinking; to inquire into the causes of things, learn the facts, and then form an independent judgment concerning them. The reason we have so few leaders and so many who are led, incapable of deciding questions for themselves, is that mothers so often allow their own powers of judgment to lie dormant at this critical time.

BRINGING GOOD CHEER.

Mirthfulness, a sense of humor, or the power of seeing the sunny side of every subject, is an essential trait, and should be especially cultivated both because of its value to the child throughout life, and

because the average prospective mother is inclined at times to be gloomy and depressed in spirits. She should remember that her condition is normal, that there is everything to hope for and rejoice in; and she should surround herself with jolly, happy, fun-loving people whose high spirits will be irresistible; she should never lose an opportunity to laugh; and if she will remember to make smiles the rule, she will be rewarded by seeing them reflected in a darling, dimple-cheeked child of joy. Surely it is worth the endeavor!

SOUL-POWER!

Make the religious life *natural* to a child. Some children have to be driven to church and Sunday School, others cannot be kept away. The difference is very largely in the pre-natal molding power of the mother's thought. The moral and religious nature of the unborn child, so plastic now, can be given any direction desired. Many are the striking illustrations of this truth; in the Bible, in history, in the church. Preachers of great devotion almost invariably are observed to strongly resemble their mothers. Martin Luther was one striking instance; Prof. George D. Herron says, "I may have been converted before I was born"; and Dr. Drummond expresses the opinion, "The Christian, like the poet, is born, not made." In observing what Christian Endeavorers call the "quiet hour" daily, during this time, a mother can wield a power for her child's happiness that will be of untold good for ages to come. She should enter the silence, alone with an infinitely loving God; she should become restful, passive, as in the exercise for relaxation given in the chapter on "A Breath of Air"; then with long, deep, easy breaths, she should mentally picture the Holy Spirit as filling her being and that of the child with all pure, loving, holy purposes. But remember, no self-reproaches; no agonizing petitions for what is already hers; no anxiety nor feeling of unworthiness. Just a restful, happy expectation. It will repay her a thousand-fold. She will not be disappointed! God listens to all such!

THE FATHER'S CONTINUAL HELP.

Read once more the chapter on "The Gift of Motherhood," for the same rules there given for pre-natal culture by both parents, apply also to the mother during gestation. The father can encourage and help her greatly even now; he can give her his sympathetic, thoughtful care and co-operation, and as far as possible provide the facilities for her best accomplishment of the task before her; but the work itself is now hers. When the parents have decided upon the occupation they would like for the child, the mother may, by her thoughts, aided by the father, create exactly the atmosphere necessary to the realization of their plan. Whether a poet, artist, teacher, lawyer, merchant, doctor, mechanic, engineer, farmer, preacher,—whatever it may be, it is only necessary that the mother dwell as constantly as she can on the subject in view, meanwhile being surrounded by those things which keep her comfortable, serene and happy.

ONE MOTHER'S EXPERIENCE.

A mother relates her experience in character-molding, in the language ensuing: "About a month before the birth of my first, thinking it about time for me to learn something about confinement, because unwilling to trust all the doctors, I got various books to mothers. I found not only what I wanted touching confinement, but also how I could shape the original character by self-culture before birth. Sorry I had not known this earlier, I determined to 'put my house in order' for next time, and see what I could do to improve subsequent ones. I had always wanted an eloquent son, and when I found myself likely to bear my second, gave myself up wholly to hearing orators, reading poetry and classical works, and listening to every good speaker in the pulpit and lecture room, at the bar and in the legislature, on the bench and political rostrum; which accounts for the speaking instincts of my second son.

"While carrying my third, desiring a painter and artist, I visited, with a trained artist, the art studios of New York, Boston, Phila-

delphia and other places, giving myself up wholly to the study and admiration of the fine arts; which accounts for the third son's artistic tastes and talents. While my fourth was coming forward, we were building our new country home. My husband was obliged to leave before it was completed. I had to be head mechanic, contrive this, that, and other mechanical matters, pay the men, look after the farm, economize material and labor; see that farmers and workmen did not impose on us. Consequently this son has extraordinary ability as a business man."

WHATEVER YOU WILL!

A mother can thus give to her unborn child whatever she will. Can anything tempt one who realizes this truth to be indifferent to the limitless power bestowed upon her? And let it be remembered that in so occupying her thoughts as to transmit the desired gifts, her own mind is cheered and lifted far above any physical discomforts or tendency to worry and unhappiness. Life becomes a wonderland of treasures to be explored, to be freely taken and freely transmitted; and as the mental pictures of the mother-artist glow at last in living colors before her delighted gaze she will thank God she had the courage and devotion to accept the charge and complete her task aright.

CHAPTER XXV.

SIGNS AND PROGRESS OF PREGNANCY.

"Rational" Signs—Rapid Pulse—"Morning Sickness"—Changes in the Breasts—"Quickening"—Globules in the Urine—"Sensible" Signs—Pulsation of the Foetal Heart—Growth of the Embryo—Villi—How Placenta Acts as Lungs and Digestive Organs—The Umbilical Cord—Various Interesting Stages of Growth—The Last Two Months—The Mother's Time to Perfect the Child—Valuable Table of Dates of Confinement—Conception While Nursing—Miscarriage—Promptness Can Avert It—Miscarriage More Painful Than Natural Delivery—Requires Same Care as After Confinement—Guarding Against Tendency to Miscarry—Treatment After Once Miscarrying—Four Theories of Determining Sex—No Satisfactory or Final Test—The "Mental Dominance" Idea.

THE determination of pregnancy at the earliest possible period forms one of the most frequent, difficult and important problems in the practice of medicine. The physician will often be called upon to decide this question. For some to become pregnant is the realization of the highest ambition, while for others it is a dread.

Signs of pregnancy are divided into two classes, "rational," and "sensible." The earliest ones observed are called "rational," and those appearing subsequently are termed "sensible," or "positive."

GENERAL EFFECTS.

The "rational" signs are derived from the circumstantial history of the woman. Among these may be classed the general effects observed in the female economy, such as a more rapid pulse and respiration; greater activity of the circulation of the blood; greater sensibility of the nervous system; suspension of the menses or monthly flow, especially if she has been very regular before; and "morning sickness," which arises from sympathy of the solar plexus with the organic nervous system of the uterus. This morbid condition may not appear until the fifth or sixth week after conception, and cease at the third month.

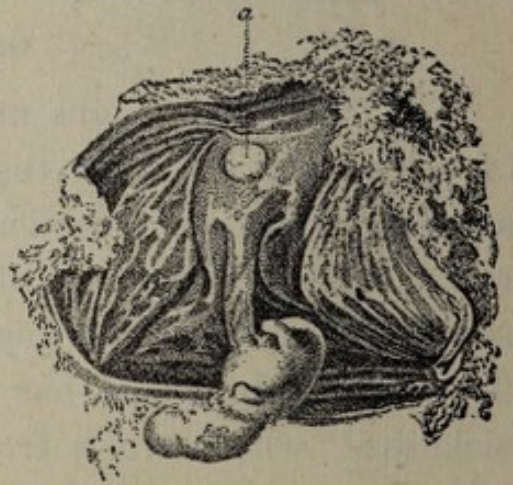
Some are so unfortunate as to be troubled with nausea through the entire period of nine months, unless alleviated with proper treatment. Most frequently, however, there is more trouble some mornings than others, and this sign usually disappears after two or three months. (See *"Diseases of Pregnancy."*) There are other derangements of the digestive organs, such as eructations, heart-burn, longing for some particular article of food or drink, also aversions to some particular kind of food. The abdomen, by its changes in size and form, furnishes one proof as the pregnancy advances. The umbilicus affords some indications of value. During the first two months the depression of the umbilicus is greater than usual owing to the descent of the uterus into the pelvis, and to its dragging down the fundus of the bladder.

VESICLE IN OVUM.

Loosely suspended floating vesicle "c" in ovum of five or six weeks.

CHANGES IN THE BREASTS.

About the end of the second month, the breasts become enlarged, and a change is perceptible about the nipple. It swells, becomes sensitive and projecting, its color is also deeper; and by the end of the fourth month a dark brown areola is seen to surround the nipple in every direction, for a distance of three-quarters of an inch from its base. In brunettes the color of the areola is deeper than in blondes. As pregnancy advances, especially if it be a first pregnancy, the areola themselves become moist, and little follicles studding their surface become prominent, distended and bedewed with transuded fluid. These follicles, or little glandules which appear near the base of the nipple within the areola, attain an el-



VESICLE IN OVUM.

Vesicle at a in ovum of seven weeks.

evation of one or two lines above the surface of the skin. Each little gland has an excretory duct, and by pressing upon its base a little serous fluid is made to escape. Sometimes these glandules become very sore, when an application of Calendula will effect a speedy cure.

These appearances of the mammary organs, occurring in regular order, when taken in connection with other "rational" signs, afford almost conclusive evidence of the existence of pregnancy.

QUICKENING,

where it can be distinctly recognized, becomes of course a conclusive evidence of pregnancy; but it can not be thus positively determined except in those whose previous experience leads them to interpret aright the sensations which compose it. The term "quickening," as originally applied, was the period at which the foetus in utero first became possessed of its living principle, or was united to its physical soul, which was believed to be the cause of the changes and the unusual sensations experienced by the mother at that time. But let it be understood that from the moment of conception the embryo is a "living soul."

DECIDUOUS MEMBRANE.

Smooth, glossy face next the ovum.

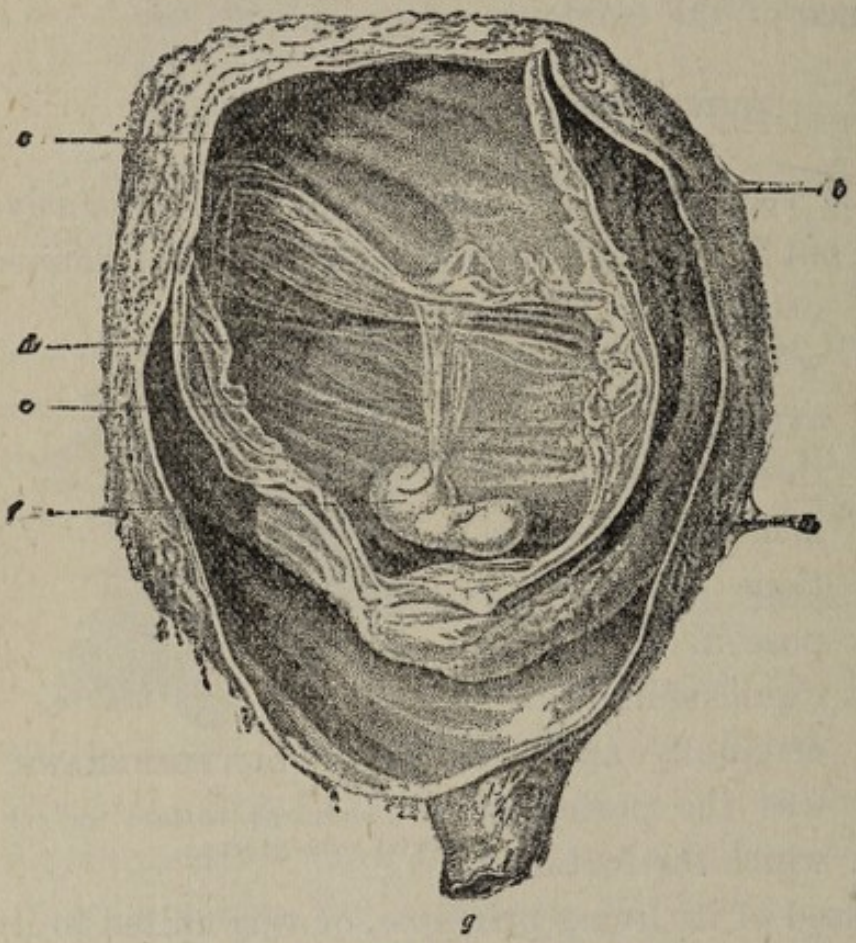
DECIDUOUS MEMBRANE.

Flocculent surface in contact with uterus.

By "quickening," therefore, we merely understand those sensations which indicate the escape of the uterus from the pelvic region into the abdominal cavity. It is not the result, alone, as formerly supposed, of movements of the foetus itself, but of the intrusion of the uterus among the other organs of the abdomen, and of the removal of the pressure hitherto exerted by the uterus upon the large blood

vessels in the pelvis. The sudden intrusion of the volume of the uterus among the abdominal viscera (organs of high sensibility), accompanied by a sudden removal of pressure from the iliac vessels, is equal to the production of the sensation called "quickening."

Quickening occurs in various periods in pregnancy in various women. It may occur as early as the tenth week, or it may not be observed till the sixteenth week, the eighteenth, or the twentieth week.



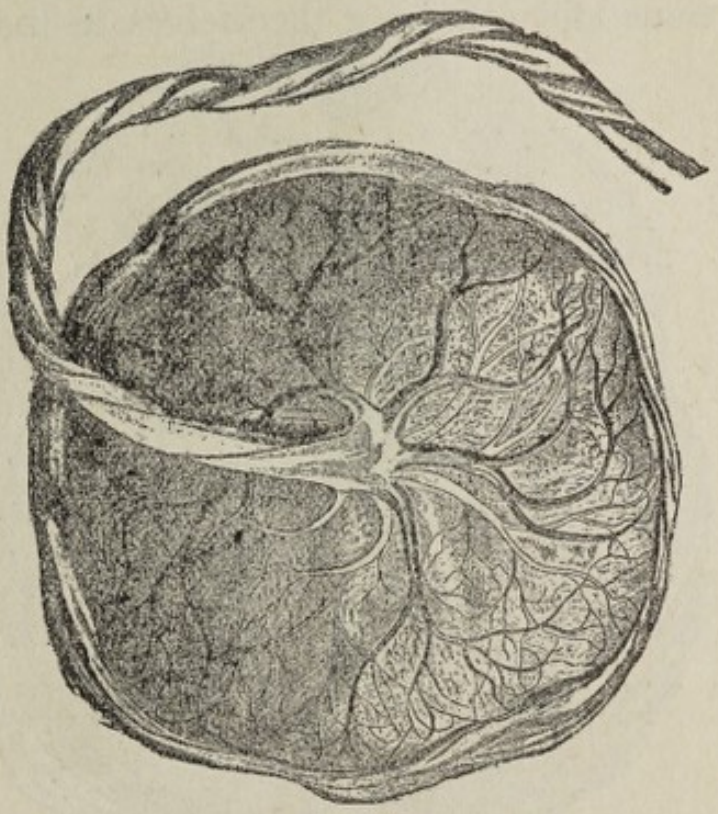
DECIDUOUS MEMBRANE.

Double membrane shown in uterus with ovum of seven weeks old. These two membranes separate at the placenta, and enclose it.

THE "RIESTEINE."

Changes in the urine are among the "rational" signs of pregnancy, and much valuable labor has been spent in attempting to render the alterations of the urine useful as a rational sign of pregnancy. These changes consist briefly in the formation of a gelatino - albuminous product in the urine of pregnant females subsequent to the first month of gestation, which is separated from the other elements of that fluid by standing, to which is given the name of "Riesteine." This consists of certain globules held in suspension in the urine when secreted, which rise to the surface and there form a pellicle which resembles the thin scum of fatty substance covering soup as it cools. When thick, this pellicle is said to give off a strong cheesy odor. This pellicle makes its appearance on the second or third day's

standing, though it is sometimes not observed until the urine has stood eight days. The experiments of Dr. Rane and others prove that the Reisteine is not peculiar to pregnancy alone, but that it has special relation to lactation, either prospective or actually present; since it makes its appearance either where the milk is imperfectly withdrawn from the breasts, or in those cases in which, as in pregnancy, nature is preparing for the further function of lactation.



THE PLACENTA.

Foetal face, next the embryo. This surface has a glistening appearance, with numerous dark ridges or vessels, the largest being veins, and the color of the blood shining through.

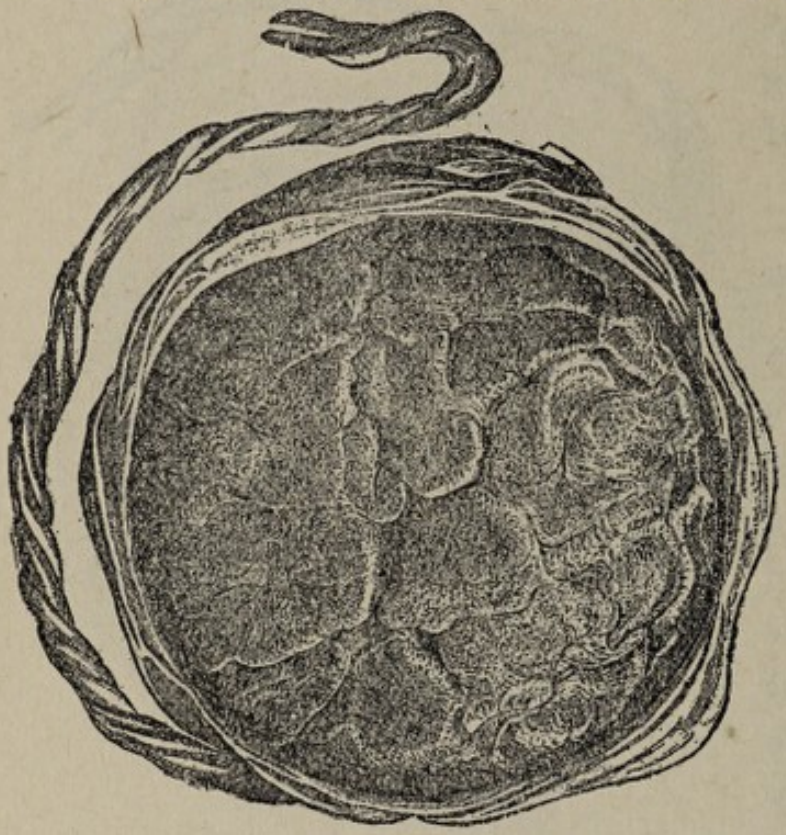
THE FOETAL HEART-BEAT, ETC.

"Sensible" signs of pregnancy are observed through the medium of touch and hearing. By the touch we examine the condition and position of the uterus and its relations to the adjacent parts, externally through the vagina, and if necessary through the rectum. By auscultation we ascertain the probable existence of pregnancy from hearing at a little later period, the pulsations of the foetal heart. The term "touch" signifies the means whereby knowledge is obtained of the condition of the woman.

HOW THE EMBRYO IS NOURISHED.

While passing through the Fallopian tube the ovum increases in size from one one hundred and twenty-fifth of an inch to one-fiftieth or one twenty-fifth of an inch by a process of yolk nutrition. As soon as the spermatozoa penetrate the outer membrane of the egg, the yolk contracts, leaving a space filled with a transparent fluid. In

contracting, the yolk begins a rotary movement and gradually breaks up into fine granular masses, which about six days after conception become united again by their adjacent edges, forming a continuous deposit of albumen called the chorion. This, on its outer surface, has a number of hollow, hair-like tubes called villi, projecting in all directions and attaching themselves to the walls of the uterus. Through these hair-like tubes nourishment is drawn from the mucous membrane lining of the uterus, for the embryo in the first stages of its existence. It is transmitted from the tubes of the chorion to the embryo by an organ called the allantois; an organ which in time develops into the umbilical cord.



THE PLACENTA.

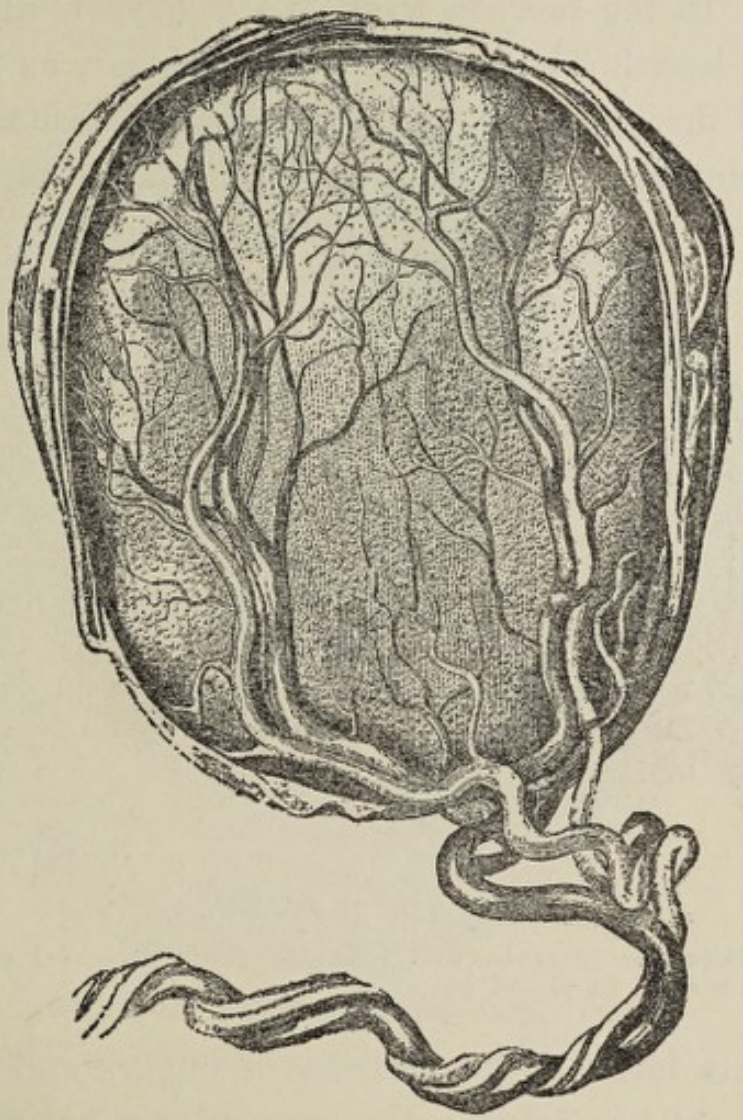
Maternal face, in apposition to the uterus.
This surface has a fleshy appearance, divided into irregularly shaped lobes.
The placenta purifies the blood of the foetus, and also conveys nourishment to the foetus.

The lining membrane of the uterus undergoes certain changes after conception, to prepare it for this nourishment of the embryo. Glands or follicles in the membrane pour out a secretion that fills the cavity of the uterus; and in this secretion the embryo is embedded, deriving nutrition as described.

In time, as the embryo grows, the villi diminish and finally disappear, except at the junction of the allantois with the chorion. Here they rapidly enlarge, and by the end of the second month form the placenta, the allantois becoming the umbilical cord.

During the remainder of the intra-uterine life of the foetus, the placenta, by aid of the umbilical cord, performs the same work as do

the lungs and digestive organs after birth. It absorbs nourishment, replenishes the blood, and discharges waste matter. In form it is a nearly circular, soft, spongy mass, from six to eight inches in diameter, and one inch or more in thickness at the center, weighing about one pound, and having two flattened surfaces. One side adheres closely to some portion of the inner surface of the womb, having little absorbent vessels which extract oxygen and nutriment from the circulation of the mother. On the other side, towards the foetus, the vessels unite at the center in two arteries and one vein, which with their covering form the umbilical cord. Here, the vein carries the pure blood, and the arteries the impure.



BATTLEDORE PLACENTA.

(The navel string entering at or near the edge, instead of at the center.) This shape calls for special care in its removal at delivery.

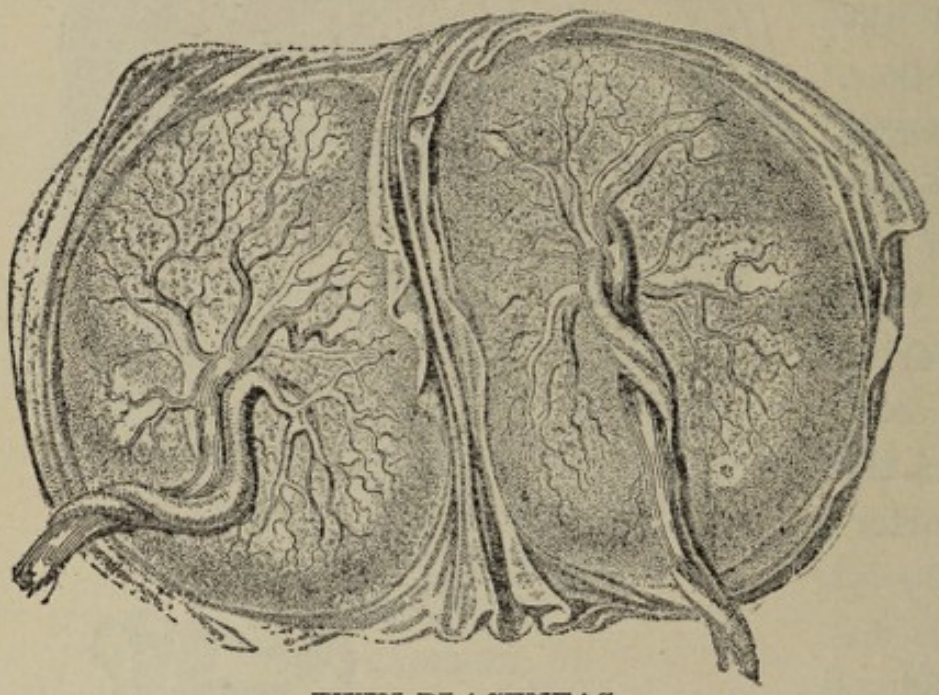
THE GROWTH OF THE EMBRYO

is very rapid. By the *fourteenth* day it is large enough to be visible to the naked eye as a curved or oblong body. At the *twenty-first* day it resembles a lettuce-seed, and the rudiments of heart, brain and spinal column can be discerned.

On the *thirtieth* day the embryo is the size of a horsefly, and resembles a worm bent together. When straightened it is nearly a half

inch in length. No limbs have yet appeared, and the head is larger than the rest of the body. About the *fifth week* the head is greatly increased in size in proportion to the remainder of the body, and rudimentary eyes appear in the form of two black spots turned towards the sides. The heart also acquires its external form at this time.

In the *seventh* week, the embryo is about three-fourths of an inch in length. Rudimentary ribs appear, as narrow streaks on each side of the spinal column. The brain is enlarging, the eyes and ears developing, the heart is perfecting in form, and the limbs are sprouting from the body. The lungs are tiny sacs, about one line in length, the trachea is a delicate thread, but the liver is very large; the renal capsules and kidneys are formed; and the sex organs are being evolved.



TWIN PLACENTAS.

Separate placenta and separate funis or navel string for each child in plural gestation.

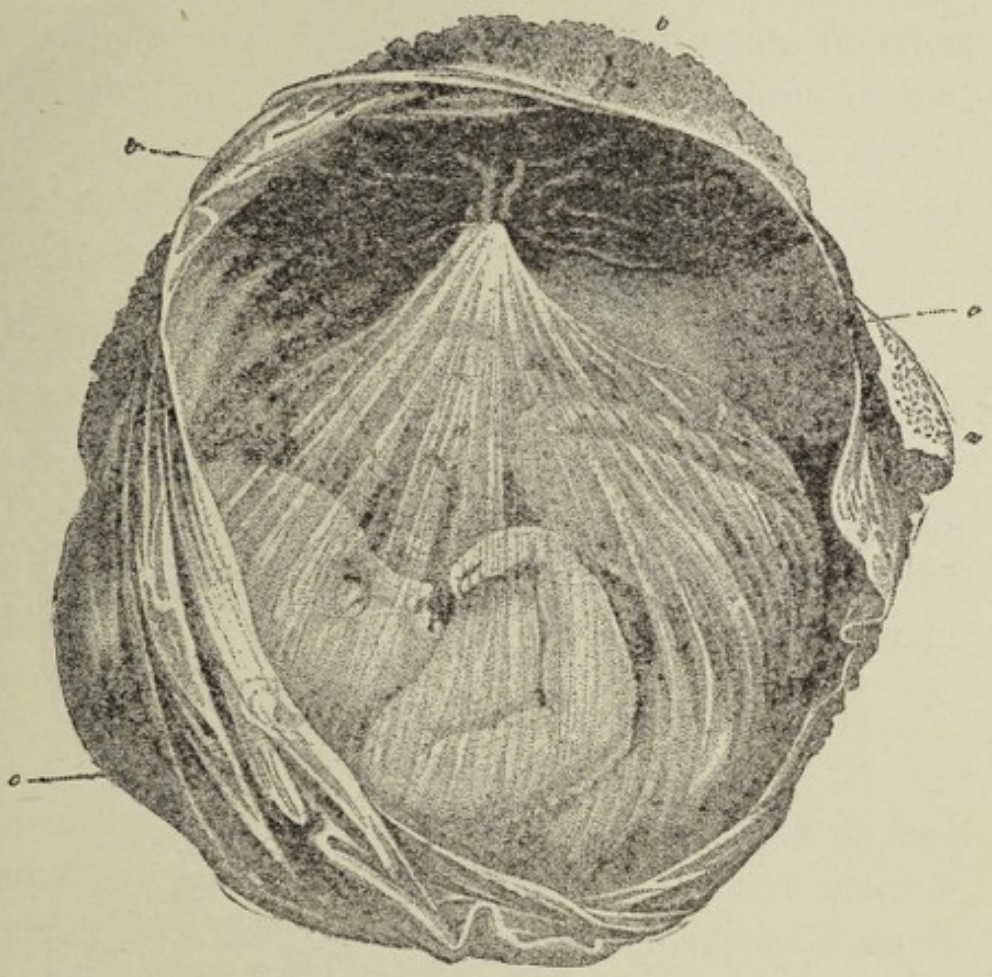
In the *eighth* week, the embryo is an inch long, weighs a drachm, and begins to show the division of fingers and toes; and growth continues.

At *two months,* the eyes enlarge but are not covered with lids; the nose is prominent but shapeless, with only the nostrils distinct; the external ear is formed; the mouth enlarges and is open; the brain is soft and pulpy, the neck well-defined and the heart fully developed. The embryo is nearly two inches long, weighs from three to five drachms, and the head forms more than one-third of the whole.

By the end of *three* months, the eyelids are distinct, covering the eyes; the lips are drawn together; the forehead and nose clearly

shaped, the fingers and toes well defined, and the organs of sex very prominent. The heart beats forcibly, the larger vessels convey red blood, and the muscles begin to be developed. The embryo is now four or five inches long and weighs two to four ounces.

The *fourth* month, and thereafter until birth, the embryo bears the name of foetus. It has now greatly expanded in all its parts. The muscles produce sensible motion, the skin has a rosy color; the abdominal muscles are formed, and the intestines are no longer visible. The foetus is from six to eight inches long, weighs from seven to eight ounces, and if born at this time, might live several hours.



OVUM OF FIVE MONTHS AGE.

Showing the membranes enveloping the foetus.

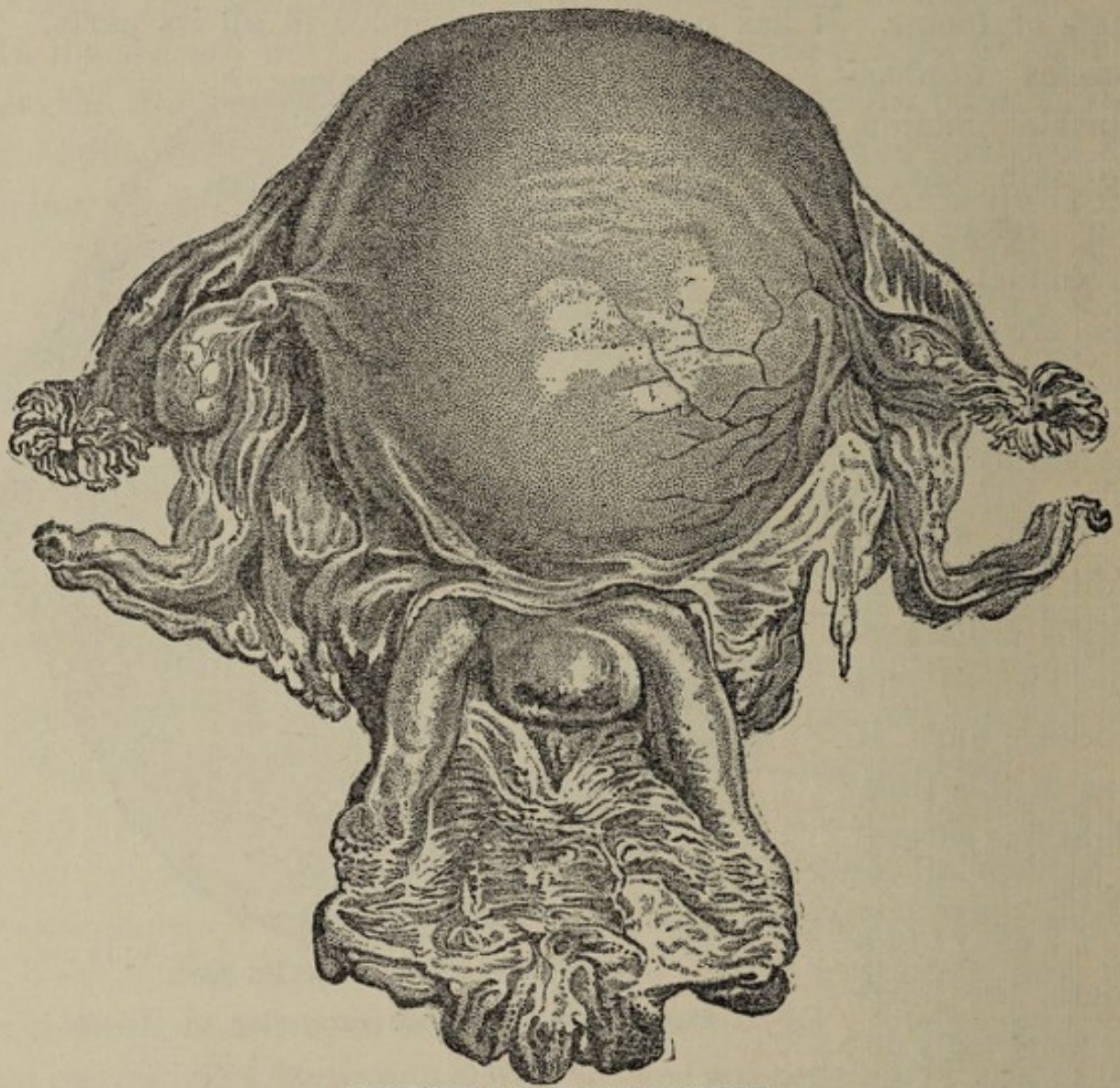
The *fifth* month, the lungs are more fully developed, the skin and nails are being perfected, and the growth goes steadily on. Length, eight or ten inches; weight, ten to fourteen ounces.

At *six* months, fine downy hair appears upon the head, eyebrows and eyelids; fat begins to be deposited; the length is nine to twelve inches, and the weight one pound.

At *seven* months, the bony system is near completion; all parts of

the body have increased in volume and perfection; the length is twelve to fourteen inches; weight, two and a half to three pounds. This is believed to be the earliest period at which the child will live, if expelled from the womb.

From this time on, the mother may do a great deal to assist nature



UTERUS AT FIFTH MONTH.

Back face of womb and anterior face of vagina at beginning of fifth month.

in the finishing touches of perfection. It is the completion of the most marvelous work known; and though the changes of the final two months are less marked than the previous ones, every part becomes more beautifully perfect, and fitted to bring joy to those who are to welcome the new being.

At *eight* months the growth is rather in thickness than in length. The foetus is only sixteen to eighteen inches long, yet weighs four or five pounds. The skin becomes very red, downy and covered with sebaceous matter. The lower jaw, at first very short, now becomes as long as the upper one.

Finally, at full term, the red blood circulates freely in the capillaries, the nails are fully developed, and the skin performs its function of perspiration. The length is from nineteen to twenty-three inches, and weight from six to nine pounds. The healthy infant, born at full term, is firm and plump; the skin is very pink, having been nourished by the purest oxygenated blood of the mother.

NORMAL POSITION OF THE FOETUS.

It lies curved within the bag of membranes, immersed in the liquid secreted in the inner one. The head is bent forward, the chin resting on the breast; the feet are bent upward in front of the legs; the legs flexed at the thighs; the knees are apart, but heels close together; the arms folded across the chest. In this position, the child forms an oval about eleven inches in diameter.

HOW TO RECKON THE TIME.

The period of gestation is usually two hundred and eighty days—forty weeks—ten lunar, or nine calendar months. As a woman is more likely to conceive a few days after menstruation ceases than at any other time, it is well to make the estimate beginning three days after the last day of the menstrual flow. The importance of making a note of the last day of the period, each month, thus becomes evident. It may save much inconvenience and uncertainty.

The following is the plan I would recommend: Let forty weeks and three days from the time above specified be marked on a calendar, and the calculation will seldom be found far out of the way. Suppose, for instance, the last day of the menses was February 26th, the patient may expect confinement on or about December 6th. Every lady can make her own estimate by this rule; yet as a convenience, I will include

a table arranged on the above basis, showing the probable beginning, duration and completion of pregnancy, indicating the date on or about which confinement is likely to occur:

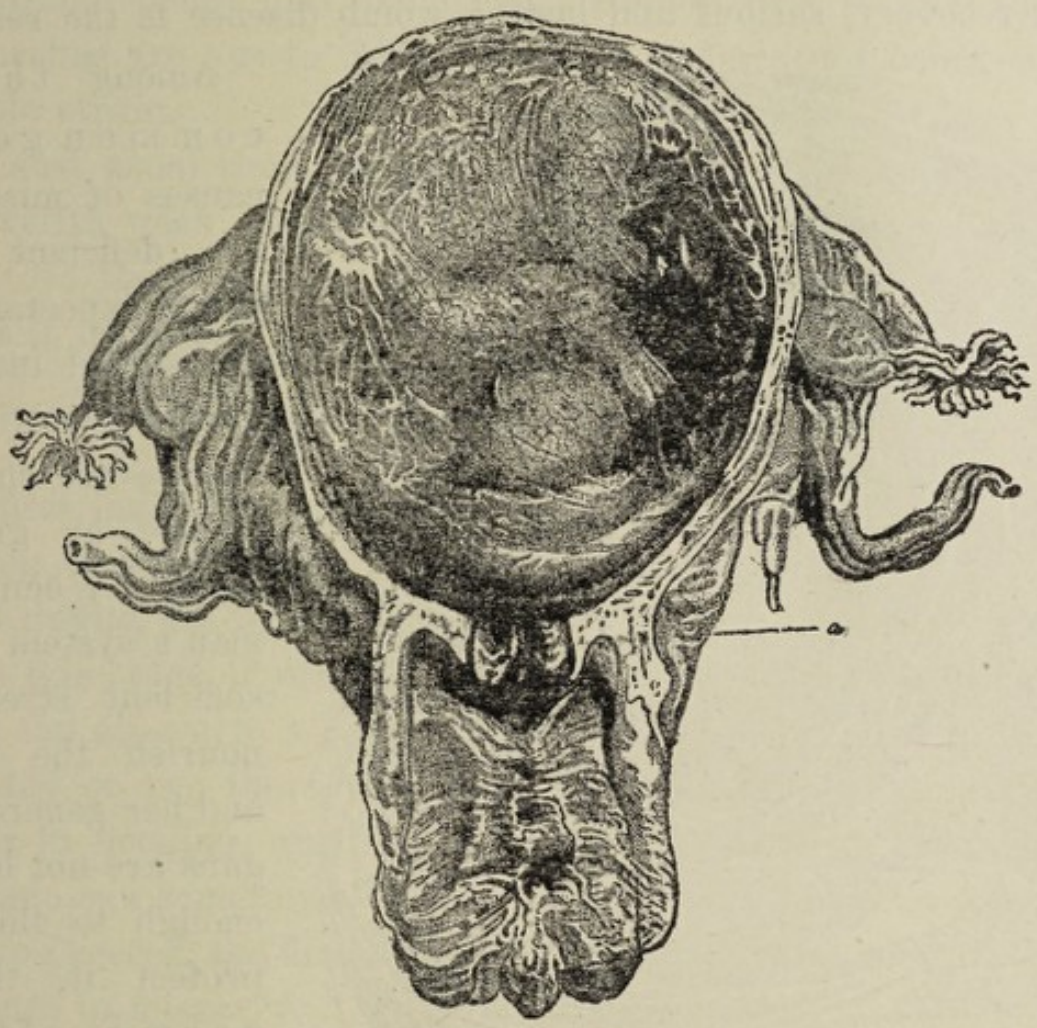
A PREGNANCY TABLE.

Last Day of the Period	Labor on or about	Last Day of the Period	Labor on or about
Jan. 1 to 10	Oct. 11 to 20	July 1 to 10	Apr. 10 to 19
11 to 21	21 to 31	11 to 21	20 to 30
22 to 31	Nov. 1 to 10	22 to 31	May 1 to 10
Feb. 1 to 10	11 to 20	Aug. 1 to 10	11 to 20
11 to 20	21 to 30	11 to 21	21 to 31
21 to 28	Dec. 1 to 8	22 to 31	June 1 to 10
Mch. 1 to 12	9 to 20	Sept. 1 to 10	11 to 20
13 to 23	21 to 31	11 to 20	21 to 30
24 to 31	Jan. 1 to 8	21 to 30	July 1 to 10
Apr. 1 to 10	9 to 18	Oct. 1 to 10	11 to 20
11 to 20	19 to 28	11 to 21	21 to 31
21 to 23	29 to 31	22 to 31	Aug. 1 to 10
24 to 30	Feb. 1 to 7	Nov. 1 to 10	11 to 20
May 1 to 10	8 to 17	11 to 21	21 to 31
11 to 21	18 to 28	22 to 30	Sept. 1 to 9
22 to 31	Mch. 1 to 10	Dec. 1 to 10	10 to 19
June 1 to 10	11 to 20	11 to 21	20 to 30
11 to 21	21 to 31	22 to 31	Oct. 1 to 10
22 to 30	Apr. 1 to 9		

It will be seen that if the last day of the period was January 1, labor should be expected on or about October 11. Hence it is easily seen that if the last day of the period was January 4, it would carry the labor to October 14. Another illustration: as May 1 (period) will indicate February 8 for labor, then 5 days later, May 6, will call for 5 days later for labor, or February 13. By advancing as many days in one column as you advance in the other, the required date for labor can be readily found for every day in the year.

This pregnancy table may, as a rule, be safely relied upon. Many of my patients have for years, on these estimates, been confined on the very day specified. But there are exceptional cases where a woman is at her full time as early as the thirty-seventh week; while others, although very rarely, have been known to go until the forty-fifth week. Hence there must be some uncertainty in such cases. It is utterly impossible to fix upon the exact day, and we must be content with the nearest practicable approach to it.

A woman may sometimes become pregnant while nursing; and not having her menstrual periods at such a time, does not know how to count. In that case she should reckon from the time of quickening as a starting point, counting ahead one hundred and fifty-six days. As quickening varies in time, however, in different individuals, it must



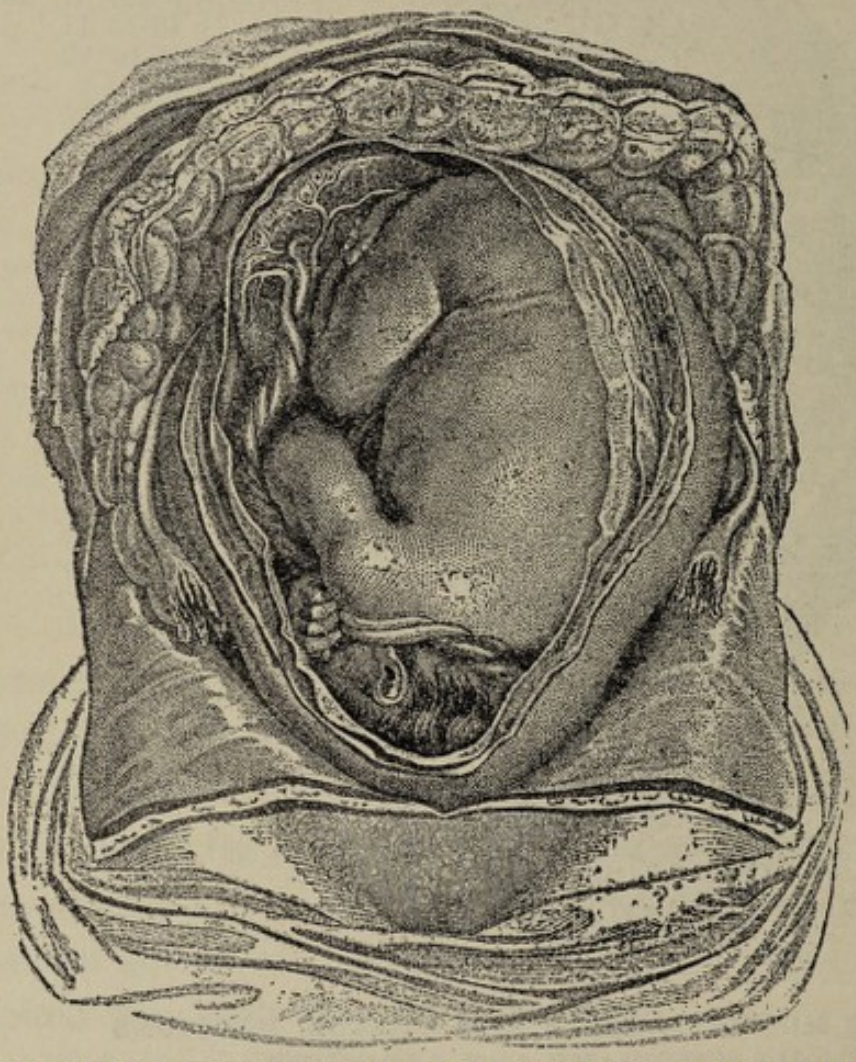
AN OVUM OF FIVE MONTHS WITHIN THE UTERUS; PORTIONS OF DECIDUOUS MEMBRANE ARE ATTACHED TO THE CHORION.

be borne in mind that an estimate on this basis can never be regarded as so reliable as that based on the menstrual periods.

Occasionally, too, a wrong estimate may result from a slight discharge occurring early in pregnancy, which is mistaken for menstruation. Such a discharge ought not to be reckoned in the count; the estimate should be made, instead, from the last normal period.

MISCARRIAGE.

The premature expulsion of the contents of the impregnated womb, is always a disaster, and the results are usually more trying to the system than a natural delivery. If extreme care is not taken to insure perfect recovery, serious and lasting womb disease is the result.



NATURAL POSITION OF THE FOETUS WITHIN THE UTERUS, WHEN READY FOR LABOR.

Among the most common general causes of miscarriage are, deficient vitality of the expectant mother; sexual indulgence during gestation; and any severe shock, exposure or great fatigue. When a woman's system has not sufficient strength to nourish the embryo, and her generative organs are not healthful enough to shield and protect it, the life-germ is often lost through sheer inability to retain and develop it. Or when the sexual indulgence has been excessive, the germs in both male and female become themselves so deteriorated as to lack vitality enough to live and grow. As it is claimed that eight out of every ten wives miscarry at some time or other, and as it can generally be avoided, it will be seen that the pregnant woman should guard against a first miscarriage, for the first one renders others more probable.

Unusual exertion, over-fatigue, violent emotion, any severe shock to the nervous system such as a fall, a jar, or having a tooth extracted; exposure to extremes of weather, great worry or privation, prolonged constipation or diarrhea, or an acute attack of fever, are all causes that may produce separation of the embryo from its surroundings and its consequent death and expulsion. Women who become pregnant while nursing are apt to miscarry, their systems not being equal to the double strain.

The most usual time for miscarriage to occur, is from the eighth to the twelfth week; though it may occur at other times. A miscarriage before the fourth month is attended with little danger at the time, but if neglected, may permanently injure the health.

SYMPTOMS OF MISCARRIAGE.

The first indications are usually a feeling of great lassitude and depression of spirits, with backache and uneasiness about the loins, hips and thighs, the feeling being similar to that of painful menstruation. At this stage, if proper measures are taken, the threatened miscarriage can almost to a certainty be averted. If neglected, however, after a day or two there will be a slight show of blood. This soon increases to flooding, and becomes clotted. Even at this stage the miscarriage can sometimes, though not always, be warded off. When allowed to proceed, the final symptoms are labor pains; and the patient is now sure to miscarry.

A miscarriage is always attended by flooding and by pain. It sometimes lasts but five or six days; at other times continues two, and even three weeks. The pain is more severe and exhausting than in natural delivery.

TREATMENT.

At the first symptoms, the patient should immediately confine herself to the bed, and keep perfectly quiet. A hair mattress is safer than a feather bed, which enervates and predisposes to miscarriage; and

the bed should be a separate one. No sexual intercourse must be permitted; this is most important.

A light diet should be adopted, such as arrowroot, sago, tapioca, gruel, chicken broth, tea, toast and water and lemonade. All drinks should be cold. Grapes are cooling and refreshing. The room should be kept cool and well ventilated. Avoid all laxative medicines. Internally, take iron. (See Index.) If the flooding is violent, the external application of cold compresses may help to check it. If this is not effectual, one teaspoonful of powdered golden seal in one gallon of hot water may be used as an injection in the vagina.

TREATMENT AFTER MISCARRIAGE.

If the miscarriage cannot be averted, the same care should be exercised following it as after a confinement. The patient should keep her bed for several days at least; and care must be taken to ascertain that every portion of the contents of the womb has been expelled. Any retained portion will lead to inflammation and septic poisoning. The hot sitz bath and footbath should be used at least twice a day until the womb shall be empty; or by hot applications to feet and abdomen, hot drinks and warm coverings to induce free perspiration, the system may be relaxed, allowing all poisonous matter to be eliminated. The patient under this treatment must not become chilled. All stimulants must be avoided, and the diet should be the same as after confinement.

PREVENTION OF MISCARRIAGE.

Hygienic living before and after conception, together with strict continence during pregnancy, will generally do away with the tendency to miscarry. A patient with such a tendency, or one troubled with sterility, ought to brace and strengthen the system in every possible way. Camping out for a whole summer in the woods has been known to succeed in bringing about conception, when the patient has seemed almost hopelessly sterile. For such and for those liable to miscarry, the best course is to go away from the husband for several months, to

some quiet, healthful place, keep early hours, take cold baths, gentle exercise and frequent rest; have the diet light but nourishing; sleep on a hair mattress, with slight covering; and breathe plenty of fresh air.

When a woman has once miscarried, she ought not to become pregnant again for at least two years. Then, when conception has again taken place, she should be more than usually careful, especially as the time approaches at which miscarriage previously occurred. If she can pass that time, she is generally safe. She should have a separate sleeping apartment from her husband; and see that it and the living room are cool and well ventilated; she should lie down the greater part of every day; avoid all stimulants, fashionable society and exciting amusements, keep the mind calm, the diet simple and nourishing; if there is constipation, let the bowels be opened not by laxative medicines but by enemas of warm water and by suppositories mentioned elsewhere in the book; and if there are the slightest symptoms of approaching miscarriage summon a physician at once, and it may be warded off.

DETERMINING SEX IN GENERATION.

Various theories have been advanced concerning the exact determining cause of sex. Several of these beliefs which have attracted most attention are as follows:

1.—That the sex of the older and stronger parent will be transmitted.

2.—That if the impregnation takes place immediately or very soon after menstruation, the child will be a female; but if not till some days later, the child will be a male. Stock-breeders depend on a similar theory in the breeding of animals.

3.—That if the wife is in a higher state of sexual vigor and excitement at the time of coition, boys will be conceived; if the reverse, girls will be the result. This almost flatly contradicts the second theory, as a woman's sexual vigor is at its highest immediately after menstruation.

4.—The assertion of Dr. Sixt, a German physician, that the male principle proceeds from the right testicle and right ovary; the female, from the left. He claims that experiments made upon animals prove his theory; that whenever the left testicle is removed, the animal begets males only, and when the right one is wanting, females. But the rule does not hold good, as it appears, in the human species. A man deprived of one testicle has been known to become the father of children of both sexes; and a woman who has lost one ovary has conceived and brought forth both sons and daughters.

Experience, therefore, does not justify me in pronouncing any of the above theories infallible. How, then, shall the question be determined?

In advancing pregnancy, the sex of the foetus can usually be ascertained by the skilled physician by means of the foetal heart-beat; the pulsations being more rapid in the female than in the male. But as to what causes it, and how it can be regulated at will, there is not as yet any satisfactory and final test. Let it be remembered, however, that sex is mental; it is of the soul. The probabilities are strong that, other things being equal, the parent whose mental forces are the more active and vigorous previous to, and at the time of conception, will control the sex of the child.

CHAPTER XXVI.

DISCOMFORTS OF PREGNANCY; HOW OVERCOME.

Conception Should Bring Greater Health and Vigor—Errors Cause the Discomforts—Morning Nausea Indicates Nervous Sympathy—A Favorable Sign—Acidity of Stomach—Intestinal Indigestion—Sick Headaches—Hand Magnetism for Neuralgia—Tooth Troubles—The Abdominal Belt—The Elastic Stocking—Diarrhea—Piles—Constipation—Tonic for Fainting—Simple Treatments for Insomnia—Abnormal Food Cravings—Breasts and Nipples—Bladder Symptoms—Leucorrhea—Lotion for Irritation—Differences Between False and True Labor Pains—The Husband's Duty and Privilege—Innocent Conspiracies—Start Pleasant Trains of Thought—Few of These Discomforts for Any One Woman—Determines for Herself—The Gates of Woman's Paradise.

NATURE'S laws for the reproduction of the human race, if obeyed, would so prepare the constitution that this function would bring with it little or no suffering; nor would there be any cause to fear the after results. If the best efforts are put forth to secure health for mother and child, there is no reason why every normal woman should not be stronger and more beautiful after passing through pregnancy and labor than before.

Nearly all women, at the beginning of pregnancy, experience changes from their former condition of health. Some feel at once more buoyant and cheerful, and increase in health and vigor. This is as it should be. God never intended that pregnancy should be a source of disease. But owing to ignorance, false customs, previously acquired diseases of the womb, lack of strong constitution or of the right training in girlhood, many more women suffer throughout the entire period. For the sake of helping these, I give a brief account of the discomforts most prevalent, and the safe, simple treatment necessary to alleviate them.

MORNING SICKNESS.

This may be distinguished from the sickness of a disordered stomach by the hour of its appearance. It occurs only in the early

morning; the patient, on first sitting up in bed, feels nausea, and sometimes vomits a little sour, watery, glairy fluid. Occasionally, if she has eaten heartily the night before, the contents of the stomach are ejected. She then feels all right again, eats her breakfast with her usual relish, and is quite free from sickness for the rest of the day. Many women have better appetites during pregnancy than at any other time.

A good way to relieve morning sickness is to take, before rising, a cup of hot water. If this proves not sufficient take a lump of magnesia the size of a hickory nut.

The cause of this symptom, during the early months, is nervous sympathy between the stomach and the womb. As this cannot be prevented, it is not always possible to remove the nausea entirely. Generally the trouble disappears after quickening, and it is in no case an unfavorable sign, but considered rather a favorable one, provided there is no real disorder of the stomach itself. The bowels should be kept well regulated, and a moderate, simple diet adopted. Avoid rich dishes, melted butter, and highly seasoned soups. Hearty meat suppers should on no account be indulged in. If anything is taken at night, let it be a cup of well-cooked oatmeal gruel, or arrowroot, with plenty of fruit.

HEARTBURN.

A form of indigestion most common is acidity of the stomach, causing the distressing sensation known as heartburn. Avoid starchy foods, fats, meats and gravies; take the meals entirely without drinking; and often the gastric juice may be stimulated and the trouble relieved by eating a piece of burnt toast, or a little powdered charcoal. If the attack is severe, drink copiously of warm water to induce vomiting, abstain from food until the next day, and eat sparingly until the stomach has recovered its tone.

FLATULENCE,

or gas in the stomach or bowels, is a failure of intestinal digestion, usually caused by lack of sufficient walking exercise, by eating heartily

just before retiring, or by certain articles of food. Beans, sweet potatoes, and cabbage are inclined to cause it; so are cornmeal, oatmeal and rolled wheat when not thoroughly cooked. Omit these foods from the diet, take regular, frequent walks of moderate length; eat more fruit, drink hot water, and it will often be of benefit to use a warm water enema.

WATER-BRASH.

or excessive secretion of saliva, is only another form of indigestion. It rarely troubles one who lives plainly. Holding in the mouth very hot or very cold water, or small pieces of ice, will give temporary relief. Drinking hot water is good. Eating a few almonds or a peach kernel after a meal often proves of benefit.

HEADACHE.

When caused by uterine irritation, there is almost constant burning pain at the base of the brain or top of the head, with great soreness; sometimes the sight is affected, or the memory; the pain increasing towards night. It is relieved by lying down. Apply hot fomentations to the back of the head, and take warm sitz baths daily.

Sick headache is also common in pregnancy. In this, the pain is in the forehead and temples, with nausea, vomiting, cold feet and hands, and great prostration. It is caused by indigestion, biliousness, constipation, fatigue, mental excitement, worry, etc. One fruitful cause is the tea-drinking habit. One person subject for many years to frequent and severe sick headaches believed to be hereditary, was entirely cured by the giving up of tea. Another was cured by giving up butter and other fats, substituting honey, fruit juice or milk. As Dr. Stockham says, the very worst sick headaches can be cured by temperate living. Copious draughts of hot water, hot lemonade or salt and water sometimes give relief; as do hot applications to the feet and hot fomentations to the stomach. An enema of three quarts of hot water and two tablespoonfuls of salt seldom fails to ward off an attack if taken in time. Be sure that the clothing worn is not too tight.

Turn to the chapter on "Influence of Dress" and read carefully what it says on the subject of the Maternity Dress. Comfort and duty alike demand this.

NEURALGIA.

Too much of the carbonaceous, and too little of the phosphates and other saline elements in the food, is a common cause of this very distressing trouble. Another cause is lack of oxygen; another, exhausted and weakened nerves through incontinence, anxiety or overwork. Rest, fresh air, and correct food will work wonders. To relieve the paroxysms of neuralgic pain, hot water applications are helpful. A thermal or full hot water bath may be taken; hot bricks wrapped in wet cloths placed to the face; and the hands, feet and spine rubbed briskly by some thoroughly magnetic friend or member of the family. Hand magnetism is one of the best treatments for neuralgia.

TOOTHACHE.

No matter how severe the pain from toothache, it is never safe to have a tooth extracted during pregnancy. Such a course has often led to miscarriage or premature labor. The hot water bag will often give relief. If the tooth be decayed, fill the hollow part with absorbent cotton first soaked in oil of cloves, or in equal parts of oil of cloves and chloroform; or ten grains of alum to a half ounce of chloroform. Often a small ball of cotton soaked in chloroform and inserted in the ear on the affected side will give great relief. It should be allowed to remain, and renewed from time to time, until the pain is gone. I cannot endorse the common practice of applying creosote to an aching tooth; it is often very injurious, and has been known to decay the whole set of teeth when thus used. (See Index for Toothache.)

MUSCULAR PAINS OF ABDOMEN.

If these are troublesome, it is best to procure an abdominal belt; one of those especially constructed for pregnancy, adjusted to fit the abdomen, with straps and buckles to accommodate its gradually increasing size.

STRETCHING OF THE SKIN OF THE ABDOMEN

often causes soreness, especially in a first pregnancy. Rub the bowels every night and morning with warm olive oil. If the skin should become cracked, it is well to dress it night and morning with equal parts of simple cerate and olive oil, well mixed and spread on lint.

SWOLLEN LEGS. (VARICOSE VEINS.)

Owing to the pressure of the womb on the blood-vessels, the veins are often distended, causing the limbs to be swollen and painful. It is best in such cases to wear an elastic silk stocking, made especially to fit. It can be drawn on like a common stocking. A gauze stocking should be put on first and the elastic stocking over it; as the gauze one can be washed and is also more comfortable next the skin. If the elastic stocking cannot be had, a flannel or gauze bandage will sometimes answer the purpose. For further treatment see the chapter on "General Diseases."

DIARRHEA.

This is not nearly so common in pregnancy as is constipation; but it will sometimes result from constipation, where nature is trying to effect a reaction. If this be the case, it is well to be careful about using astringents, as they would interfere with the needed relaxation. A teaspoonful of olive oil swimming on a little new milk is good; or a tablespoonful of tincture of rhubarb, in two of water. Adopt temporarily a diet consisting of beef tea, chicken broth, arrow-root, and well-cooked oatmeal gruel. Avoid meat and stimulants of all kinds. If the diarrhea be accompanied by pain in the bowels, apply either a hot water bag, or a flannel bag filled with hot table salt. As soon as the diarrhea has disappeared, the patient should return to her usual diet, which should be plain, but nourishing; be particular to keep the feet warm and dry; and as long as there is any tendency to return of the trouble, wear around the bowels, next the skin, a broad flannel band

PILES

often appear in pregnancy. They are enlarged veins taking the form of spongy, dark red tumors about the size of a bean, a cherry or a walnut. Appearing either within or around the fundament, they are called according to the location, either external or internal piles; and they may be either blind or bleeding. If the latter, blood will exude every time the patient has a movement of the bowels; and for that reason she should be as quick as possible in relieving the bowels, and should not sit at such times a moment longer than necessary.

In cases where the piles are very large, they sometimes, especially during a movement, drag down a portion of the bowel, which greatly increases the suffering. If this occurs, the protruding bowel ought to be immediately and carefully returned with the index finger, taking care, in order that it may not scratch the bowel, that the nail is closely trimmed.

The patient ought to lie down frequently during the day, and will derive great comfort from sitting on an air cushion placed in a chair. She should live on a plain, nourishing, simple diet, avoiding all stimulants. Any food or beverage which will inflame the blood will also inflame the piles. The bowels should be kept gently and regularly opened. For further treatment, see Index for Pile-Cure.

CONSTIPATION.

This is so common, not only in pregnancy, but with many not pregnant, that it is estimated that fully nine-tenths of the American women and one-half of the men are afflicted with it. In pregnancy it should not be allowed for a single day; for the waste matter thus retained in the system acts as a poison throughout the blood, and does great harm.

The chief causes of constipation are errors in diet and dress, the lack of exercise, lack of care in establishing regular habits, and the use of cathartic drugs. This subject is fully treated in the chapter on "General Diseases." (See Index for Constipation.)

CRAMPS.

When these occur in the legs and thighs, they are occasioned by pressure of the growing uterus on the sciatic nerves; or by improper clothing. Temporary relief may be obtained by lying flat on the back with the head low, and hips slightly raised; applying hand friction to the limbs and back. The clothing must be worn perfectly loose; and deep breathing exercises, by expanding the ribs and the walls of the abdomen will tend to give more room, and thus permanently relieve the pressure. If the cramps attack the bowels or back, let a hot water bottle or bag of hot salt be applied to the part affected, and another, or a hot brick encased in flannel, be placed to the soles of the feet.

FAINTING.

There is great pressure upon the nerves and blood vessels at pregnancy; enormous changes are taking place; and it is not surprising that a delicate woman should at this time frequently feel faint, or even occasionally faint away. Fainting is not dangerous, unless there is heart disease.

Lay the patient flat on her back, loosen the clothing, open the windows wide; sprinkle water on her face, and hold aqua ammonia to her nostrils. Do not let people crowd around her, as she must have access to the fresh air. This will soon revive her. In the intervals she must live on a light, nutritious diet, keep early hours, and sleep in a well-ventilated room. The following strengthening tonic will be found serviceable:

Tinct. of Peruvian Bark,	6 to 10 drops
Tinct. of Nux Vomica,	2 drops

Mix in full glass of water. Dose, two teaspoonfuls three times a day. Continue ten days.

PALPITATION OF THE HEART.

This trouble in pregnancy is more likely to affect nervous women, and is generally worse at night when the patient is lying down. It is

caused by the pressure of the womb on the large blood-vessels, which temporarily disturbs the heart's action.

Immediate relief may be obtained by wringing a small towel out of very hot water, and placing it over the heart, covered by a dry towel to protect the clothing. For further treatment, see "General Diseases."

SLEEPLESSNESS.

This is very common among pregnant women of nervous temperament. It is produced by the slightest mental excitement, by lack of fresh air and exercise, or by the motions of the child, or by eating, or indulging in tea or coffee, just before retiring.

It is best to sleep on a hair mattress, in a well-ventilated room; not to overload the bed with covering; to take a thorough bath every morning; and at night to wash the face, neck, arms, hands and chest with cold water. Avoid hot, close rooms, take plenty of outdoor exercise and have the diet simple and nourishing, with no rich food nor meat suppers; make the evening meal of a single cup of arrowroot boiled in milk, or well-boiled oatmeal gruel; avoid all stimulants. Substitute cocoa or hot milk for tea or coffee.

Relief may often be obtained, when an attack of wakefulness occurs, by such simple means as taking a short walk up and down the room; drinking a half-glass of water; emptying the bladder; turning over the pillow so as to have the cold side next the head; and straightening the bedclothes before lying down again. Usually the patient will now fall into a refreshing sleep.

In addition to the daily walks, a little housework during the day, or some other occupation for mind and hands, is desirable. It is the idlers who suffer most.

LACK OF APPETITE.

In many cases the prospective mother feels a disinclination to eat, and her friends are often needlessly worried by this symptom. If she is not constipated nor suffering from nausea, the loss of appetite is merely one of the temporary conditions that arise, and after a short

fast the desire to eat usually returns. If in the meantime there is faintness, a cup of coffee or gruel will relieve it, but

NEVER FORCE THE APPETITE.

It is a mistake to suppose that the pregnant woman must "eat for two." Nutrition of the child depends on the *health* of the mother; on the amount of oxygen in the blood, rather than on the quantity of food swallowed.

EXCESSIVE APPETITE.

Caution must be used not to yield to the cravings of an appetite which calls for more food than the digestive system can properly use. Many pregnant women feel an almost continual sensation of hunger, and consequently take large quantities of food in the vain attempt to appease the craving. The result is always unfortunate. The overtaxing of the digestive powers weakens them, the surplus matter appears in the form of eruptions, indigestion, and worst of all, the child grows to be an abnormal size under the stuffing process, which thus paves the way to a most agonizing delivery, frequently costing the life of the child.

The morbid appetite must be overcome.

By adhering to a natural, healthful diet, the system is fully nourished, and the will must be exercised to avoid overfeeding. When the sense of hunger continues after a reasonable meal, or manifests itself between meals, it is well, therefore, to drink a glass of water or lemonade, take a walk, call on a friend, or in some way divert the mind to some useful, interesting employment and away from appetite. It can be done, and it is necessary. Keep away from the odor of food; be much out of doors; let fruits and vegetables be the mainstay, and on no account eat between meals.

LONGINGS.

The intense desire, during pregnancy, for particular articles of food, or for other things, aside from food, come under the head of "longings." It is often the case that they are such as may be gratified

without harm, and these should be whenever possible; but sometimes they are truly absurd. It is better as a rule, to divert the mind from them by interesting occupation, and especially by active plans for the little coming life.

HARDENING THE NIPPLES.

It is so often the case that a mother suffers severely with sore nipples, especially with her first child, that it is wise to provide against this by care in advance. If for six or eight weeks before confinement she will bathe the nipples for five minutes every night and morning either with marigold ointment or with equal parts of brandy and water, it will tend to harden them, and prevent the soreness. Use a piece of soft, pure, old linen for the purpose, and keep the nipples covered with soft linen to avoid the irritating friction of a flannel vest. All pressure must be removed, and the clothing worn so loose as to avoid chafing them.

SWOLLEN BREASTS.

At times, during pregnancy, the breasts are much swollen and so painful as to cause apprehension; but there is no danger. The swelling and pain are merely an indication of the changes taking place in preparation for the secretion of the milk.

Rub the breasts every night and morning with equal parts of eau de Cologne and olive oil and wear a piece of new flannel over them, remembering to cover the nipples with soft linen. If a little milky fluid oozes out of the nipples as a result of the bathing, it will afford relief.

IRRITABILITY OF THE BLADDER.

Sometimes this organ is sluggish during pregnancy, with little inclination to urinate; at other times there is great irritability and constant desire to pass urine; while in some cases, more especially toward the end of pregnancy the urine can hardly be retained—the slightest exertion, such as walking, stooping, coughing, sneezing, etc., causes it to pass involuntarily, and sometimes it even does so when the patient is perfectly quiet.

For the sluggishness, the patient should take gentle exercise and attempt to pass the urine at least every four hours. For the irritability, the diet should be bland and nourishing and the bowels kept gently open. For further treatment, see Index for "Diseases of Bladder."

LEUCORRHEA, OR WHITES.

This is more troublesome during the latter months, and when the patient has borne many children. It is owing to the pressure of the womb on the parts below, causing irritation. Bathe the parts, outside, with a teaspoonful of powdered borax in a quart of warm water; and syringe the internal parts with the same, night and morning. Retire early, sleep on a hair mattress in a well-ventilated room, and use porous bedcoverings such as blankets or eider down comfortables rather than thick, heavy quilts. The objection to the latter is that the perspiration cannot readily pass through it. (See "Diseases of Women.")

PRURITIS, OR ITCHING OF EXTERNAL PARTS.

Troublesome as this affection is, especially during the latter months, the patient often hesitates, through delicacy, to consult a physician concerning it, and it sometimes is almost past endurance.

Keep the diet simple and nourishing, avoiding stimulants of all kinds. Take frequent tepid salt and water sitz baths; using a large handful of salt with cold water to the depth of three or four inches and hot water enough added to make the temperature lukewarm. Remain in the bath only a few seconds. These salt and water sitz baths are a great comfort and benefit.

The following lotion may be applied if the itching continues:

> Powdered chlorate of potash in the proportion of a teaspoonful to a quart of hot water. Bathe frequently and when lying down apply a compress of the same.

THRUSH.

Sometimes the external parts and the passage to the womb (the vagina) are not only irritable and itching but hot and inflamed, and

covered with a whitish exudation similar to the "thrush" on the mouth of an infant.

Use as an injection, one teaspoonful of powdered boracic acid to a quart of hot water. Or prepare the following: Dried oak bark, a half pound; six quarts of water; boil down to one gallon, strain, reduce one-half with hot water and use as an injection with a fountain syringe.

FALSE LABOR PAINS.

These are most apt to be troublesome in a first pregnancy. They usually come on at night, and are often the result of a disordered stomach. They attack first one place, then another; the abdomen, back, loins, and occasionally the hips and thighs. Coming at irregular intervals, at one time severe, at another slight, they often alarm an inexperienced patient, and as they are usually most violent two or three weeks before confinement, they are often mistaken for true labor pains, and the doctor summoned when he cannot, in fact, be of the least assistance.

To distinguish false pains from true pains, the following differences may be noted: False labor pains come on three or four weeks before the full time; labor pains at the completion of the full time; false pains are unattended by any discharge or "show" as it is called; true pains generally commence the labor with "show"; false pains usually change from place to place, first attacking the loins, then the hips, then the lower portions, etc.; true pains generally begin in the back; false pains begin as spasmodic pains; true pains as grinding pains; false pains come on at irregular intervals, from a quarter of an hour to an hour or two hours apart, and with irregular severity, now sharp, now slight; true pains come on with tolerable regularity and gradually increase in severity. The most valuable distinguishing symptom, however, is the absence of "show" in false labor pains, and its presence in true labor pains.

The patient should abstain for a day or two from all stimulants; and take the following remedy, which is highly beneficial whether the pains are true or false: Tincture of Helonine, six drops, in one full

glass of water. Dose, two teaspoonfuls every hour. Either hot salt in a flannel bag, or a hot water bottle, applied every night at bedtime to the abdomen, will frequently afford great relief.

MENTAL DISTRESS.

The mind is often in a disturbed, excitable condition; fears and forebodings, gloomy thoughts, morbid imaginings and great depression of spirits afflict the patient. Causeless as are these illusions, they are serious in their effects if not dispelled. The shadows thus hovering over the reason of the prospective mother must be chased away by the sunlight of love, and it is important that her friends do this tactfully, and without apparent effort.

SUGGESTIONS TO THE HUSBAND.

Be more the lover than ever before. Tenderness now is doubly the wife's due. Contrive little diversions for her; bring home at one time a new book by her favorite author, to be read aloud together; at another, a fruit of which she is especially fond, or a favorite flower, picture or piece of music; at another, bring some intimate friend of the family, who will join you in an innocent conspiracy to get her out to a social meeting, a concert, a lecture, or some desirable form of entertainment, not too exciting; but if the hall be too crowded or overheated, you may show thoughtfulness enough to take her home.

Occasionally invite her to walk, choosing some favorite place, and make the walk a leisurely one, pointing out objects of interest and beauty and calling her attention to various things that may have amused her before, even though the merest trifles; for this, from the association of ideas, would start a pleasant train of thought, which in all endeavors is the chief object to be attained. It is your highest duty and privilege to calm her fears, soothe her irritations, and anticipate her desires. Short, easy journeys to places of which she is fond will be beneficial. See that disagreeable people are kept away from her and surround her frequently with congenial, welcome friends. Cheer-

ful society is of great importance; the faces that she now sees should always be genial, happy ones.

This constant, loving sympathy, untiring in its watchful tenderness and unstinted in its sacrifices, will free the troubled mind from many a dark cloud, and in so doing will add many and priceless joys to the life of the thoughtful husband and prospective father.

Let no one be appalled by this long list of discomforts common to pregnancy. Remember that no *one* woman in reasonable health need expect to suffer them *all;* one symptom or another, it is true, may appear and vanish, and several may prove more or less troublesome at different stages. But it cannot be too strongly emphasized that hygienic living immensely lightens a woman's burdens of anxiety, renders her entire system more easily adjusted to change, and lessens her liability to suffering at this period; and in great measure, she can thus determine for herself whether it is to be a period of constant physical and mental distress, or the path with few rough places and many flowers, leading to the gates of a woman's greatest earthly paradise—that of happy motherhood.

CHAPTER XXVII.

CHILDBIRTH MADE EASY.

A Holy Desire—God Never Cursed Motherhood—Pain in Childbirth Unnatural—Indians Bear Children Easily—The Husband's Tenderness Called For—Continence Absolutely Healthful—A Midwife at Seventeen—Animals Bringing Forth Their Young—Heavy Eating Brings Heavy Children—Incidents and Experiences—Forty-Five Years in Helping Women—No Case Lost—Relaxation Better than Stupefaction—Where Childbirth Restores Health—Irish Confinements Easy—The Pregnant Woman's Food—Preparing the Bed—"The Show"—Preparations—Breathing—Perspiration—Diet During Labor—Caring for the Newcomer—Delivery of the Placenta—Quiet for the Chamber—Gentle Care for the Mother.

MOTHERHOOD is the grandest, loftiest, holiest God-given power to woman. Every young married woman should desire children. To be a mother should be her pride, her joy, her greatest ambition. This responsibility is dreaded because of the fear of pain, and of serious after consequences that follow so many confinements. In view of these facts many women feel justified in desiring to escape such serious dangers. Also many do not desire children the first and second years after marriage.

MRS. ELIZABETH CADY STANTON,

in a lecture to ladies, thus strongly expresses her views regarding maternity and painless parturition: "We must educate our daughters to think motherhood is grand, and that God never cursed it. And that the curse, if it be a curse, may be rolled off, as man has rolled off the curse of labor, by labor-saving inventions; and as the curse has been rolled from the descendants of Ham. My mission among women is to preach this new gospel. If you suffer, it is not because you are cursed of God, but because you violate His laws. What an incubus it would take from woman, could she be educated to know that the pains of maternity are no curse upon her kind. We know that among Indians the squaws do not suffer in childbirth. They will step aside from the ranks, even

on the march, and return in a short time bearing with them the new-born child. What an absurdity, then, to suppose that only enlightened Christian women are cursed."

Dr. Dervees, one of the best authorities on obstetrics, has argued in one of his publications, "That pain in child-birth is a morbid symptom, that it is a perversion of nature caused by living inconsistent with the most healthy conditions of the system, and that such regimen as should insure completely healthy conditions might be counted on with certainty to do away with such pain."

The study of nature reveals the fact to us that the American Indians and other savage races do not fear, but rather court the pregnant condition, for among them since the days of Abraham it has been considered a shame and a disgrace for a woman not to have a child. These children of nature bear children easily, and we are led to study their methods and habits in our search for relief and safety for our more refined and cultured sisters; and we have found it in temporarily relaxing the system by free perspiration and extra breathing of pure air. See the chapter on "A Breath of Air."

A WORD TO HUSBANDS.

During the whole period of gestation, the wife and mother will do better if she can have the assistance of her husband. This assistance consists simply in his extending to her his kindness, consideration, regard and sympathy. To render this he need lose no time from his business. It is not a question of time on his part, but of an understanding of the great value he has it in his power to be to her, without money and without price. Every husband should learn to appreciate the fact that there is no kind of stock-raising so valuable as human stock. He no longer requires teaching relative to the successful improvement of horse-flesh; let him take still another step, and learn a still higher lesson. Not to any original evil in nature or disposition is his seeming carelessness of the higher laws to be laid; it is simply the result of inherited tendencies and defective education.

It would appear as if men in general reason that, when horses die,

money is required to buy more, but when women die, there are plenty to be had for nothing. We can scarcely believe this to be his real idea; yet his grief-producing course is none the less a terrible truth. It is, however, a pleasure to be able to state that there are, among husbands, many noble exceptions to this sad rule. Women are laboring, and will continue to labor, to bring all husbands up to a nobler and more beautiful plane of being, and a higher standard of thought.

If the mother is so unfortunate as to be denied the due co-operation of her husband, let her remember that it is always upon her, much more than upon him, that results depend; and, when she correctly and fully understands the power that is hers to exercise in the divine office of maternity she can accomplish much, even though his aid is withheld. It is the laws of being, which produce and govern being, that she needs to know; and she should esteem it a glorious privilege to be living in a century when to woman is given the right of free investigation and free speech, equally with her brother man.

There is another phase of marriage concerning which it is not only highly proper to give instruction,—it is indeed imperative. Men will not teach it, most medical colleges do not teach it; it consists in correcting the idea that male continence is injurious. The average physician teaches that it is harmful for a man to retain his seed. More wicked instruction it is impossible to imagine. If the male has not sufficient legitimate employment to absorb and profitably use his surplus energies let him, as John Milton said, "go out and saw a log of wood." This erroneous teaching is so ingrained in the masculine mind as to prevent realization that by cultivating the mentality, the lower nature may be uplifted and transformed. Please understand that I do not condemn; I would only instruct. Men have become so saturated with this pernicious teaching, that they have come to believe that unless an outlet is found whereby they may throw away the substance which is, did they but know it, their true elixir, illness will result; and this so preys upon their minds that they really do become ill from brooding over their supposed self-denial.

Now, these men are innately good and they will yield to rational thought as soon as they can be made to realize the better way. They will readily observe continence in the marriage relation, when they rightly understand the laws governing their being. The dark age is past, but there is still some medical teaching that deserves to go with it. The medical colleges should teach greater cultivation of the higher nature, and less of the lower. They should teach that happiness as well as health demands continence, not only because it would increase the husband's health and happiness, but because it would infinitely enhance the chances of the wife for continued strength, and healthy, happy offspring.

"As a man thinks, so he is," is a great truth, and so long as men believe continence to be injurious, the practice of it will make them ill-tempered, if not sick. It is a great truth, borne out by nature, that the masculine element will never be perfect in disposition, genius and physique, till it learns and believes the law that a conservation of the life forces, and not their waste, is the higher life. Man should more fully realize that the marriage that never dies is of the soul, not the body. He must realize that only on this higher plane is it possible to retain his wife's love, and never through sensuality. He should realize that during gestation, his wife's privacy should be sacred, and that not only his wife and child, but himself as well, will be better for it. When fully enlightened on this subject, he will understand that the more entirely he adheres to this rule, the more surely is he developing in himself a nobler and more perfect manhood. Continence is not injurious; on the contrary it is beneficial.

THE AUTHOR'S EARLY EXPERIENCE.

Before studying medicine with a view to its practice, and while I was yet but a young girl, living in the country where there was no physician in the neighborhood, I had some experience, a portion of which I will relate. I did not then see, as I do now, that this experience was a clear indication of the vocation which would be most to my taste, as indeed it has been. There were some surgical cases, which, in the

absence of an immediate physician, seemed naturally to fall into my hands; when the physician finally arrived, he would express astonishment at the skill displayed. But this part of my youthful experience in medicine is not called for here. It is of some obstetrical cases that I wish to speak.

For the benefit of timid, expectant mothers the author has much good cheer and hope to offer. Being educated and trained in the Froebel Kindergarten, Burgdorf, Switzerland, where the moral and spiritual in a child became the leading faculties, we became one with nature, pure and simple. Nature was not studied and observed by us with any morbid curiosity; we looked upon all nature and animal creations with wonder and tender childlike love and trust. While only a girl of seventeen I was called upon to assist an older married sister in her first confinement. She lived on a farm twelve miles from the nearest town, with neighbors far apart, and being so situated she was solely dependent upon her available friends and neighbors at this critical period. When the time came for her to be delivered of her child, I was her only attendant and assistant in her confinement. Thanks to naturally large endowments in the healing art and reasoning faculties, I had observed while at home on my father's farm the perfect ease with which all the farm animals bore their young, and naturally supposed that womankind passed through something of the same painless ordeals as did the animals when giving birth. For example, I had watched a hen when laying her egg; she naturally chooses a quiet place where she feels sure of not being disturbed and goes through certain almost imperceptible movements while laying the egg. The channel through which the egg passes relaxes and contracts and the entire body of the hen sympathetically stimulates movements to expel the matured egg. Then she flies from her nest and cackles vigorously at her great accomplishment.

My father owned two beautiful mares, and one day I observed one of these animals about to give birth to a baby colt; she stood erect one instant; the next she would shake herself and snort vigorously; then

she would lie down on the ground and roll from side to side, then quickly spring to her feet again. She continued these natural performances until the colt was born. Great muscular activity was distinguishable throughout the whole process of labor.

All these experiences and the fact that my mother had given birth to eight children with the aid of a simple-minded midwife caused me to look upon my sister's confinement as the most natural thing in the world. My sister did not lie down at all until the child had so far advanced to the external passage that its head could be felt through the distended walls of the perineum. She feared the child would drop on the floor before she took to her bed. She walked about, making all kinds of gestures, then would kneel down in front of her bed, drinking at short intervals a hot herb tea which was relaxing to the entire system and uterine organs, inducing copious perspiration, which gave her ease and comfort and lessened what might otherwise have been long hours of labor and pain; the baby was born in five hours and weighed twelve pounds. I tied the cord, changed her clothes, and made her comfortable; gave her simple nourishment, and all went well. Let me mention that my sister was a heavy eater while pregnant, and to that I attribute the large size of her first child. In her following pregnancies she controlled her appetite, and of her following children none weighed over nine pounds.

I have been called to many other women since, to aid them in premature births as well as full term confinements. Not long after the experience with my sister, the indolent over-fleshy wife of a neighbor sent for me; my parents objected on account of my being so young, but the young husband pleaded that I might come, so at last my parents consented that I might go provided my younger sister should accompany me, as it was then early evening and would be dark before we could arrive at his home.

We reached the woman at eight o'clock p. m. and found her one mass of fat lying on the bed weeping and groaning for help. I prepared our Swiss herb tea, which had served so well with my sister. We

gave it to the woman by the bowl-full, very hot, every half hour; at midnight the child was born dead, one great black mass. It was one of the largest I ever delivered, weighing fourteen pounds. The child was so fat that the head and shoulders obliterated its neck.

I will now give more of my experiences in helping my sister women in this time of need:

A young married woman, seven months pregnant, returning one night from a church entertainment, jumped to the ground from a lumber wagon in which she had been riding. The bag of waters was broken, and discharged a little daily for a week; pains of a severe character then set in, which continued forty-eight hours. The extremities became cold to the hips, and all pains ceased. She became alarmed at the situation, being miles from any physician, when I was asked to see her. I decided that what I had done for others would aid her. After stimulating with hot relaxing tea, and putting hot flat-irons to her feet, the child was born in twenty minutes. It had no finger nails, only a thin flimsy substance in their stead, and a large open fontanel beating like an exposed brain. It was of dark bluish color, and weighed only three and a half pounds. No milk came into the mother's breast for a month. She was up in a few days, and the child has grown to full manhood, healthy and strong.

A Mrs. D— miscarried her first child. Her second, which came at full term, was delivered in an hour and a half. No pain whatever, only a sense of pressure, was experienced.

Mrs. W—, thirty-nine years of age, of low stature, thickset, fleshy, and of short breath, counselled with me in the beginning of her pregnancy. I found her in a state of mind bordering on desperation. I assured her that she had no trouble to apprehend; her fear, however, was not overcome until later. I recommended some appropriate books adapted to one in her condition; she read these and gave herself up to the higher wisdom. She kept away from such persons as would only depress her feelings and increase her anxiety, and in this way her mind was brought into a harmonious state. She grew to look forward with

a fearless and strong heart to the fulfilment of her pregnancy, keeping uppermost in her mind the naturalness of child-bearing, and placing trust in the supreme Wisdom that does all things well. When the time for her confinement came, I was called again. I gave the treatment I had learned to employ, relaxed her system with artificial heat, and she had an easy delivery, so easy as to cause her to remark that she would not dread to have another.

Since graduating from a medical college and taking up the practice as a profession, I find that I was, in my youth, on the right track, my present system being only an improvement on my early method.

The following is an extreme case. A single lady, twenty-seven years of age, had unsuccessfully attempted an abortion to save her reputation. She was very beautiful. Her occupation was that of sewing. The poisonous drugs she had taken produced the death of the fœtus, but not its expulsion. A great sufferer, she had lain in this condition six weeks, and was reduced almost to a skeleton. Two of the city physicians exhausted their skill on her, without success, and left her to die under the effects of opium. While in this dying condition, another lady physician and I were called. I suggested the sweating process, in connection with hot water injections to the unrelaxing womb, keeping her, meanwhile, warmly covered. One hour after this treatment the entire system relaxed, including the os-uteri, expelling contents, which was a rotten mass of putrefaction. The odor of a dissecting room was nothing compared with this. Another injection, not so warm, with a few drops of carbolic acid, was given, when she fell into a sound sleep. The sack or bag of waters did not break until reaction set in, producing painless contractions. The free perspiration also eliminated all poisons which had been taken into the stomach, purifying the entire system of foreign matter. She recovered perfectly, free from the least indication of fever or blood poisoning, which would ordinarily be expected. One who had undergone a Turkish bath could not have responded more satisfactorily.

At another time, while visiting in Minneapolis, I was invited to a

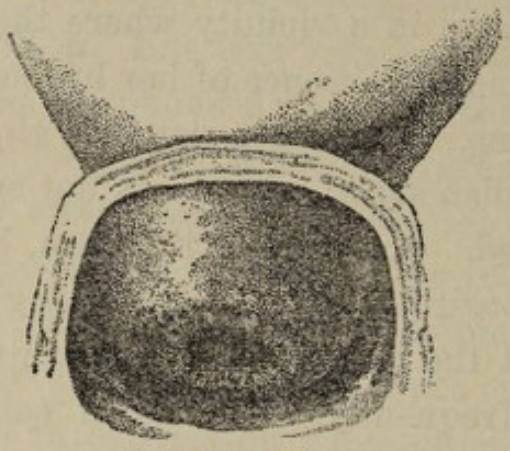
Woman's Hospital as counsel in a severe labor case. The woman had been in great suffering for two days, and, on examination, I found still no dilatation of the os-uteri. I suggested my usual course, which was followed. In an hour and a half the child was delivered without pain, and there was a perfect recovery.

My obstetrical cases have been very numerous, but I have never lost a case, nor met with an accident. Among these cases have been some critical ones, handed over to me from the hands of experts and surgeons. For the benefit of those who are easily alarmed by stories of the serious experiences of others, the following illustrates what a woman can do in the absence of all assistance. A woman, aged forty, and mother of five children, lived on a farm in a vicinity where there was neither physician nor midwife. During the absence of her husband on business, she was taken with labor pains. Without assistance, alone in the house, she wrapped herself in a woolen shawl, and drank hot beverages until free perspiration was induced. She did not lie down, but kept on her feet, knees, or in a sitting position. She had not long to wait before the child was born. She cut the cord, tied it, and waited for the after-birth, changing position frequently. This soon came, and in a few days she was as well as usual. Through it all she was entirely without fear.

INTUITION AND SCIENCE HARMONIZED.

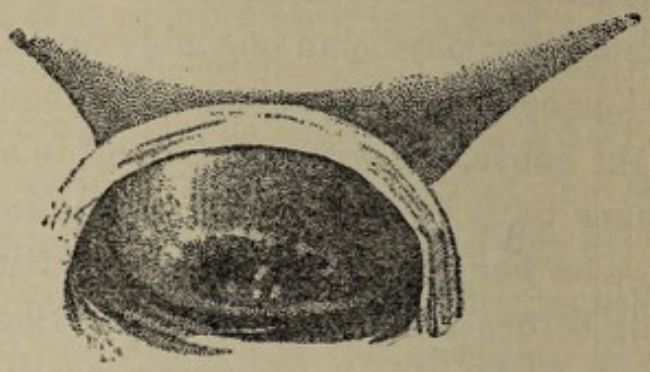
Since practicing medicine I never relinquished the use of the Swiss herb tea mentioned (see Index for "Tokoine Tea"), which came to my own relief when I became a mother of two sons. With each confinement I observed the effect on myself. I have often wondered if I were not led into the study of medicine by some angelic influence, which found me so infinitely impressible as to obey the prompting to do just what I did. Modern science calls that intuition, which unerringly makes no mistakes if followed. The prayers of ages are answered when these wonderful intuitions are not blurred by avarice and selfishness and worldly pride. I believe and know they are the voice of God. Emer-

son says, that if any young man will in the hush of early morning stop all conscious thinking and wait for that silent schoolmaster to speak to him, he will be told exactly what to do to make the greatest success in life, and each day's work will be mapped out plainly before him. I would not advise any person to do the things that I did without a physician, but would insist upon making confinement easy and safe and of as short duration as possible. At my next birthday I shall have practiced medicine 26 years, and I can safely claim a record of 45 years in confinement cases, and only in two cases having called in another physician. My records show that I have never lost a single case, mother or child. I find this temporary relaxing system in harmony



OS UTERI.

End of third month. Natural size.



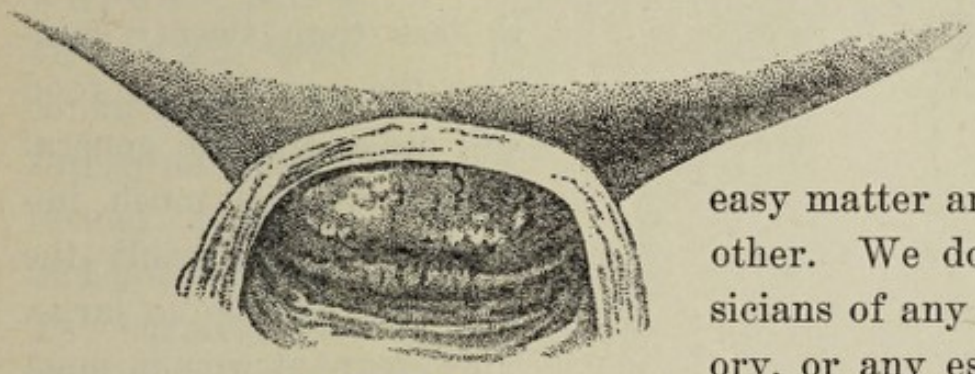
OS UTERI.

End of sixth month. Natural size.

with nature; it surpasses chloroform in many ways. In the first place it is safe for mother and child; the relaxing is only temporary while the tea is given. As soon as the child is born, which is in from two to three hours in most cases, painless reaction and contractions of the womb and parturient channels take place, making hemorrhage impossible, where in chloroform treatment it is many hours before the relaxing and deadening effect of the chloroform passes off, which condition makes possible great loss of blood, with slower recovery of the patient. These are not theories but actual experiences of a warm-hearted, sympathetic woman who has borne children and reared them to manhood. I feel it a privilege to give to my sister woman knowledge to protect herself from suffering, pain, sorrow and perhaps death; for there are

so many sad records of the death of the mother or child, or both, through prolonged labor or dangerous sequences following child-birth. The simplest means in aiding nature are always best.

The system here introduced is not new. It has been practiced in various parts of Europe for a hundred years. The many women confined after this method enjoy unbroken health. Many whose health previous to pregnancy was poor regained it after confinement in this harmless, natural manner. Many of them experienced no pain at all at confinement and the child was born in from one hour and a half to three hours at the longest. While some do not escape pain altogether, yet bearing children by this method was an easy matter and superior to any other. We do not combat physicians of any school on any theory, or any established methods of treatment which add to the welfare of mankind, but we heartily invite the co-operation of all progressive and practical thinkers of any school. With us this knowledge is derived from long experience and not from undigested, undefined theories. Our object is to avert that suffering known only to woman in time of labor. We do not feel that any law of ethics should interfere with a humane act, or prevent the promulgation of the knowledge we possess in this matter.



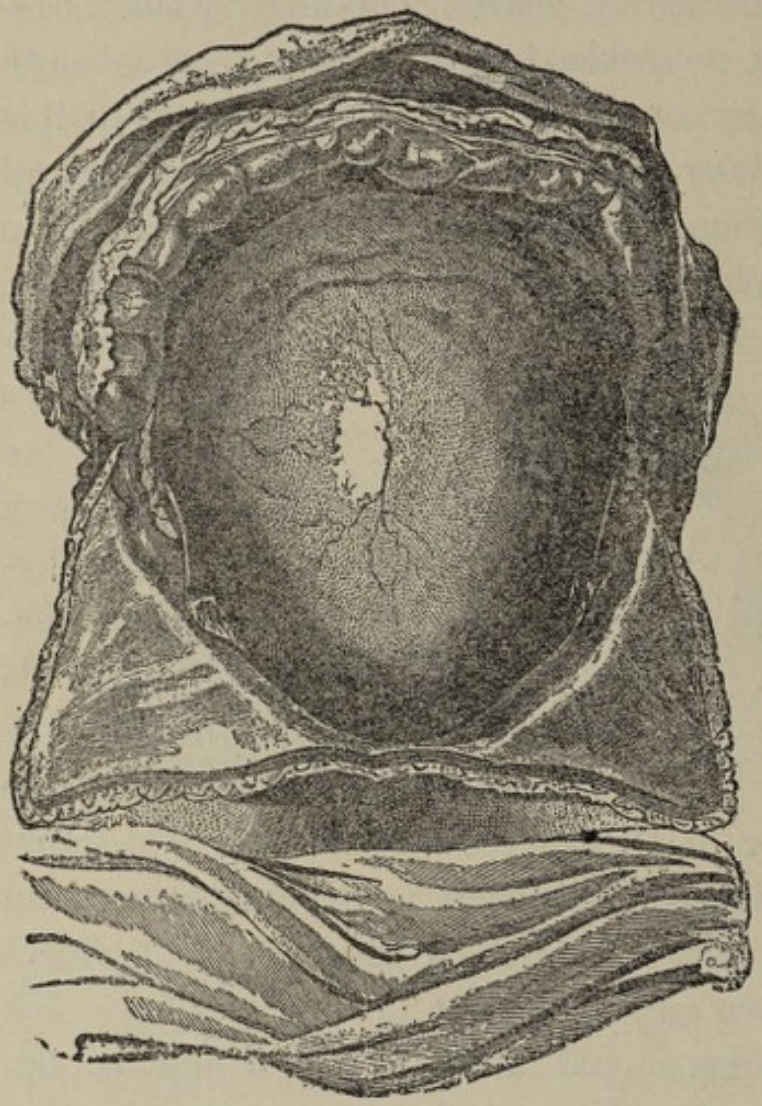
OS UTERI.

End of ninth month. Natural size.

DIET DURING PREGNANCY.

The diet for the mother while carrying a child should be wisely considered. Set rules cannot be followed. A mixed diet is best, including cereals, vegetables, meats sparingly, and fruits in plenty. No change should be abrupt. Women, except among the rich, in some countries eat no meat at all. Women in Ireland of the poorer classes live on a diet of cabbage and potatoes. Their confinements are easy, with very

little pain. Avoid sweets as much as possible as they dispose to acidity of the stomach and heartburn, especially when meat is partaken of at the same meal. Some women when pregnant have excessive appetites, eating as much at one meal as formerly accustomed to in two. Such women have large children, often weighing from 12 to 14 pounds. These excessive appetites should be controlled. Leave the table a little hungry, and in less than twenty minutes the craving for food will cease and the general feeling will be much improved; as a result the child will not be so large. The pregnant woman must drink much water. Much extra fluid is demanded by the system; hot water is best if she enjoys it. The practice of deep breathing should be cultivated daily during all the months of gestation; the extra air breathed will form a substitute for a portion of the solid food otherwise craved. The air we breathe is as necessary to the building of tissue as solid food. The breathing exercise will also be a most excellent additional preparation for the day of confinement, and will give an improved tone to the system generally.

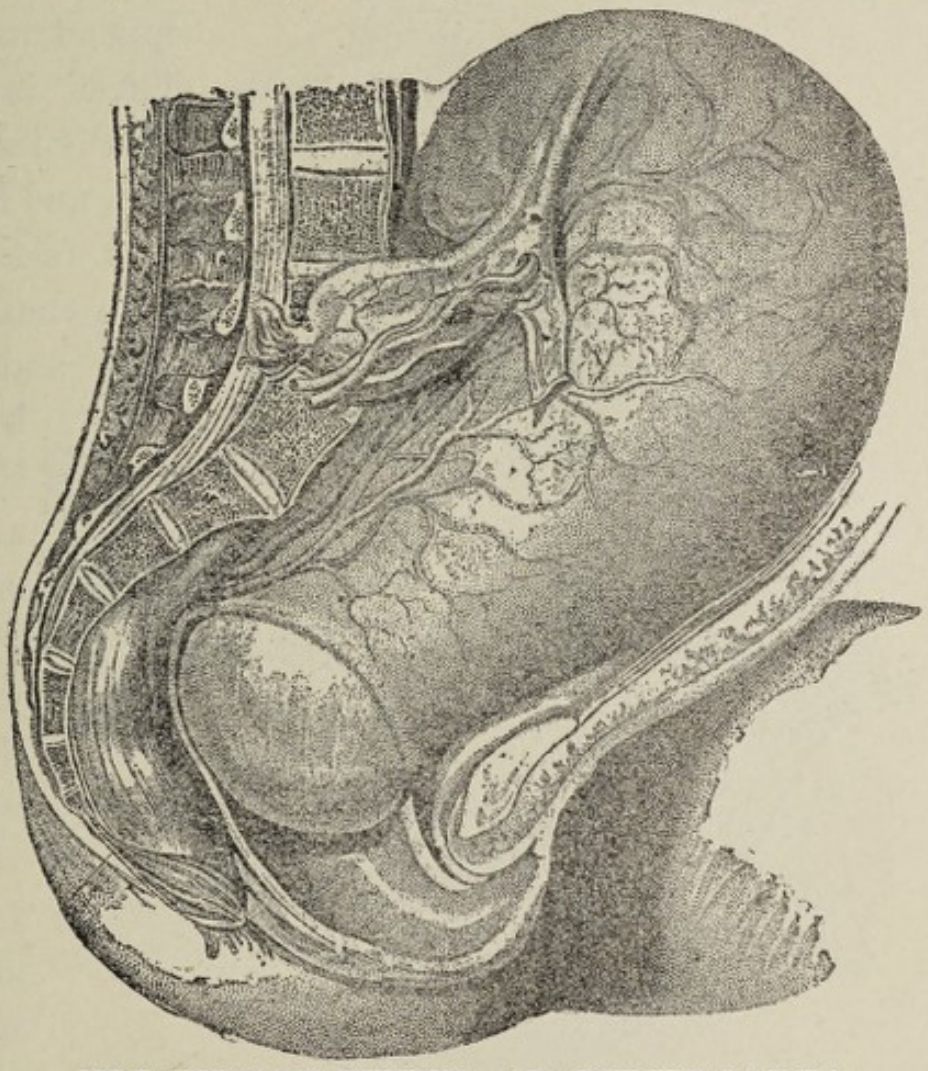


GRAVID UTERUS AT FULL PERIOD OF PREGNANCY.

Measuring about thirteen inches in length and eight or nine in breadth; and having an ovoid figure.

Where surgical aid might be required our treatment would still

be of great assistance. It relieves the physician of the anxieties generally experienced, and is a boon to every woman in the land. It is a blessing come to woman, a system born of nature, soothing and refreshing. Many have remarked with their first child: "Why, I could have another and not feel tired," others, who in previous confinements have been ruptured and lacerated and cautioned not to become pregnant again, afterwards pass through their confinements as safely as though former accidents had not occurred. The harmful tension at birth is caused by lack of right knowledge on the part of the patient and an inherited ignorance from an ancestry before them. This injurious tension is removed by the temporary relaxations of the muscular and nervous system with the Tokoine Tea.



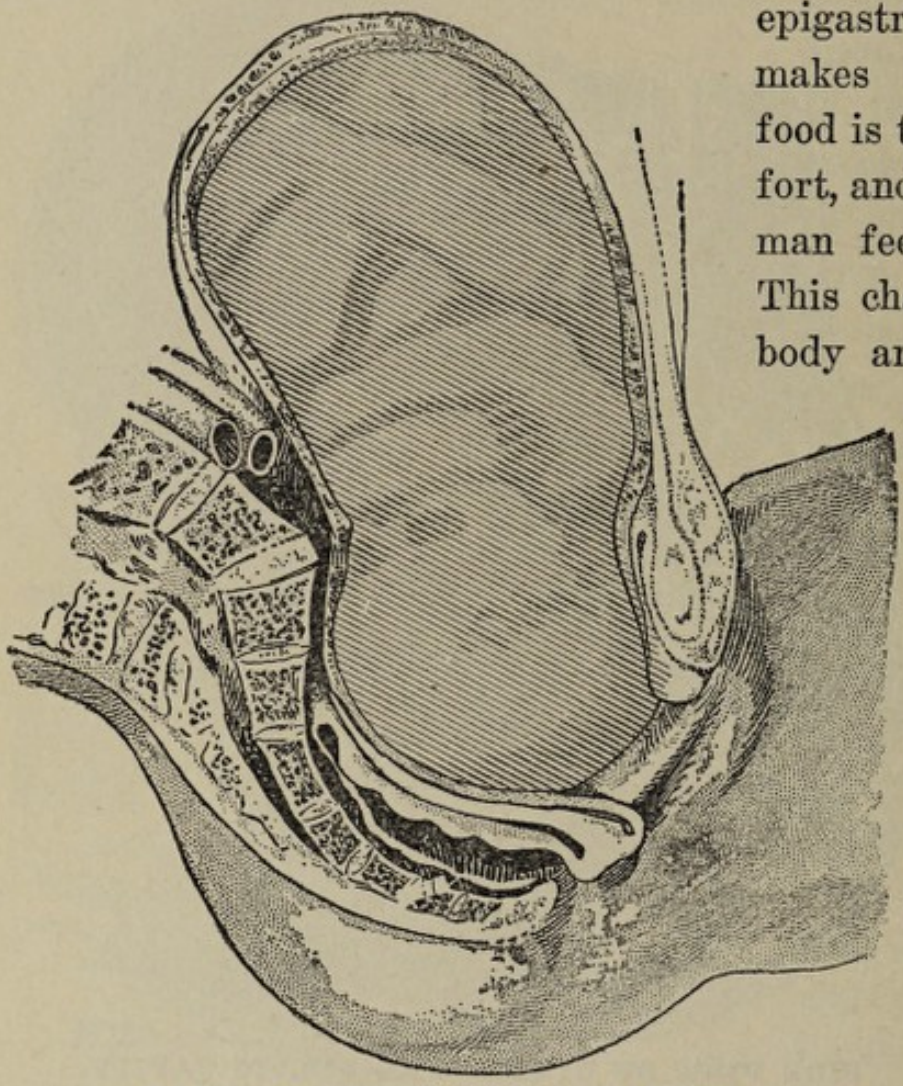
SIDE VIEW OF UTERUS AND PELVIC CAVITY.

The os uteri entirely dilated; the membranes protruding into the vagina, as in labor.

TO PREPARE THE BED.

Prepare the bed as though one was to sleep in it. Place the rubber oil-cloth sheet over the under sheet, cover it with newspaper, then with an old quilt, which can be washed easily. Have the bed set out from

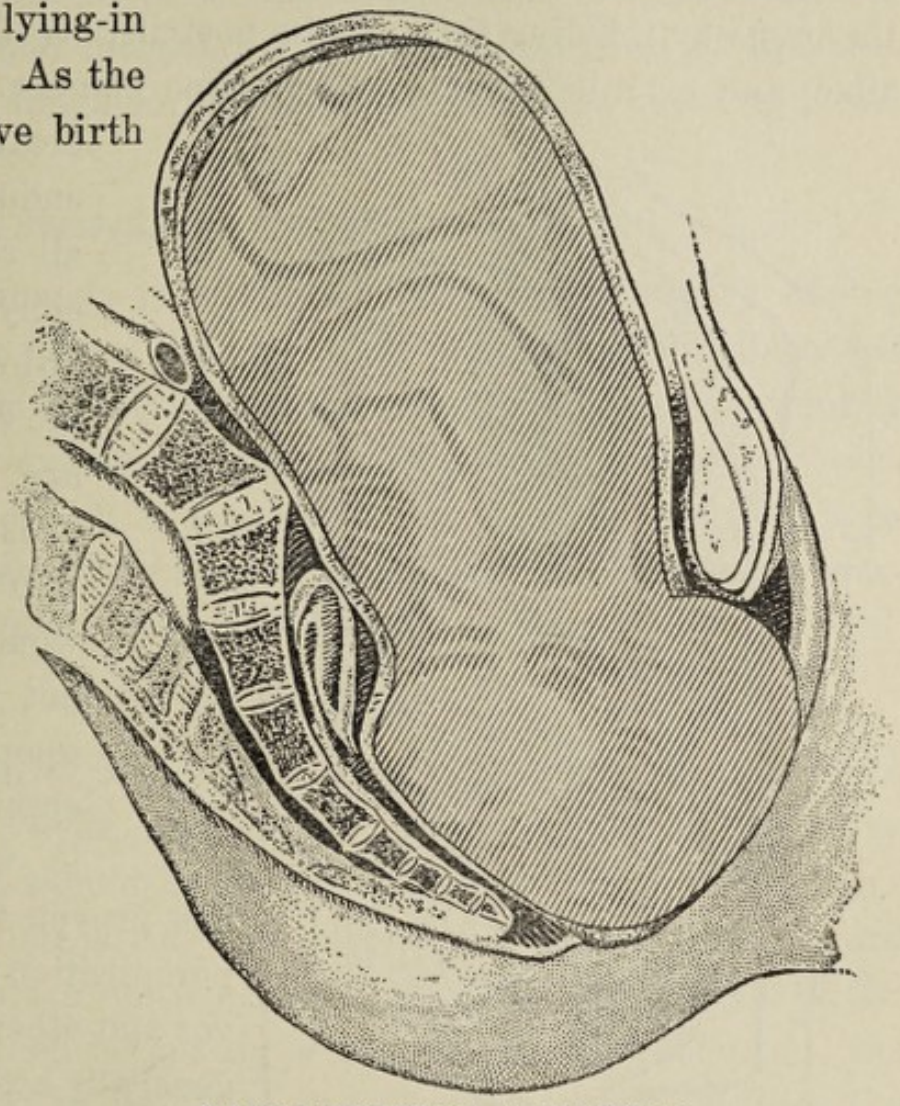
the wall so the physician can use either side. The approaching termination of gestation is indicated usually by various symptoms called premonitory signs of labor. About the last two weeks a change becomes perceptible in the form of the abdomen. Its sides become more projecting, as the fœtus sinks from the region of the stomach and epigastrium. This change makes breathing easier, the food is taken with less discomfort, and in many ways the woman feels lighter and better. This change results from the body and neck of the womb blending into one, through the softening and giving way of the os internum uteri, and by the sinking downward of the uterus; the fundus of which is now found to lie midway between the ensiform cartilage of the sternum, and the umbilicum. At the same time the uterus is projected forward. The inclination to urinate becomes more frequent, owing to the increased pressure on the bladder. Sleep is more broken by restlessness, and walking becomes more difficult. The woman becomes more clumsy, and, a little later, glairy discharges take place from the vagina. These simply show an increased action of the mucous glands preparing for the final act of parturition. Finally there is the commencement of painless contrac-



LABOR CONSIDERABLY ADVANCED.

Head in the pelvis, face directed to the right side.

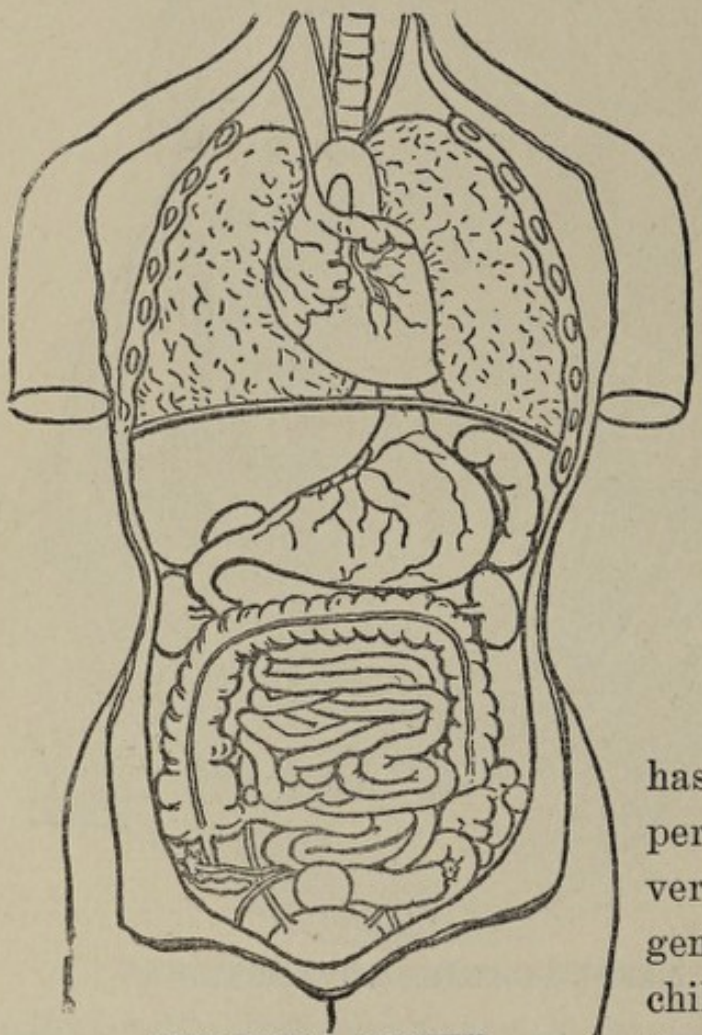
tions; these, a little later on, become somewhat painful, this slight painfulness being only one of the signs. The mucus is more or less tinged with blood from the rupture of small vessels around the cervix, due to commencing dilatation and separation of the membrane—in the language of the lying-in chamber, "the show." As the patient is about to give birth to the child, she should see that the bowels are evacuated, and if this is not accomplished naturally, a copious injection of warm water should be used. If the constipation is very obstinate, an injection of slippery elm infusion with a little soap should be taken, in order to insure a free evacuation. In the early part of the first stage to induce free perspiration give warm Tokoine tea, a cup every 30 minutes according to directions. Have the room warm, with plenty of pure air. Attend to the feet and keep them warm. Pay attention to oiling the vagina and surrounding tissues with pure, sweet lard or unsalted butter. All handling or maneuvering, in the hope of bettering the process of nature, is uncalled for and injurious. Parts



LABOR FURTHER ADVANCED.

Face turned into sacral cavity; vertex external; forehead distending the perineum; right shoulder entering pelvis towards the right groin; the left towards the sacro-iliac symphysis.

that are taxed by this process of nature quickly rally to a normal condition and tone, while unnecessary manipulation may subject them to serious injury and cause much after suffering. While the patient is taking the tea, she should pay special attention to extra breathing. Fill the lungs by inhaling through the nostrils, breathing as deeply as possible, and exhaling slowly in the same manner. Extra breathing increases the strength and endurance of the patient; all remedies act more forcibly, and, capillary circulation being increased, at the same time hemorrhages are prevented or cured. This will cause perspiration where otherwise there would be pain, and I cannot impress it too vividly upon your minds. Many suppose that perspiration is weakening; experience has proven to the contrary. Free perspiration removes all fear of fever and other unpleasant symptoms generally attending child-birth. The child and placenta are delivered in from one to three hours at the longest, and the patient is left free from laceration, rupture, fevers, blood poisoning, and all the sequences so frequently following parturition. She suffers no pains, soreness, rigors, nor chills, when reaction takes place. Age is no hindrance to an easy and natural delivery. It will be as easy at forty as at twenty years of age. Nothing less than a malformation of the pelvis can prevent a perfect delivery. In such a case, where surgical aid might be required, this treatment would still



THE VITAL SYSTEM.

be of great assistance; it is invaluable in premature births, when the contents are large enough to give expulsive power.

When the time has come for the mother to give birth, she should put on a loose dress; a flannel wrapper is best. Flannel is a nonconductor of heat, and as the object of the treatment is to remove all tensions of the nervous and muscular system, the retention of the heat becomes an assistant and also aids in dilating the os uteri and surrounding tissue.

DIET AND REGIMEN OF THE WOMAN IN LABOR.

Cold water or lemonade is all the refreshment necessary during labor. The use of fermented liquors of any kind should be dispensed with. If the patient is in the habit of drinking tea, a small quantity cold or warm may be very refreshing. A little broth or soup may also be allowed during labor. It is necessary that the enema shall not be forgotten in order to clear the rectum of its contents. Frequent evacuation of the bladder during labor is important.

DELIVERY OF CHILD.

After the expulsion of the child, a soft napkin should be used to wipe the child's face, eyes, and mouth. It usually cries lustily as soon as it is born. It should be permitted to lie undisturbed for five minutes until respiration is fully established. By that time the cord will have ceased to pulsate until within three inches and a half of the abdomen. It should then be cut three inches from the abdomen; the child should be allowed to lie about two minutes longer to allow the blood in the cord to ooze away. The child should then be handed to the nurse, wrapped in a blanket. The mother should not see the child until it is washed and dressed. Let the first wash be a light one and olive oil used freely all over the child's body and head. Wipe off and place the child in a soft blanket. After the mother has been made comfortable and had some light food, wash and rub the body dry. Should the cord seem large and tapering from the abdomen, care should be taken not to wound the intestine; a portion of which may be within

it. In such case the cord should be cut beyond the extended intestine, and the bowel should be returned into the abdomen and held in place by means of the belly band. A piece of cotton batting the size of the palm of the hand with a hole in it should be slipped over the cord, and another piece the same size to cover the cord. Turn the cord upwards, the whole being kept in place by the usual belly band.

DELIVERY OF THE PLACENTA.

After the child has been handed to the nurse, the next care should be to the delivery of the placenta, for until it is removed and the uterus has contracted firmly the woman cannot be regarded as altogether free from the danger of flooding. There is a momentary relief from pains immediately after the expulsion of the child. At this time do not forget the breathing; the patient should slowly inhale seven times, exhale seven times; repeat three times. The pains return in a diminished degree and the placenta usually becomes entirely detached from the uterus and either lies free in the vagina or is expelled without the vulva. Should the placenta be found to be still attached to the uterus after a delay of about twenty minutes, or should hemorrhage occur, apply the palm of the hand to the abdomen over the womb, making gentle pressure as though attempting to grasp it. Also apply a cold compress a few minutes over the womb. Sometimes the placenta lies detached in the mouth of the uterus; if so the fore finger should be placed above the edge of the placenta, hook the fingers into the placenta, draw it downward and out carefully and slowly. Should the placenta remain attached to the uterus let it remain; by waiting a few hours nature will come to your relief. Give the patient chamomile tea made very weak, to drink, and a few drops of pulsatilla in water, a teaspoonful every ten minutes. A little gentle friction over the womb will aid in detaching it. I have left the placenta many hours after expulsion of the child and on several occasions it has dropped into the vessel when the patient rose to urinate. The placenta with its cord and membranes should then be placed in a vessel and removed from the lying-in chamber as soon

as possible. After the mother has rested a few hours apply the child to the breast. This procedure stimulates the many glands into action, furthering the necessary uterine contraction. The patient's bowels should not be disturbed for eight or nine days after the birth of the child; the old custom of giving a purgative three days after confinement is exceedingly pernicious and sometimes gives rise to serious consequences. Until after the secretion of the milk the diet must be very simple, the room kept quiet and shady. The bed covering should be light yet warm. I prefer the double woolen blankets, which are porous and admit the oxygen yet are nonconductors of heat. The room should be daily ventilated, the window a little open at the top, the body washed with warm water to keep her clean and to prevent the obnoxious odor which we sometimes find among women after child-birth. The woman should be made comfortably dry and a soft dry cloth should be placed to the vulva. She should be straightened out a little and made comfortable, should be enjoined to remain perfectly passive, and should not be subjected to a disturbing influence of any kind. The room should be darkened somewhat more than during parturition, and talking and whispering strictly forbidden. Perfect quiet should be maintained in order that she may sleep, which will prove very advantageous and refreshing. Additional covering should be applied, and if she desires water allow her to drink freely. The nurse will, of course, understand her duty of keeping the patient clean and comfortable. The relief experienced after parturition, is, according to the patient's own words, "as though she was in Heaven." In a few hours the woman should be visited again to ascertain if she has desire to urinate; if so, pour some hot water in the vessel; if she feels no desire give a few drops of cantharis in a glass of water. Let the patient change from side to side and seek the most comfortable position in bed. The second week after child-birth the patient can take a very warm sitz bath in the bath tub. Cover the shoulders well with a warm sheet or old shawl while the lower body and limbs are being washed. Give a quick short wash over the chest and shoulders, dry quickly and place her in bed. The uterus

and vagina return to their natural size in the course of six weeks. During these weeks a discharge from the vagina is taking place, first of pure blood for a day or two, which grows paler and paler, then becomes watery and at last entirely disappears. This discharge is called the lochia.

FORCEPS

should be used only as a last resort. Instruments frequently maim both mother and child. Our statistics establish the fact that asylums are crowded with idiots and insane, who are so from birth through the use of forceps in delivery. Through the use of forceps the delicate unformed bones which contain the brains, are maimed, flattened and bruised.

RUPTURE OF THE UTERUS AND VAGINA.

Rupture of the uterus is one of the most serious complications or accidents which can occur during the puerperal state. It may occur at any time during labor, but it is much more frequent in the latter stage than in the first. Women in their first confinements are much more liable to the accident than those who have borne children before. It almost always involves a rupture of the vagina also. The cause of so unfortunate an accident may be referred to many circumstances. The temporary relaxing properties of the Tokoine positively prevent such accidents. I desire to quote the words of a physician, Dr. Kenny, of Idaho, whose daughter suffered rupture of the womb and was terribly lacerated at her first confinement, passed through the operation of having the parts sewed up, and became pregnant again. Her father, being a surgeon, fearing she could not pass through the second confinement without suffering greater complications than with the first, wrote to me for assistance. I mailed him the relaxing Tokoine Tea and received the reply that everything went well; that the child was born in a few hours and that the confinement was easy and natural.

CHAPTER XXVIII.

CARE OF INFANTS.

The Loving Mother's Questions—Their Poetic Answer—"How Much For Baby?"—Once, Preparation; Now, Realization—Harmonious Laws for Training—The Mother's Milk the Best Food—The "Hungry Ball"—Interpreting the Cries—Soothing by Massage—That Chicago Baby—One Child Who Had a Fair Start—Baby Not to Be Made a Mummy—The "Gretchen" and "Gertrude" Suits—Simplicity and Freedom in Clothing—A Clean Baby—Shortening Clothes—Everything Changed at Night—Clothing for Out-Door Wear—Baby's Joy in the Bath—His Travels Begin Early—Baby a "Kicker"—Soon a Trotter—Restful Sleep—The Sleeping Face a Guide to Health—Four Great Essentials.

WHERE did you come from, baby dear?
Out of the everywhere into here.
Where did you get your eyes so blue?
Out of the sky as I came through.
What makes the light in them sparkle and spin?
Some of the starry spikes left in.
Where did you get that little tear?
I found it waiting when I got here.
What makes your forehead so smooth and high?
A soft hand stroked it as I came by.
What makes your cheek like a warm white rose?
I saw something better than anyone knows.
Whence that three-cornered smile of bliss?
Three angels gave me at once a kiss.
Where did you get this pearly ear?
God spoke, and it came out to hear.
Where did you get those arms and hands?
Love made itself into hooks and bands.
Feet, whence did you come, you darling things?
From the same box as the cherubs' wings.
How did they all just come to be you?
God thought about me, and so I grew.
But how did you come to us, you dear?
God thought about *you,* and so I am here.

—*George Macdonald.*

THE VALUE OF A CHILD.

Is there any computing it? Can even mother-love set an estimate upon it? A soul straight from God, clothed in a physical form that reflects the mother's own life and thought, and looks up at her with eyes often the counterpart of those which smiled into hers during that golden period, life's honeymoon, which was after all but a foretaste of the heaven now here. A life with infinite possibilities; a little human blossom to be cared for, guided, lovingly trained into more and more of the divine likeness as the years go by. What a blessed privilege! Till now, hers has been the pleasure of preparation; now it is realization.

Each new-born child is a gift not only to parents, but to society, the nation and the world. Its right education is therefore all-important. This education having been begun before birth, need now only be continued; and Nature's laws, in all their harmony and beauty, should be applied to this sacred task. The kindergarten method of training the awakening faculties, based on Froebel's beautiful teaching, has much to recommend it. Of this, more presently. But let us first consider a few simple rules of caring for the dainty little pink and white morsel of humanity in its most obvious physical needs.

BABY'S FOOD.

The food must contain all the elements necessary to the formation and growth of the various tissues; must be of the best quality; must be as palatable as it is nourishing, lest his little High Mightiness disdain to take it; and must be fluid, as the teeth have not yet manifested their presence.

Nature has provided exactly what is needed in all respects, in the mother's milk. If the mother has been kept in a good physical condition since girlhood, the supply will be abundant.

The only medication given the child should be through the mother. Purgatives are not to be used except in extreme cases. If the child's bowels are costive, tepid rainwater injections are the best remedy,

leaving no ill effects. The mother's milk for the first few days is an aperient in itself. The surface skimmed from water in which wheat has been boiled for several hours is a harmless and nourishing aperient which may be given to the child when it seems necessary.

One simple preparation which a little one beginning to talk named her "hungry ball," and of which she was very fond, is an excellent specific for *looseness* of the bowels. It is fine wheat flour tied tightly in a bag and boiled for hours, then browned in the oven, grated, and given dry, as a powder in a spoon. But there is more to be said on the subject of baby's food than can come into one brief general chapter. It will be treated further in the chapters on "Nursing" and "Weaning."

CRYING.

Healthy infants sleep much of the time, and cry very little; still, there must be some crying. Mothers will soon learn to interpret the cries as expressions of the various kinds of discomfort or disapproval which the little one is trying to express; whether caused by hunger, pain, tight clothing, or other uncomfortable condition. Sometimes it is but the reflection of the mother's own fretfulness during pregnancy. A peevish, unhappy expectant mother is absolutely certain to have a child that cries much of the time.

If there is no abdominal rupture, a moderate amount of crying will do no harm. In fact it is necessary, to expand the lungs, and is also a relief to overwrought feelings, whatever the trouble. But frequent or long-continued crying indicates a cause that should be looked into. It is not always hunger; sometimes it is thirst. Give a restless child a little warm water, slightly sweetened, and it often becomes placid at once. If it is nursing time, the cause and remedy are plain. Sometimes a badly adjusted safety pin may be pricking. If the clothing is too tight, or the diaper is wet or soiled, that would cause the discomfort; or if the child is cold, it may have induced colic. When this is the case, warming the feet and rubbing the abdomen with the hand moistened with olive oil will usually stop the crying. One of the best

ways of soothing a restless infant, where nothing but nervousness appears to be the matter, is by gentle rubbing or massage with the hand. This light friction over the surface of the body is much better than rocking, jolting or trotting. Keep the little one as quiet as possible; too much excitement, or jarring, unnatural motion is bad for the delicate nervous system.

AN INTERESTING EXPERIMENT.

One Chicago baby at the age of four months is unusually strong and well-developed, largely because of a system of regular, gentle massage given her daily. This rubbing and kneading process is carried on in the most scientific way, and it is thought that the child will have its power of speech and other faculties considerably hastened—not abnormally forced, but healthfully invigorated—by the methods used to strengthen every muscle in the little body. She is taken out for a two and a half hour ride in an open car, every day, and if wakeful at night is soothed to sleep not by feeding, rocking or bouncing, but by a few minutes gentle friction over her body, which never fails to "bring the sand-man." The effort of a child to bring into action every muscle of the body has been defined as the nearest approach possible to a solution of the problem of perpetual motion. Remember that the connection between physical and mental development is very close. "What more could be desired," ask physicians, "than to help these untrained muscles to act, and thereby gain a beautiful face, a clear eye, and an awakened intellect?" This Chicago baby, it may be remarked, seems unusually intelligent, noticing everything, asking plainly, without words, for her massage, and enjoying it as much as her ride, her bath, or her meals. Life, to this small specimen of humanity, is a very delightful arrangement. But it should be especially noted that the baby had a fair start. The mother, in this case, fully realized her responsibilities before the little girl was born, and set about giving the child the benefit of her best thoughts and her fullest physical strength. With this end in view she strove for a complete

change in her physical, mental and spiritual nature. She made every effort to live as closely as possible to the ideal character which she hoped to see in her child. Every morning she took systematic outdoor exercise. Every evening massage was given her. Irritable and despondent thoughts were banished if they crowded in upon her. If insistent they were thrown off with a brisk walk or with hard study, which would serve to overpower the feeling of unrest. Carefully weighing the weak points in her education, she adopted a regular course of reading, especially along the line of composition, in which she felt herself deficient.

As the mental acts through the physical, the muscle-strengthening process will help the mind, which in turn, as it develops, will help the body; so that great and well-founded hopes are felt for this little girl's future, as she shall grow able to continue with her own conscious efforts the right habits formed for her in earliest infancy.

BABY'S CLOTHING.

Warmth, lightness, looseness and freedom from pins are the four chief things to remember in preparing an infant's clothing. It will be easily seen that on beginning an existence separate from the mother, warmth is essential to keep up the vitality. There is almost no power of resistance to cold, in a very young child, and the system needs to be guarded. But the long skirts once thought necessary add weight rather than warmth; they are burdensome to the tiny body, and the child cannot be handled so easily as when they are made shorter. They need never extend more than twelve or fourteen inches beyond the feet, and from six to eight inches would be better. The dress should be loose about the chest and waist, so that the lungs and heart may have free action; it should be loose about the stomach, so that digestion may not be impeded; it ought to be loose about the bowels, so as not to interfere with the movement of the intestines; and it should be loose about the sleeves, for the purpose of giving the blood free course through the arteries and veins, and encouraging the arms in the active

exercise so natural and necessary to growth. A child is in almost constant motion for months before its birth; and after birth, if healthy, it is never still while awake. Hence it is important that the clothing be such as will not restrain its movements.

THE FIRST GARMENTS.

For a new-born infant, the first toilet is very simple. A flannel band, fastened smoothly but not tightly about the waist; a diaper, a princess undergarment of fine wool or canton flannel; and a nightdress or slip, are all that is necessary.

The outfit called in Germany the "Gretchen suit," and in America the "Gertrude suit" is excellent. It is as follows:

"The undergarment should be made of nice, fleecy goods—canton flannel is the best we have at present—cut princess, reaching from the neck to ten inches below the feet, with sleeves to the wrists, and having all the seams smooth, and the hems upon the outside; a tie and button behind. Here you have a complete fleece-lined garment, comfortable and healthful, and one that can be washed without shrinking. The next garment is made of baby flannel (woolen), also cut princess, same pattern, only one-half inch larger, reaching from the neck to twelve or fourteen inches below the feet—to cover the other—with generous armholes pinked or scalloped, but not bound, and with two buttons behind at the neck, and may be embroidered at pleasure. The dress cut princess to match the other garments, is preferable."

AN EASY METHOD.

These garments are placed together before dressing—sleeve within sleeve—and can then be put over the child's head at once, buttoned behind, and baby is dressed; the safety pins in band and diaper being the only pins in the entire clothing. The main advantages in this wardrobe are the perfect freedom afforded to the vital organs in the chest, abdomen and pelvis; the fact that the weight all hangs from the shoulders; the evenly distributed warmth; the great saving of time

and strength of the mother in dressing the infant; and the resulting comfort and health of the child.

The thickness and even the number of these garments may be easily regulated according to the season. Some discard the belly-band as soon as the navel is healed; but I would advise that it be retained until the end of the third month, as its use often tends to prevent a navel rupture.

The diapers may be either of linen or cotton; linen is less likely to chafe when wet. The supply should be abundant, that they may be exchanged for fresh ones as often as soiled, and sometimes it is found desirable to increase the thickness by folding a smaller one inside the usual one. It is then pinned to the band with a safety pin, which should be carefully examined to make sure that the point is well guarded.

HABITS OF CLEANLINESS.

I cannot recommend the thin rubber diaper intended to protect the body clothing from dampness. It is harmful to the child in several ways. Not being porous, it causes overheating, and as it conceals the need of attention, chafing results from the neglect. The linen or cotton is the only proper material; but it is possible to train the child to habits of cleanliness so as to dispense with diapers at a very early age. If an infant be held over a vessel at least six times during the twenty-four hours, beginning when he is three months old, it will often be found that by the end of the fourth month habits will be established which will certainly be a great relief to the mother or nurse, besides being of inestimable value to the child himself. It is well worth trying. Teach the children cleanly habits from early infancy and avoid trouble later on. An unclean child is a disgrace to any mother.

It will do a great deal to prevent chafing if the diapers are rinsed each time they become wet. They are much healthier in every way.

THE FOOT COVERING.

The feet should be carefully looked after, and in the winter should be kept warm with woolen stockings. They should be bathed every

night if possible. Attending to the feet to keep them warm adds to the child's comfort by preventing colic, colds and snuffles.

Crocheted socks are the most comfortable for the feet during the first three months; then the soft kid sandals are good until the child begins to walk. The first shoes worn in walking must be broad at the toe, and are better laced than buttoned; and best of all are the low shoes with straps across the instep, for the ankles will be stronger if these be worn, rather than high shoes.

THE "SHORTENING" PERIOD.

In summer, the skirts may be shortened at two months; in winter, at three months. It should not be deferred longer than the sixth month; for the earlier it is done, the better use the child will have of his legs. Yet it is better to make the change in warm weather than at any chilly season; and best of all to have the first skirts made so short that as the child grows, there will be little need of any shortening at all, until it is old enough to walk.

The stockings to be worn with short skirts must be long enough to cover the knee. They are fastened to the diaper with safety pins until drawers are worn. After that, they are fastened by elastic suspenders attached to an underwaist, to which the drawers are also buttoned.

THE NIGHTCLOTHING.

Every garment worn during the day should be removed at night. The nightclothing, in addition to band and diaper, should be a wool shirt, thin or thick, according to the season, and a flannel gown made with a drawstring at the bottom; or for a child who can walk, the long, loose combination waist and drawers made with feet, is excellent.

FOR OUT-DOOR WEAR.

In warm weather no wraps are needed, but the head should be protected from the sun's rays. In winter, until the child is three or four years old, he should wear warm leggings which come up to the waist. The other wraps necessary are a long cloak, a close-fitting, thick cap,

and woolen mittens. They should not be put on until just before taking the child out, as overheating will lead to chilling; and for the same reason they should be at once removed on arriving in the house.

At the change of seasons from winter to summer, make the first readjustment of clothing in the outer rather than the undergarments. The winter flannels should not be left off until the warm weather is settled.

HOW OFTEN TO CHANGE CLOTHING.

Frequent changes of clothing are essential. In early infancy the undergarments, unless soiled by discharges, require changing only every alternate day; but the outside slip or dress will need daily changing, as it becomes soiled from the day's handling. After the child is old enough to creep about and play, the clean frock will often be needed more than once a day. The dresses at such a time should therefore be numerous but except for ceremonious occasions, should be simply made. A *clean* child is always sweet and attractive; yet it is well to distinguish between the grime which comes from play, which is healthy dirt, and the very different, rancid, impure, disease-breeding condition resulting from unchanged clothing and unwashed bodies.

BATHING.

The bath is not only a cleansing process, but a strengthening one. Every morning of his life an infant should be thoroughly washed from head to foot. His first bath will be the oil rubbing described in an earlier chapter; but after a few hours rest he should be given his first water bath. This should be with castile soap, warm rainwater and a piece of soft flannel. It should be a sponging process; it is not as well to begin the tub baths until the navel is healed. Care should be taken to close doors and windows and keep them closed during the bath, and to have the room warmer by several degrees than when the child is protected by clothing. Also one should be careful not to let soap get into the eyes; it might cause inflammation.

As soon as the navel is healed, the daily tub-baths should be made

a practice. All articles needed should be in readiness before beginning; the clothing well aired, and within reach; the wash-cloths, soap, sponge, thermometer, towels and powder at hand.

It is always best to use a thermometer in testing the warmth of the water. The hand is not a safe guide, as the flesh of a young infant is so much more delicate. Too great heat would be painful, and too little would lower the vitality. The water should be about ninety-five degrees Fahrenheit in winter, and somewhat cooler in summer.

First wet the child's head, then place him in the tub and cleanse the whole body with a flannel wash-cloth, well soaped. Special attention should be given to the armpits, groins, and creases of fat. Follow this by thorough rinsing, using a large sponge and letting the water stream all over the body, especially over the back and loins. Do not be afraid of using plenty of water. More infants suffer from lack of sufficient water, applied both internally and externally, than is realized. Five or six minutes is long enough for the bath to be the most strengthening.

THE DRYING PROCESS.

On removing the child from the bath, wrap him in a piece of blanket, or a large bath-towel, and dry thoroughly, gently, but quickly with a warm, soft towel. Be especially careful in drying the ears; neglect here has often caused gatherings or deafness. Never clean them with a pin or other hard substances. A soft handkerchief twisted into the form of a blunt cone will remove moisture or secretions from the ear-canals or nostrils. All the creases of the skin must be smoothed out and dried perfectly; this faithful care, together with the use of a little powder, will go far to prevent chafing. Violet powder, which is merely finely powdered starch scented, is the most satisfactory. It may be procured of any druggist; or the old-fashioned starch made of wheat flour and reduced to powder by means of mortar and pestle, will answer the purpose. It may be applied either with a powder puff, or by tying a little in a piece of muslin and dusting it in the creases or wherever the flesh is inclined to chafe.

The bath should always be given before instead of after feeding; and a child should not be placed in his tub when either chilly or overheated. His body should be gently, not suddenly immersed, and he should not be left in the water longer than five or six minutes. Washing the head daily is of benefit in three ways: it helps to prevent the formation of scurf, to prevent colds, and it stimulates the growth of the hair.

After the bath is, of course, the right time for massage or rubbing; also for attending to the nails. Both toe nails and finger nails should be trimmed when necessary, but not too closely, especially at the corners. A pair of small, sharp scissors should be at hand with which to closely trim any hang-nails.

A partial bath or sponging in the evening is restful to an infant, and it is often necessary to sponge parts of the body with warm water during the day, after a discharge from the bowels. Dry carefully.

CHAFING.

Inattention, lack of water, and lack of care in drying are the usual causes of chafing. Sponge the chafed parts with tepid rainwater, letting it stream over them from a well-filled sponge; dry gently but thoroughly with a soft towel, oil the parts with vaseline and dust with powder.

ENEMAS.

While on the subject of water, let me say that for a costive infant, there is nothing better than to wash out the bowels with a warm water enema. Use three, four or even more tablespoonfuls of warm water, according to the age of the infant. If a first enema does not prove effectual, try a second, and if need be, a third. No harm can possibly arise from so simple a remedy; it gives no pain, interferes with none of nature's processes, but assists them instead, and is easily administered, requiring but a few seconds.

Another excellent means of relaxing costive bowels is to give an infant a dessertspoonful or a tablespoonful of cold water to drink as

soon as he awakens in the morning. This should be made a regular practice every morning of his life, increasing the quantity as he grows older. The folly and cruelty of administering cathartic drugs to infants cannot be too emphatically stated. The ultimate result of this practice is always to increase the constipation, and to derange the system. If the costive condition is caused by teething, as it often is, see the chapter on "Teething" for its proper treatment.

EXERCISE.

This is one of the cornerstones of health during the whole life. Children instinctively seek motion, and the more freedom allowed them the better, that the growing muscles may develop unhindered at least, if not scientifically aided.

A new born infant's first travels begin in his nurse's arms. When a few days old he should be laid upon his back on a pillow and carried about the house, provided there is an even temperature, for ten or fifteen minutes. This should be repeated daily. If it is summer, he can be carried out of doors by the time he is a week or two old, but if winter, do not attempt it on any account under a month, and not then unless the weather is very mild for the season, and during the middle of the day. At the end of two months he should breathe the open air more frequently; and by the time he is three months old, he should be taken out every day. He must, of course, be well clothed; but do not muffle up his face. A veil prevents him from receiving the benefit of the fresh air. In summer, a child three months old and upward should be out of doors the greater part of his waking hours.

Massage is excellent for the muscles, and cannot be too highly commended; but aside from this, an infant's tendency to use muscular exertion for himself should be encouraged. Place him frequently upon the rug or carpet, where he can stretch his limbs and kick about freely. His approval will soon be made manifest. It is both a delight and a benefit to a child to exercise his limbs in this way. It strengthens his back, and gives him self-reliance. During his exercise the diaper

should be unfastened so as to leave him quite untrammeled. Of course, drafts must be kept off, and a quilt or blanket might be spread upon the floor.

FREEDOM BETTER THAN EXCITEMENT.

One great advantage in this form of exercise is that the babe is quietly enjoying himself without undue excitement to the brain. An infant requires rest, not excitement. Many mothers and nurses overlook this important fact, and in their efforts to amuse, will often arouse and excite very young children, to their great detriment. The quieter an infant is kept, during the first few months of his life, the better. His time ought at that period to be spent almost wholly in sleeping and in nursing. Violent rocking, swinging, trotting, and especially tossing, should not be indulged in. These are forms of exercise that derange the nervous system instead of developing the muscles. The practice of tossing a young babe, to amuse it, has been known to bring on convulsions. As a rule, when a child needs exercise he will take it himself, if freedom and opportunity be not lacking.

LEARNING TO WALK.

Do not hurry a child by putting him on his feet too early. Let him creep and kick and sprawl about the floor until his body and ankles become strong. It will help to strengthen his ankles if they are bathed for five minutes every morning with sea-salt water; a small handful of the salt in a quart of rainwater. They will also be stronger if low shoes are worn with straps over the insteps to keep them on, rather than boots. When baby is ready to walk, he will indicate it by pulling himself up by a chair, or by the mother's dress. Then he may be encouraged, with frequent rests, and the first steps made the signal for a family celebration.

SLEEP.

I would not advise rocking an infant to sleep. The slumber is sweeter and more restful, if the laws of health are observed and the

child's nervous system is kept in good condition, than when he is accustomed to rocking so that he cannot go to sleep without it.

The sleeping room should be warm, but from time to time should be properly ventilated. Many people are poisoned by their own breaths, without knowing it. An infant, especially, needs to breathe pure, sweet air; and it is better, therefore, that his crib or bed should be one with free access to the air at both sides and head. The door should be frequently left open so as to change the air in the room, taking care, of course, not to expose him to a direct draft. If flies disturb him, a piece of mosquito netting thrown over the crib will protect him, without interfering with his breathing.

For the first few months an infant should not sleep alone; he requires the warmth of another person's body. As soon as he has learned to do without nursing during the night, he is old enough to have his own bed. It should be one with high sides, for several years, to prevent falling out. The covering should be light, being only sufficient for warmth, and if the child is inclined to throw it off, it should be fastened by tapes sewed to the corners and tied to the frame of the bed.

CAUSES OF RESTLESSNESS.

The more natural sleep the better, for a young infant; but sleep should never be induced by artificial means. Paregoric, laudanum or "soothing syrup" should never under any circumstances be administered. If a child is wakeful and fretful, the remedy lies not in dosing, but in discovering and correcting the cause. Sometimes it is too much light, or noise. Both should be excluded from the sleeping room; nature demands quiet and darkness for perfect rest and development. The room should be comfortably warm, but not overheated. About 60 degrees Fahrenheit is best. Sometimes the wakefulness is caused by poor ventilation. As soon as the child is taken from bed, the covers and nightclothing should be thoroughly exposed to the air and sun, and continue so for several hours. Clean, well-aired clothing for bed and body has a soothing effect.

The bed should not face the light; and an infant ought not to be allowed to look at the glare of a fire or a lamp, or a gas jet, as it tends to weaken the sight and sometimes brings on inflammation of the eyes. In talking to a baby, or attracting his attention in any way, one should always stand in front of him; not behind him, which might cause him to squint.

A HEALTH BAROMETER.

"The face of a sleeping child," says Dr. Florence Dressler, "is a barometer to indicate the state of health. When free from ailments, the face is in absolute repose; the breathing regular, the eyelids completely closed, and the lips slightly parted. Any obstruction in the nostrils will cause mouth breathing. When the eyelids are not closed, it indicates there is pain somewhere. Contraction of the brows means a pain in the head; rolling of the eyeball or twitching of the eyelids, a symptom of convulsions; widening of the nostrils in breathing, some chest disturbance; drawn lips, abdominal pain."

The same authority adds, regarding mouth-breathing: "Every mother should see that her child does not form the habit of breathing through the mouth, instead of through the nose. The nasal passages cleanse and warm the air before it is passed to the lungs. In mouth breathing, the throat and tonsils become dry and inflamed, disease germs are inhaled into the system, and bronchial disorders are induced. It is said that those who know how to breathe properly in malarial regions are exempt from the disease. Mouth breathing may be established as a habit, through some slight obstruction in the nasal air passages; but it should be broken up, in order to best preserve the strength of the body."

Stuffiness of the nose in a new-born infant indicates some constitutional trouble, for which give potassium, one grain in a glass of water, a teaspoonful six times a day for a month. It is often a relief to apply a little tallow to the bridge of the nose, rubbing it on with the finger every night just before putting the child to bed. Or if severe and persistent, the stuffy condition may be effectually dispelled by

hot water. Dip a sponge in water as hot as the child can comfortably bear, making sure it is not too hot; then apply it for a few minutes to the bridge of the nose. Carefully remove the hard mucus as soon as it is within reach.

It is better to place an infant on his side to sleep; the right side at one time and the left at another, to avoid disfiguring the contour of face and form by constant pressure of the weight on the same side while the bones are soft and pliable. If a very young child is left to sleep on its back it is in danger of strangulation from possibly throwing up and being unable to empty its mouth. This has been known to occur in some instances; hence the precaution of laying the child on his side is an important one.

THE GREAT ESSENTIALS.

Plenty of water for his skin; plenty of fresh, genuine milk mixed with water for his stomach (giving him only his mother's milk during the first six, eight or nine months of his existence); plenty of pure air for his lungs, and plenty of sleep for his brain; these are the four grand essentials to the perfect health of the infant; and tell me, is there any lovelier sight anywhere in this universe than the smiling face of a perfectly healthy babe? If so, it must be some treasure as yet undiscovered; for neither the rarest flowers nor the most sparkling gems can equal the charm of the dimpled, rosy picture of joy.

CHAPTER XXIX.

NURSING.

Sleep for the Newcomer—Rest for the Mother—The Colostrum Needed by the Babe—Child to Nurse After Sleeping—Treatment for Sore Mouth of Mother—Thrush—Refusal to Nurse—Cabbage Leaves for the Breasts—Glass Shields a Relief—Retracted Nipples—Gathered Breast—Nursing by Rule—The Mother's Food and Clothing—Stimulants Cause Disease and Impurity—When It Is Poisonous to Nurse—Everybody to Help Mother and Baby.

AS SOON as the infant is dressed, many nurses are in the habit of dosing it with castor oil, or honey of roses and almond oil. This is objectionable on many accounts; it is quite uncalled for so early, and it may be altogether unnecessary if they only wait. The infant should at once be put quietly to sleep in a cot or bed, so situated that it shall not be exposed to drafts of cold air, and that the eyes of the babe shall be protected from a strong light, which as yet they are unable to bear. It should be allowed to repose for some hours; when the mother having also obtained some sleep, it is proper to place the child to the breast. This should always be done within the first four and twenty hours, partly to draw out and form the nipple before any hardness of the breast occurs and renders that difficult, and partly to encourage the flow of milk, for the very effort made by the infant to obtain it will in this case excite its secretion.

It has been supposed by some that the milk first secreted (the colostrum) is improper for the child—that it overtaxes the bowels. The fact is, that it differs in an important quality from that which is soon after secreted; but then it is a difference which Nature has ordained and designed for a wise purpose. The bowels of the infant when born are loaded with a dark, almost black secretion, called meconium, of which it is essentially necessary that they should be relieved, or it

proves a source of great irritation. The means for its removal are found in the aperient qualities of the colostrum, so that instead of its being injurious, it is highly necessary that the child should take it. It is therefore only in those cases where the first milk of the parent's breast is not obtained, from the child being put to a wet-nurse or from any other cause, and now and then when the first milk fails to be sufficiently purgative, that the administration of a gentle aperient is justifiable. Half a teaspoonful of olive oil, repeated or not as may be necessary, is the best that can be given.

SECRETIONS OF THE MILK.

Some women appear to have milk before the babe is born or at its birth, but this is not the real milk, since it is devoid of the true milk globules, and is called colostrum. The true milk makes its appearance the third day after delivery of the child. As a general thing all the disturbances incident to the secretion of milk are less when the child is put to the breast as soon as possible after delivery. It serves to lessen hunger in the child and the danger of fever in the mother.

Never overload the child's stomach. Better feed it too little than too much. Give the child water to drink daily.

SORE MOUTH IN NURSING MOTHERS.

This affection may make its appearance as early as one or two months before, or as late as one or two months after the birth of the child. It is characterized by red eminences, particularly observable upon the tongue or soft palate. When first seen, they are small, hard, round, whitish eminences, surrounded by a circle of redness. If the inflammation should not subside, the papillae soften and ulcerate, and the surface of the ulcers is covered with a whitish adhering exudation. This ulceration may extend over the entire mouth, and in some instances to the esophagus and stomach, producing general constitutional disturbance. The wash recommended in the treatment of Thrush should be used. Mercurius viv. and Arsenic. alb. should be given

alternately, a dose before meals and on retiring. If the disease has been neglected and the stools have become loose, give Podophyllum 3x and Leptandrin 2x, alternately as above. Lemonade, ripe fruits and certain vegetables are very beneficial.

SORE MOUTH OF INFANTS.

Aphthae, Thrush, Catarrhal Sore Mouth.—Several forms of this affection are known. It may be a simple catarrhal inflammation of the mouth, the lining of which becomes red and swollen, the tongue heavily coated and swollen. In other cases vesicles or blisters may also be seen in the mouth. Another form is where the glands of the neck are swollen, the gums swell and a dirty deposit forms on them, under which ulcers occur.

In genuine Thrush the mouth may be spotted here and there (in some cases it is literally covered) with a dirty grayish or white deposit, under which the lining of the mouth will be found sore and highly inflamed. This form may be complicated with serious derangement of the stomach and bowels, and should receive prompt attention.

These affections may result from uncleanliness, from a delicate or scrofulous constitution, or from an insufficiency or an unhealthy condition of the mother's milk; in the case of hand-fed babies it may be due to giving an unsuitable kind or amount of food.

Treatment:—If there is much fever Aconite may be given. Mercurius vivus is usually the only remedy required. In very bad or neglected cases, when the mouth is ulcerated and dark red or purplish in color, when the gums are loose, and the child can swallow liquids only, give Arsenic. alb. and Baptisia. If the mouth is very dry and the child refuses the breast until its lips have been moistened, the need of Byronia is indicated. If the disease has been caused by mercury, give Hepar sulph. and Hydrastis 1x d.

If the mouth is so sore that the child refuses to eat or drink, cries when food is offered it, and the mouth has a putrid odor, give vegetable charcoal tablet three times a day dissolved in water.

SORE NIPPLES.

If a woman during the latter months of pregnancy, were to adopt means to harden the nipples, sore nipples during nursing would not be so prevalent as they are now. A frequent cause of a sore nipple is a result of the babe having the thrush. It is folly to attempt to cure the nipple, without at the same time, curing the mouth of the infant.

Treatment:—A lotion made from ½ dram of golden seal and the same quantity of borax dissolved in two ounces of water. Place a piece of muslin over the finger and wash the nursling's mouth every morning with the lotion when giving the daily bath. The same treatment will cure sore nipples. Instead of the water use vaseline ½ ounce, mix well and rub on the nipples night and morning.

WHEN A CHILD WILL NOT NURSE.

Some infants are so dainty and particular in their tastes that unless the nipples are quite free from any stale perspiration, they will not nurse; and who can blame them? Sponge the nipples with a little warm water and dry them with a soft napkin. If the child still will not nurse, sometimes smearing a little cream on the nipple will tempt him; if not, he may possibly be tongue-tied. As to this, the physician can easily determine, and if that is the trouble, a trifling, painless operation will relieve him.

MILK FEVER.

After a first confinement, the breasts are apt to be swollen, painful and distended for the first two or three days. They should be rubbed every four hours with pure olive oil; or with olive oil and eau de cologne, equal parts, the bottle to be shaken each time before using. If there is much fever accompanying this condition, it is sometimes necessary to use a breast-pump once or twice a day; these are obtainable at any druggist's; but as a rule, the child itself is the best doctor in this respect. If the breasts are more than usually full and uncomfortable, however, add to the oil and cologne rubbing the application

of young cabbage leaves. First cut the veins of the leaves smooth—level with the leaf. Take several leaves, enough to cover the entire breast; and renew them each time after rubbing with the oil and cologne. Let the patient refrain from drinking much fluid while this condition lasts; and when the secretion of milk is at its height, she should take, during the day, tincture of aconite, four drops in a full glass of water; dose, two teaspoonfuls every hour.

GLASS NIPPLE SHIELDS.

These should be used for the child to nurse through whenever the nipples are small or retracted; where they are sore from having cracks or fissures upon them; or should be worn all the time when the mother is annoyed by having the milk flowing away constantly, making her wet and uncomfortable. In the first two difficulties here mentioned, many a mother has been enabled to nurse her babe who would otherwise have been obliged to wean it, or to have procured a wet nurse. Usually small or retracted nipples will soon be so improved by the wearing of the shield, that its use can thereafter be dispensed with.

OTHER REMEDIES FOR RETRACTED NIPPLES.

One simple method of drawing out the nipple is to hold the bowl of a new clay pipe over it; and another person drawing by suction upon the stem, can by repeating the process a few times, permanently develop the nipple. Or, apply with a camel's hair brush, or with the finger, a zone of collodion an inch or two wide around the nipple, at the distance of half an inch. This has proved a very successful remedy. It is harmless, and can be applied often till the desired effect is produced.

GATHERED BREAST.

Taking cold, from carelessness in not covering the breast while nursing, is a frequent cause of gathered breast. A sore nipple is another cause; as the mother dreads the pain occasioned by putting the infant to the sore side, and hence nurses him almost entirely from the other breast. The result is, the unused side becomes distended with

milk, which condition being unrelieved. leads to inflammation and gathering.

When the gathering is of the mild or superficial kind, it may be treated with warm poultices, and nursing may continue; but when severe, involving the secreting portions of the breast, the child must not be allowed to nurse from the affected side. Great care should be taken to avoid this condition. It is most apt to occur in the first month of a first confinement; but when neglected, it may recur in later confinements. The first symptom of severe gathered breast is a decided chill; the more severe the gathering, the longer the chill lasts. Sharp, lancinating pains accompany the shivering; the breast enlarges, becomes hot and painful, and the milk lessens or disappears; the patient is feverish and thirsty, cold one minute, hot the next, and feels as though cold water were circulating with the blood in her veins. Strength and appetite desert her, and she feels decidedly ill. If a physician is called at the very outset, he can often arrest the trouble; but if twelve hours elapse, it is so far advanced that the gathering cannot usually be prevented altogether.

When a woman has once had the severe form of gathered breast, she should not in later confinements attempt to nurse her infant unless she has the express permission of the doctor to do so, otherwise the condition may return.

A healthy woman with a well-developed breast and a good nipple rarely has a gathered breast; and if care is taken, especially during pregnancy and the first month after delivery, there is little danger of its occurrence. See "Diseases of Women."

HOW OFTEN TO NURSE.

It is important for both the child and the mother that the nursing be at stated times. During the first month, nurse the child about every hour and a half. As the child grows older, gradually increase the interval between; nursing him the second month every two hours; the third month every three hours; and thereafter until weaned, once in

four hours should be the rule. It is surprising how soon the infant will become accustomed to regular hours of nursing, and expect it only at these times. It is a great mistake to give the breast every time a child cries, regardless of the cause. Hunger is not a chronic condition with infants; it comes only at intervals. Let the mother nurse the child early in the evening, then if she has thus accustomed him to regular hours, he will sleep through the entire evening and leave her free for the healthful recreation she should allow herself.

DRESS AND DIET FOR NURSING MOTHERS.

Loose and comfortable clothing should be worn by a woman during the nursing period. If not in the habit of wearing flannel underwear, she ought at least to have the breast covered with flannel, and to wear a piece of soft linen over the nipples.

Her food should be nourishing, plain and simple. It affects the milk, and through the milk, the child's health, materially whether the mother eats anything and everything, or regulates her food with care. Not only colic and other temporary disturbances, but skin diseases and many serious chronic ailments in children can be traced to improper food taken by the mother while nursing. The chapter on "Dishes for Invalids" contains several specific hints on foods and drinks best adapted to increase the flow of milk. Aside from these, the mother who lives on simple, nourishing food, will have the best and purest milk. Alcoholic stimulants are especially to be avoided. They are never beneficial to mother or child. The child may seem to thrive for a time, if these are taken, but in reality the seeds of disease and impurity are thus implanted in the blood, to appear later on; while the mother herself suffers from the reaction that follows the stimulation.

EXERCISE.

It is of benefit for nursing mothers to go out for frequent walks or drives. Outdoor exercise is the best of milk-producers; and next in importance comes the exercise of attending to ordinary household duties. Work is a fine medicine; real downright bustling occupation

of body and mind is by far the best for the nursing mother, and for her child as well. Of course, I do not mean by this, work that overtaxes her strength; but let her keep busy. The home-life is one full of happy, absorbing interest to every true wife and mother; and in order that she may enjoy her work, let her not forget that a reasonable degree of repose and diversion are equally essential.

WHEN NOT TO NURSE.

In returning from a walk, if the mother is heated or fatigued, she should not nurse her child at once; let her lie down for a few minutes first, even if Sir Baby is peremptory in his commands. This is important. And above all, let the mother remember *never* to nurse an infant when she is in a frightened, angry, or other disturbed condition of mind. Mental excitement affects the milk like deadly poison. Mothers have had sad proof of this fact. Some have nursed their infants when thus agitated, only to see them go instantly into convulsions of fatal termination. Keep the mind serene, and if in spite of your efforts to do so there are times when you are much disturbed, wait until calmness returns before placing the child to the breast. Under no circumstances is it safe to disregard this warning.

Nursing the child taxes the mother's strength; overwork and worry of mind impoverishes the mother's milk in quality and quantity. Her household duties, therefore, should not be her first thought; herself and her child are of much more importance. Ease and comfort insure restful sleep and good digestion to herself and child. Every member of the family should do all in his or her power to add to the mother's comfort.

CHAPTER XXX.

WEANING.

Care Requisite—Slum District Vagaries—The Proper Time—Renewed Menses Demand Weaning—Ninth Month the Usual Time—Weaning Should Be Gradual—Do Not Overload the Child's Stomach—Process of Weaning—Use of Aloes—Dispersion of the Milk—Injurious to Nurse While Pregnant—When a Wet Nurse is Required—Prepared Foods—Use Two Bottles—A Good Dietary for Infants—Both Milk and Water Required.

SO DELICATE is the little life, that when the time comes to change baby's food, the greatest care must be observed both in the method of making the change and in the food chosen to supply the place of the mother's milk. Dyspepsia lasting into adult years may often be traced to its origin in the weaning time; while a fruitful cause of the mortality among young infants in the ignorant classes of the very poor, is the utter recklessness with which they are fed all sorts of unsuitable foods.

Workers in the Children's Milk Commission of Chicago tell us that one of their greatest difficulties was to convince the mothers of the slum districts that pure, new milk was better for their babes than beer and bologna sausage, with which delectable fare they had been in the habit of nourishing (?) their *four days old infants!*

Is it any wonder that one-tenth of the babies born die before they are a month old, and that one-half die before reaching the age of two? It is true, as Dr. Florence Dressler says, that these frightful figures can be changed when only such children as are desired are conceived, and the right kind of prenatal culture given them; but parents conscientious enough thus to make a favorable beginning for the precious life, will be equally ready to follow it up by tender and intelligent care during the frail period of early infancy.

TIME FOR WEANING.

It will naturally be asked, for how long a period ought a mother to nurse her child? The answer to this question will depend entirely on circumstances; supposing both mother and child are healthy, then we would say that nine or ten months is about the proper time. But there are many reasons which may render it desirable either to shorten or prolong this period in individual cases, and these exceptions will be fully alluded to in the course of the work.

The monthly periods generally reappear from the twelfth to the fourteenth month after delivery; and when established, the milk is found invariably to diminish in quantity, and also to deteriorate in quality; under these circumstances there will be no choice; the child must be weaned. If it be exceedingly delicate, a wet-nurse must be procured, and one, if possible, about three months after her confinement. Many children thrive well on artificial foods, many of which are an excellent substitute for the mother's milk.

The time when weaning is to take place must ever depend upon a variety of circumstances which will regulate this matter, independently of any general rule that can be laid down. The mother's health may, in one case oblige her to resort to weaning before the sixth month, and, in another instance, from the delicacy of the infant's health, to delay it up to or beyond the twelfth. Nevertheless, as a general rule, both child and parent being in good health, weaning ought never to take place earlier than the ninth (the most usual date), and never be delayed beyond the tenth month.

I should say further, that if child and parent are both in vigorous health, if the infant has cut several of its teeth, and been already accustomed to be partially fed, weaning ought to be gradually accomplished at the ninth month. On the other hand, if the child is feeble in constitution, the teeth late in appearing, and the mother is healthy and has a sufficient supply of good milk, especially if it be in the winter season, it will be far better to prolong the nursing period for a

month or two. In such case, the fact of the non-appearance of the teeth indicates an unfitness of the system for any other than the natural food from the maternal breast.

WEANING SHOULD BE EFFECTED GRADUALLY.

From the sixth month most children are fed twice or oftener in the twenty-four hours. The infant is in fact, therefore, from this time in progress of weaning; that is to say, its natural diet is partly changed for an artificial one, so that when the time for complete weaning arrives, it will be easily accomplished, without suffering to the mother, or much denial to the child. It is, however, of the greatest importance to regulate the quantity and quality of the food given at a time. If too much food is given (and this is the great danger), the stomach will be overloaded; the digestive powers impaired; and if the child is not carried off suddenly by convulsions, its bowels will become obstinately disordered; it will fall away from not being nourished, and perhaps eventually become a sacrifice to the over-anxious desire of the parent and its friends to promote its welfare. The kind of food especially suitable for the teething period, and the mode of administering it, will be more fully described in the next chapter.

HOW TO WEAN THE CHILD.

When the habits of nursing have been regular, weaning is not a difficult task. It should be done gradually. The infant, at nine months, will have formed the habit of nursing once in four hours; say at five and nine A. M., one, five and nine P. M., with possibly once during the night. After nursing him in the early morning as usual, give him for his second meal the prepared food instead of the breast; nurse him for his third meal, and give the prepared food for his fourth, at five P. M. This is sufficient change for the first week. For the second week, give the artificial food three times a day; at nine A. M., one and five P. M.; for the third week let it take the place of nursing entirely during the day, allowing him to nurse once or twice during the night; and the fourth week withdraw the breast entirely. Usually, in follow-

ing this plan there is very little or no trouble with the child. It is well toward the last to have in the bed each night a half-pint bottle of new milk, previously scalded to keep it from souring, and give a little to the child in place of the breast. The warmth of the body will keep the milk at the right temperature, and no alcohol lamp or other troublesome contrivance need be used. Let the child sleep in another room from the mother, with some responsible person, during these last few nights; or if possible, the mother would do well to go away from home, or send the child away, for a few days.

When the mother cannot resist having the child with her, a very effective plan is for her to make a paste of powdered aloes mixed with a few drops of water; and smear a little on the nipple just before putting the child to the breast. One or two such applications are enough to give the infant a distaste for the breast, and thus the weaning is accomplished. There is no danger that the minute quantity of the aloes which may be swallowed can do harm to the child. The moment he tastes it he will sputter the bitter stuff out of his mouth.

DRYING UP THE MILK.

It is a very frequent practice to apply cold evaporating lotions to the breast for this purpose. It is true they may produce a rapid dispersion of the milk; but they ought never to be resorted to, as they frequently give rise to symptoms of an alarming and dangerous character. The best and safest local application consists in the following:

Wash the breasts once a day with a solution of camphor and alcohol, mixed in a pint bottle. Make a weak solution, then smear a piece of muslin to cover each breast with yellow bees-wax sufficient to make a thick plaster; keep applied to breasts until in your judgment it is safe to do without. This treatment keeps breasts softened under the plaster and prevents pain, congestion and hardening.

The diet must be very scanty, and solid nourishment only taken. If, however, the thirst is distressing, it must be allayed by frequently washing out the mouth with toast and water; and an orange or two, or

a few ripe grapes, may be taken in the course of the day. Following up this plan, the distress arising from extreme distension of the breasts, if present, will be removed; although several days will transpire before the milk is thoroughly dispersed, or the remedies can be discontinued; and a sensation described by women as of "a draught of milk" in the breasts will sometimes be felt two or three times a day for weeks afterward.

SUDDEN DECREASE OF MILK WHILE NURSING.

If during the nursing period there is any sudden and great diminution of milk in the breasts, it generally indicates that the mother is again pregnant. The child should then immediately be weaned. For a mother to continue nursing after she becomes pregnant is injurious to all three—the mother, the nursing infant, and the one unborn.

INABILITY TO NURSE.

Sometimes it proves that a mother cannot nurse her child; her own system not being in a sufficiently healthy condition. In such cases the attempt at nursing brings on such symptoms as the following: Dizziness, ringing in the ears, dimness of sight, aching of the eyeballs, throbbing in the head, trembling, faintness, nervousness, hysterics, loss of appetite and of flesh, palpitation of the heart, indigestion, constipation, sinking sensations of the stomach, pains in the left side, great weakness and dragging pains of the loins, increased whenever the infant is put to the breast; pallor, shortness of breath, swelling of the ankles.

After such a formidable list it may be well to state that seldom are many of these symptoms present in the same person. Whenever three or four of the most serious ones appear, it should be a sufficient warning that the mother should discontinue nursing; even though it may be necessary, if the infant is not strong enough to wean, to obtain a healthy wetnurse to take her place. If the child is reasonably strong, however, it is permissible to feed him on artificial food, carefully chosen.

HAND-FED INFANTS.

Great care must be used in finding a substitute for the mother's milk, to select a food easily digested. Horlick's Malted Milk is one of the best of the prepared substitutes. Mellin's Food is another; while Ostine, which is a bone and tissue builder, has proved especially valuable in teething, as it is both food and medicine. Farinaceous foods, such as cornstarch, arrowroot, etc., sometimes mistakenly given to hand-fed infants from the very first, are not suitable until the child begins teething. Then they are of value. But the best substitute for the mother's milk must always be the food most closely resembling it; which is good, fresh cow's milk sterilized, or cream reduced one-half with hot water and slightly sweetened with sugar of milk.

THE NURSING BOTTLE.

It is possible to feed the infant from the first with a spoon, and this, both for hand-fed infants, and those being weaned, is preferable, because more hygienic than a rubber nipple; but when the nursing bottle is used, its absolute cleanliness is of the greatest importance. Do not use the rubber tube. Have two bottles, and use them alternately. Cleanse the one last used, each time, by placing it, without its nipple, in a granite or earthen dish full of warm water and ordinary soda. Let it remain there until needed; then rinse it well and it will be sweet and clean. The nipple should be washed by hand. Always choose the black or red rubber nipple, not the white. The white rubber contains poisonous ingredients.

A good dietary for an infant weaned at nine months is the one furnished by Dr. Louis Starr. It allows five meals a day, and is as follows:

DIETARY FOR INFANTS WEANED AT NINE MONTHS.

First meal, at 7 A. M.: Milk, twelve teaspoonfuls; cream, one tablespoonful; milk sugar, one teaspoonful; water, three tablespoonfuls.

Second meal, at 10:30 A. M.: Milk, cream and water, in the same

proportion; Mellin's Food, two teaspoonfuls dissolved in the water which must be hot. Mix with the cream and milk.

Third meal, at 2 P. M.: Same as second.

Fourth meal, at 6 P. M.: Same as first.

Fifth meal, at 10 P. M.: Same as first.

From the tenth to the fourteenth month the dietary may be enlarged.

For the first meal, at 7 A. M.: Milk, fifteen tablespoonfuls; cream, one tablespoonful; Mellin's Food, one tablespoonful; water, three tablespoonfuls.

Second meal, at 10:30 A. M.: A breakfast cup of warm milk.

Third meal, at 2 P. M.: The yolk of an egg boiled with bread crumbs, alternated with a teacupful of beef, mutton, or chicken broth, containing a few bread crumbs.

Fourth meal, at 6 P. M.: Same as first.

Fifth meal at 10 P. M.: Same as second.

If there should be diarrhœa, boiling makes the milk more tolerable.

From the fourteenth to the eighteenth month, the five meals a day are continued.

First meal: A slice of stale bread, broken and soaked in a breakfast cup of new milk.

Second meal: A teacupful of milk, with a thin slice of buttered bread.

Third meal: A teacupful of meat broth, with a slice of bread. One good tablespoonful of rice and milk pudding.

Fourth meal: Same as first.

Fifth meal: One tablespoonful of Mellin's Food, with a breakfast cupful of milk.

The above may be alternated with the following:

First meal: The yolk of an egg lightly boiled, with bread crumbs. A teacupful of new milk.

Second meal: A teacupful of milk, with a thin slice of buttered bread.

Third meal: A mashed baked potato, moistened with four tablespoonfuls of beef tea; two good tablespoonfuls of junket. (Junket is milk prepared as follows: heat one pint of milk to a temperature that can be borne in the mouth. While stirring gently, add two teaspoonfuls of essence of pepsin. Allow to stand until firmly curdled, and serve with sugar and cream.)

Diet from eighteen months to the end of two and a half years, with four meals a day, as follows:

First meal: A breakfast-cupful of new milk; the yolk of an egg lightly boiled; two thin slices of bread and butter.

Second meal: A teacupful of milk, with a soda biscuit.

Third meal: A breakfast-cupful of beef tea, mutton or chicken broth; a thin slice of stale bread; a saucer of rice and milk pudding.

Fourth meal: A breakfast-cupful of milk, with a slice of bread and butter.

The above may be alternated with the following:

First meal: Two tablespoonfuls of thoroughly cooked oatmeal, or wheaten grits with sugar and cream; a teacupful of new milk.

Second meal: A teacupful of milk, with a slice of bread and butter.

Third meal: One tablespoonful of underdone mutton pounded to a paste; bread and butter, or mashed baked potato, moistened with a good, plain dish gravy; a saucer of junket.

Fourth meal: A breakfast-cupful of milk; a slice of soft milk toast, or slice or two of bread and butter.

The foregoing, of course, may serve as a guide on an average. So long as a child thrives on milk, he should not be induced to take other food. Milk is always best when it agrees with a child. And at whatever age during childhood, he should never receive less than a full pint of milk daily.

The demand for water increases with years. All a child wants will never be too much, provided, always, the water is pure.

CHAPTER XXXI.

TEETHING.

Mortality of the Innocents—Stomach Trouble, the Great Destroyer—The Cry of the Builders—A Teething Powder of Value—Symptoms of Teething—Teeth Which Decay—Teething the Critical Period—Other Changes Under Way—Teething a Natural Process—Soothing Syrups and Cordials—Opiates Slaughter the Babies—A Preparation Which is Both Food and Medicine—Experiences of Wide Interest—Great Variety of Cases—Something for Mothers to Read.

ACCORDING to correct authoritative statistics it appears that among children over one-third die before attaining the age of twenty-three months; most of these during the teething period.

The cause of this great mortality is due to gastric (stomach) derangement caused by the deficiencies of certain elements in the digestive fluids, causing inability to perform the function of digestion and assimilation; or where the stomach is overloaded. In infants, assimilation and digestion are frequently too feeble to extract the necessary elements from the mother's milk, or the milk or food it is fed upon, to supply the needs of the system.

THE CALL FOR MATERIALS.

The process of teething is analogous to that of bricklaying. For instance, if the brickmasons are not supplied with the bricks and mortar, they have to stop working; and as this supply runs low, they call out for the materials. So in the body, the builders cry out for materials with which to build tissue, and this cry is pain and suffering in one or several parts of the body. Do not drug the masons to sleep in order to stop their shouting; do not drug the bodybuilders into silence; but give them materials, food of the proper kind with which to build bones, muscles and teeth.

This need is supplied in a peculiarly effective way by the teething

powder known as Ostine. As already stated, it has proved to be a tissue and bone builder; a food and medicine combined.

TEETHING SYMPTOMS.

The formation of the teeth begins as early as the third month, and is indicated by some of the following symptoms:

Wakefulness and irritability at night; diarrhoea, thin greenish stools; sleeping with the eyes half open; rolling of the head from side to side; flushing of the cheeks; wheezing and rattling in the throat; drooling and dribbling of saliva from the mouth; widening of the gums; biting the mother's nipples; keeping the fingers in the mouth; crying and restlessness; earache and discharge from the ears; disturbances of the stomach; urinary troubles; hard, dry constipation; hard and distended abdomen; extreme sensitiveness of the scalp; corroding discharges from the nose.

When such conditions appear, begin to give Ostine No. 1 according to directions, and perfect development of the teeth is assured and the ills and suffering attendant upon the teething period are avoided. If given to a well child it will prevent sickness, and if to a sick one, will restore to health and comfort.

How many children are there to-day whose teeth for want of knowledge on the part of parents, show early decay and irregularity, much to their annoyance when they arrive at young manhood and womanhood. Next in importance to the organ of sight, come perfect teeth, in order to promote the process of good digestion.

INSTRUCTIONS FOR NURSING MOTHERS.

The teething period is the critical period of a child's life. It should be the imperative duty of every mother to inform herself as to the best methods to insure the health and perfect symmetrical development of the child. The period of teething is not necessarily one of illness when properly understood. The celebrated Dr. Hufland and many others of note say children can teethe in hot weather and remain perfectly well. There are other causes producing disturbances. In the child

itself great changes are going on that make it peculiarly susceptible to harmful influences, to want of judgment in matters of clothing, to impure air and exposure to cold.

Teething is a natural process, as natural as the growth of hair. Milk is the natural food for infants, and great injury to children is done from giving them solid foods too soon. If the child has to be artificially fed, see that the bottle is kept clean and sweet, and give the milk pure and good and always warm.

AVOID OPIATES.

My many years' experience with infants and children has convinced me that Soothing Syrups and Cordials are the child's deadly enemies; in which opinion physicians of experience will bear me out. Statistics show that 50,000 children die yearly from Soothing Syrup. Most Soothing Syrups contain opium or laudanum, which produces a disturbed and unnatural sleep, characterized by stupor and great drowsiness; the face assumes a deathly pallor; eyes remain partly open; lower lip and chin hang down. The nursling often looks like an old man; this condition is followed by constipation and scanty urine, and the child is left not infrequently with a weakened constitution and intellect for life. The effect of opium or laudanum is to induce the above sleep by partially paralyzing the brain centers, thus arresting the child's natural development. Our asylums for weak-minded infants are full of these unfortunates.

HEALTHY CHILDREN PROMISE ROBUST MATURITY.

I give the following facts, such as I know will elicit the thanks of loving mothers, because such thanks have been given me, with the declaration that the benefits of the treatment mentioned ought to be made widely known. These facts refer to a remedy that I have used for many years, and which helps the child indirectly in almost every respect. It is a valuable food for the healthy child, as well as the best all-around remedy for the sick child. I have found that it prevents

and cures rickets, spinal curvature and diseases of the brain; overcomes hereditary tendencies to scrofula, hip-joint disease and tuberculosis; secures vigorous and symmetrical development of the whole body; causes strong and even teeth to grow without difficulty or pain; gives quiet sleep and prevents fever during the teething period; produces a luxuriant and brilliant head of hair; gives glow to the cheek and sparkle to the eye; makes fretful and cross children happy and cheerful; regulates the appetite and the bowels, giving a desire for healthful food and preventing and curing diarrhoea, milk colic, and summer complaint, convulsions and brain fever.

Feed your baby this remedy, which is called "Ostine," and neither you nor your servants will be tempted to use dangerous and often deadly soothing syrups and other narcotics to secure peace and quiet; you and the baby will have rest at night and pleasure by day; and you will raise children that will be a joy and a help instead of a care and a burden.

Ostine used as a medicine will cure quickly and positively in emergencies; while used as a food it will give steady and happy growth, and permanent benefits.

An interesting case came into my hands for treatment; a child three years old, who developed teeth very slowly; the eye-teeth did not appear at all. I asked its mother if she would feed this child Ostine, promising that the missing teeth would grow and fill out the open places. Her mother informed me that the child's father had never had eye-teeth and she considered it a family trait. I insisted on her feeding the child Ostine No. 1, when to her surprise and that of the rest of the family the eye-teeth made their appearance perfectly and the child also improved every other way.

TREATMENT FOR VERY SICK BABIES OR CHILDREN WITH FREQUENT, THIN, OR STRONG-SMELLING STOOLS:

These require the powder dissolved in hot water and given frequently, every ten or fifteen or twenty minutes, and a hot poultice over the bowels, of cornmeal or oatmeal, made into a hot mush. To one

pint of meal and one pint and a half of boiling water, add a teaspoonful of red pepper and a tablespoonful of good ground mustard, and stir. Spread the mixture between two flannel cloths over the entire bowels and stomach; pin on. Do not feed the child if it refuses the breast or bottle while very sick, but give it freely of the hot or cold drink made from Ostine. Never disturb the child during sleep to give it medicine, as rest and sleep are Nature's own restorers. There is only the necessity of a harmless remedy to assist Nature.

DOSE FOR TEETHING INFANTS.

What can be heaped on a five cent piece. Put in a tumbler of cold or warm sweetened water, well stirred. Teaspoonful every ten or fifteen minutes; less frequent as the patient improves. Let the child drink freely, if thirsty and feverish. There are no set rules in giving the Ostine, only the more sick the child, the more frequently it should be given the tumbler of water as directed above; or the nursing mother can take it five grains dry on the tongue, if the child will not take it, and benefit herself and the child.

FOR GROWING BOYS AND GIRLS.

Many children are handicapped in life by insufficient nutrition or inability to fully digest and utilize common foods. In such cases Ostine No. 1 will enable the body to better assimilate its food and will often develop latent powers and make school and student life a pleasure, where formerly it was a drudgery.

Health is indicated by a continuous state of happy feelings. Ostine No. 2 will help to bring this on, and to banish ill temper, lassitude and worry. In many cases it will double and treble the capacity for work and in this way convert failures into successes. Ostine No. 2 has been prepared according to the private formula of the author. It is particularly adapted to counteract the weakening effects of measles, scarlet fever, diphtheria and other debilitating diseases. It powerfully aids in restoring lowered vitality and in bringing back normal strength and vigor. It cures ear discharges, abscesses, rickets, scrofula and such

other diseases as are indicative of a general weakening of the body by disease or from hereditary causes.

A boy about fourteen years old, from too frequent swimming in cold water, brought on physical debility to such an extent as to almost wreck his life. Several swellings developed in both legs below the knee, and looked red and angry. On the right leg they developed into open sores, pieces of bone came away as large as hazel nuts and were honeycombed in their appearance. The left leg was drawn up half way to the body. Two of the most eminent surgeons of this country had been called in and both agreed that the bad leg would have to be amputated to the knee, and on the left leg the large tendon would have to be cut, to straighten the leg. I was called in to give my opinion in the case before amputation was resorted to. After assuring the father that a surgical operation was entirely unnecessary, he willingly turned the case over to me. The left leg was entirely straightened and the sores healed, new bone formed, nothing but ordinary scars remain, and in four months he was a sound boy. The treatment included syringing with warm chamomile tea, and hot foot baths, while the sores were being washed out. Five grains of Ostine No. 2 was given three times a day.

Another case; a girl of eleven years, an only child, very nervous from a small child, developed St. Vitus' dance. Was cured in one month with the Ostine treatment.

Again do I declare that these instances are given in response to earnest requests from those whose only interest is to have the world know the good which has come into the lives of those dear to them. I have willingly laid before the public the products of my skill and experience in the matters of baths, breathing, poultices, lotions, exercises, treatments in emergencies, etc., etc., and I cannot resist the urgency which asks publicity for the above illustrations of success and joy brought to hundreds and thousands of homes.

CHAPTER XXXII.

EDUCATION IN THE FAMILY—FROEBEL.

Mothers Must be Educated, for They Must Educate—"Come, Let Us Live for Our Children"—Women the Natural Educators—The Keynote of Woman's Destiny—An Agitation that Affects Millions of Men—Education in the Early Years—Mothers Should be Equipped—The All-Sided Kinship—Recognition of the Inner Law of Divine Unity—The Means of Development at Hand—Help is In and Through Ourselves—The Child's Food Influences Character—Appetites Based on Over-Stimulation—Froebel's "Graded Gifts"—The Gentle Unfoldment—Tribute to the Master-Educator—A Glance at Swiss Education—A Progressive Country—Pestalozzi's Work at the Author's Birthplace—The Fame of Yverdon—Froebel a Visitor—Bringing the Pupils Close to Nature—The Pigeon's Nest in the Schoolroom—Marching with the Flag—Effect upon National Character.

"IN ORDER to render the command of Christ effective," says Froebel, "education in the family must first be reformed, otherwise there will be no solid foundation for subsequent education to stand upon." It is the mothers that must first be educated, and for them chiefly he has said, "Come, let us live for our children." Froebel argued that not only are mothers naturally well qualified and have the most effective opportunity to guide children, that is, to educate them, but that the same must be said of young women, the future mothers.

STRIKING THE KEYNOTE.

Having clearly recognized the great vocation of woman as the true educator of man, Froebel devoted all his time and energy to the wining of woman to his educational scheme, of interesting and training her in the art, and as far as possible, also in the science of education, of persuading her to take up the great task of training man, and to recognize in it the sublime mission and heavenly blessedness of a woman's life. Women from every side responded to his enthusiasm. It was as if he had struck the keynote to which the life and destiny of

women were ordained to move, and they all acknowledged that nobody, either male or female, has ever recognized and indicated the true vocation, the life-work, the destiny of woman to form, elevate and bless mankind as clearly and as distinctly as did Froebel. He never sided with the partisans of what was then called emancipation of woman, but he said that woman would have to work out her own salvation by her own labor, which was indicated to consist in the work of educating man. Great and important are the ideas that agitate our period, and this ideal agitation is more widespread than was any similar movement in any previous age. The issue of this agitation will determine the happiness and peace of millions of men. An inquiry into the cause of this agitation pervading all conditions of life, demonstrates that in education in general, and particularly in the education of children in the first years of life, preceding the age at which they can be received at the public school, is the true solution found. All adults, whether male or female, ought to show children the right way, neither is it enough to merely point out the way without going in it yourself. For children will imitate what they see their superiors doing. To guide them, we must act as we want them to act. We *must* live as we wish them to live.

THE BASIS OF FROEBEL'S TEACHINGS.

Froebel was an educator of the feelings; he reaches those feelings that are the germs of the intellect and will. His practical education was not confined to the earliest of childhood, but embraced the entire impressionable period of human life. It would be an interesting task, had I the space, to sketch how he kindles the religious sense in earliest childhood, the sense of complete all-sided kinship with all created things, and gently fans it into a mighty blaze of universal good will. How skilfully he enables this child to gather knowledge and skill from the burdened fields of experience and life, and to sow these experiences for the sustenance and uplifting of generations to come. How completely he blends in the bosom of a family the interests of the individ-

uals, of fellow men, of mankind, and leads all to an ever creative God. He imparts to his pupils a thorough knowledge of the inner connection and oneness of all things. He fills them with an eagerness for wider and higher knowledge, for a broader and deeper efficiency in whatever practical calling may be theirs, implants a sense of inner responsible manhood which is the measure of true worth in every station of life. The groundwork of all his teachings is our oneness and unity with the infinite. In his "Education of Man" he says:

"Education consists in leading man as a thinking being to a pure, unsullied life, a conscious and free representation of the inner law of divine unity. To be wise is the highest aim of man, is the most exalted achievement of human self-determination. The object of education should be to lead men to see and know the divine, spiritual and eternal principle which animates surrounding nature. Thus with the aid of this understanding he may rise to the highest knowledge not alone of man, but of all created things, to a knowledge of the truth that the infinite is revealed in the finite, the eternal in the temporal, the celestial in the terrestial, the living in the dead, and the divine in the human. The truth of this conviction is the sole foundation of all insight and knowledge. Education, and its practical uses, whether personal or universal in application, should be applied to causes, not effects. It is by far easier than we think to promote and establish the happiness and welfare of mankind. All the means are ample and at hand, yet we see them not. We see them, perhaps, but do not notice them. In their simplicity, naturalness, availability and nearness, they seem too insignificant, and we ignore them. We seek help from afar, although help is only in and through ourselves, hence at a later period half or all our accumulated wealth cannot procure for our children what greater insight and a clearer vision discern as their greatest good. This they now must miss, or can enjoy but partially or scantily. It might have been theirs without effort, as it were, had we in their childhood attended to it a little more.

POWER OF PHYSICAL HABITS.

"Simplicity and frugality of food and in other physical needs during the years of childhood enhance man's power of attaining happiness and vigor—true creativeness in every respect. In the years of childhood the child's food is a matter of very great importance, not only at the time—for the child by its food may be made indolent or active, sluggish or mobile, dull or bright, inert or vigorous—but indeed for his future life. For impressions, inclinations, appetites, which the child may have derived from his food, the turn it may have given to his senses and even to his life, as a whole can only with difficulty be set aside even when the age of self-dependence has been reached; they are one with his physical life, and therefore, intimately connected with his spiritual life. Who has not witnessed in children, over stimulated by excess in food, appetites of a very low order, from which they can never be freed? Appetites which, even when they seem to have been suppressed, only slumber, and in times of opportunity return with greater power, threatening to rob man of all his dignity, and to force him away from his duty. If parents would consider that not only much individual and personal happiness, but even domestic happiness and general prosperity depend on this, how differently they would act.

KINDERGARTEN GIFTS AND GAMES.

Froebel's beautiful system of "graded gifts" for children, beginning with the simplest, a bright-hued ball, is in harmony with his teaching that the mental, the spiritual and the physical faculties should be gently aided in their natural unfoldment, together, as the flower opens toward the light. First comes the education of the sense of color, of form, of size; then the faculties of order, proportion, balance, constructiveness, aided by the wooden cubes and other toys fitted to the infant's growing comprehension. The singing games, as the child grows older, are full of life, and of love for all living creatures.

In the adoption of the "sloyd" system, or manual training, in many

of our public schools today, we have a continuation of the kindergarten principle. Busy hands and brains, together with a sympathetic understanding of the rights and feelings of others, make happy, useful, well-balanced lives; and for the knowledge of this principle many lands are indebted to the master educator, who has thus transmuted irksome tasks into delightful pastimes, by teaching the art of loving one's employment, whether it be work or play. The world's debt to Froebel is indeed a great one. (See biographical sketch of Froebel, page 32.)

A GLIMPSE OF SWITZERLAND.

Everyone should be proud of his native country, and I am no exception. It has ofttimes been said that Switzerland, the place where freedom and schools were born, is the model republic of the world, and that she owes her admirable system of laws to her methods of education. Switzerland has entered into treaties of perpetual peace with the European nations; she has the referendum, by which the laws enacted by her congress are referred back to the people for indorsement; and her children are all educated by the state for the protection of the state. Of some 485,000 heads of families, 465,000 own landed or other property. Capital punishment has been abolished, and in none of the public institutions may anyone strike another a blow. These well-known facts produce an ideal impression. The study of Swiss education as a means of character-building is declared by Hezekiah Butterworth and other noted writers to be most profitable and interesting; and while we cannot deal with the subject at length, the present chapter would be incomplete without mention of Pestalozzi, that great philosopher and philanthropist from whom Froebel learned many of the principles which afterward took form in his kindergarten methods.

At Burgdorf, my birthplace, Pestalozzi established the first public school in the world in the interest of common school education. His system of instruction was a wonder. It was founded largely on these principles, that "the individuality of the pupil is sacred to the teacher"

and that "life must be taught from life," or by example, or sense impressions. (See picture and sketch of Burgdorf, page 30.)

THE CASTLE SCHOOL.

At Yverdon, in the old castle in view of the placid Neuchatel and under the low, dark walls of the Jura, Pestalozzi founded his institute to train teachers for the work of public school education, after his new philosophy and method. His schools continue there now and in the same rooms where he used to teach. The fame of Yverdon filled Europe. The institute was visited by the learned and titled from many lands. Here came Froebel, and caught the leading ideas of the Pestalozzi philosophy and changed them into the system called kindergarten. His earliest lesson in a school that he attended in childhood was: "First seek ye the kingdom of God and his righteousness and all other things shall be added unto you." The word "first" haunted him for many years and he resolved to found a system of education upon it, in which soul culture should be the molding influence. He saw that the child creates life by his ideals, and that it was the true principle of education to lead the child to put into habit the highest ideals, to make a moral education of the playground in the natural way, and to mold the soul to the highest expression of life, human and divine.

In some respects, in following Froebel's methods, country schools and families have a marked advantage over those in cities. The plan of "Nature Study," now so generally approved, can be followed with greater ease, because of wider opportunities, in country places; and parents themselves can also be teachers, studying with their children the ever-unfolding wonders of creation.

EDUCATIONAL WALKS.

This plan belonged to the methods of both Pestalozzi and Froebel. These teachers took their pupils to places for the study of local history, to the flowers for botany, to the rocks for geology, and to nature for all nature's lessons of life. It is well to have flower gardens, both at home and at school, as well as to plant seeds in the schoolroom, which

is done in many kindergartens, following the Froebel plan. The out of door schoolroom, the school-house of nature, is the true field of sense impression. Pestalozzi and Froebel took nature for their text-book as far as it was possible. As Froebel established his historical school at Marienthal, so a kindergarten should be as near as possible to nature's heart.

Froebel's plan of associating children with little animals and birds, in order to teach them the brotherhood of all creatures, the oneness of life, and how to treat dumb animals, has found illustration in many kindergarten schools, but in some places has not been regarded as a very essential feature of his method. But this is an essential method of heart education. "I once entered a kindergarten school in a Western city," said Miss Farmer of Greenacre, "and I saw that a pigeon was running around on the floor among the children. He was gathering food for the little ones that were cared for in a nest in the same room, on which sat the mother pigeon. The pigeons had built their nest in the room and were rearing their young there, in an atmosphere of protection. The children of such a kindergarten would grow in sympathy with the whole animal world." Certain South American patios (inner courtyard) are very lively in this respect, where birds may mingle with the children in bowers of flowers.

PATRIOTIC EDUCATION.

This is finding a place in most American kindergarten schools. As in Switzerland, the children march with the flag, and sing the songs of Justice and Liberty. The white-bordered flag of the Freedom League of the Pan-American Congress has found a place in some churches, and merits a like recognition as an object lesson in Froebel's schools. It is a prophesy and a sense impression of large meaning. A traveler in my native land gives this interesting description: "I saw the young scholars at Yverdon come marching out of the old castle where Pestalozzi had taught and where Froebel appeared as a pupil. They bore the cross of Helvetia crowned with roses, the flag of the

historic glories of Switzerland, and it went gleaming away under the linden trees down towards the purple, sun-bosomed Neuchatel, to the music of the patriotic airs of the Swiss, played by a band composed of children. It would have delighted the heart of Pestalozzi to have seen this sight a century after he had gone to rest amid the flowers."

(See biographical sketch of Pestalozzi, page 31.)

The traveler in Switzerland can take but one view of the influence of this system of soul culture in childhood upon the national character. The strength of the system lies in that it tends to eliminate hereditary evil tendencies and starts the moral growth rightly, while the nature is susceptible.

CHAPTER XXXIII.

CARE AND TRAINING OF CHILDREN.

Teach Sacredness of the Body—Knowledge Not a Crime—Grave Risks in Ignorant Marriage—Teach the Children—A Training that is Needed—Shall Their Training be Pure or Vile?—Answer Their Questions—Implant High Ideals—The Mother the Guardian of Childhood—A Fatal Delay—Do Not Let the Weeds Grow—Every Home an Institution for Treating Undeveloped Children—Parents Should Prepare Before and After the Birth of the Child—Mildness, Firmness, but not Haste in Governing—Speak Gently—Interpose New Interests—Appeal to the Heart—The Quickest Way—Children are Psychological—Be What You Teach—Study Their Motives—Hold Their Sweet Confidence—Knowledge is Safety—Teach Beautiful Truths—One Mother's Experience—Keeping a Mother "at Bay"—Bedtime Confidences—"Mother, How Can I Keep Bad Thoughts Out?"—"Turn Out the Sparrows"—"Mothers Help a Lot."

SACREDNESS of the body should be taught early to children. It is through ignorance on this very important subject that too often the young are entrapped to their ruin. Parents and teachers frequently act too much as if innocence could last for life, and as if knowledge were a crime. Professor B. C. Wilder, M. D., of Cornell University, in writing on this subject, says:

"So grave are the errors of ignorance in the married relation that in my opinion to encourage or even to allow young people to marry without receiving such instruction, is as foolish and wicked as to place in the hands of a child a loaded pistol or a paper of poison, for no other reason than that it wanted them and had reached a certain age, and yet to offer no advice or warning respecting the danger of their employment."

THE TIME FOR SPECIAL TRAINING.

We could hardly quote from higher authority than Dr. Wilder, but how are young folks to know that of which the professor finds them ignorant if they are not taught in their childhood? We prepare our children for trades and professions by special training. Why, then,

should we neglect to give them competent knowledge of their genetic nature, which has such a lasting influence on their physical, mental and moral natures?

To leave them to learn from the "voice of nature" belongs to the ignorant past; and since we cannot keep them from knowing, there is left us no choice in the matter. We are to decide whether the child shall receive right and pure instruction from parents and teachers, or learn through impure instructions from chance associates. The sacredness of the body should be taught early, and as soon as the child begins to ask questions in regard to the origin of life the parent or teacher should answer them truthfully. Surround the subject with purity of thought, expressed in words of simplicity—and at the same time awaken in the child an admiration for the goodness and wisdom of the Creator; there will be such a sacredness in the subject that instead of demoralizing there will remain an elevating and refining influence.

BE FIRST IN THE FIELD.

"If children are intelligently instructed as soon as curiosity is awakened," says Professor Wilder, "there will be no chance for inflaming their imagination. The most earnest desire is to promote social purity, by imparting right knowledge, hallowedly, a firm belief in the wisdom and goodness of God, and to keep the pupil's thoughts directed to the highest ideals of manhood and womanhood."

GOD'S GUARDIAN OF CHILDHOOD—THE MOTHER.

Mind-unfolding and character-building alone in the hands of this guardian shape the destiny of nations. Many fond parents refrain from correcting their children in the early periods of their life, thinking that they are too young to appreciate or understand moral training, and that when they become older their intellect or reason will enable them to distinguish between good and bad—and that thus they may be addressed, and a reform effected through the reason. They commit a great mistake, as would the gardener who should allow weeds to grow up among his flowers, thinking the weeding can be accom

plished better when the flowers had attained their growth. Every individual who has had experience with plants knows that the longer weeds are allowed to grow, the more difficult becomes the extermination of them. Let it not be forgotten that from the earliest age the feelings, as well as the intellectual faculties, may be educated, and that young children show no less differences in their characters than in their talents; they are patient or obstinate, indolent or lively, timid or courageous, affectionate, attached to, or careless about others. Therefore, if parents allow the propensities of their children unrestrained activity during their infancy under the belief that when they are older, they may be reasoned out of their evil ways, they commit a great folly. There are no absolutely perfect children in this world; all of them need restraining in some things and stimulating in others. Every home should be an institution for the treatment of imperfectly developed children. Every father and mother should supply themselves with the best of books and instructions on child-training.

HINTS ON GOVERNMENT.

Before and after birth of the child mildness, kindness and firmness should characterize all the words and actions of a parent. And never be hasty in punishing a child. Forgetfulness, unsteadiness and wandering thought are the natural faults of children; therefore, when they are not wilful, the faults are to be mentioned softly and gained upon by time. A child is full of life, and it is not easy for him to stop playing immediately at the command of the parent. Instead of speaking in a harsh voice, or angry tone, it is better to speak gently, or perhaps it is better to present some new object to attract his attention. If it is necessary to punish a child never do it in anger. "Appeal to the heart and feelings of your children at a very early age, with warm, tender emotions," says Froebel, "and when once powerfully appealed to and profoundly stirred the heart will apprehend the right much more quickly than will the head. When the feelings are deeply agitated, they will overflow and compel the assent of the intellect."

To cultivate obedience, do it through love; take the time to instruct and teach by example. Children are psychological; they feel a thing, more than they reason. Reason comes later with them. For instance, if a child, no matter how young, insists upon doing contrary to your wishes, don't say, "I'll whip you," "I'll do this," or "I'll do that if you don't mind," but be resolved, and firm in carrying out your resolve.

THE BETTER WAY

to train a child into goodness, to become one continual joy in the home and in school, gentle to his associates and playmates, truthful and conscientious in all dealings with his fellowmen, is to be all that yourself. Desirable habits in children must be formed in infancy; the child at this age is as plastic clay in the hands of the molder. We must study children's motives more than their methods. For instance, two children may be doing the same thing, one from a bad motive, the other from a good motive. Be very gentle with them at all times. Carefully study the child's disposition and learn all of his ways that you may more readily understand just how to manage him. Be in perfect sympathy with him. Do not fail to abundantly caress and speak gently to him at all times, and *never,* under any circumstances, no matter what the provocation, allow yourself to scold or strike at him. This act would be at variance with and defeat our plans.

WINNING THE CHILD'S CONFIDENCE.

Parents should hold the sweet confidence of their children; they must not fail to be their first teachers of the truths pertaining to their sexual life. The natural and practical training and instruction that should be imparted to them on this subject is not beyond their intellectual ken. Knowledge is not only power, but safety; truth is always beautiful, and the laws that pertain to the physical life of man and woman may be explained to children, and in such a way as to inspire them with more parental love and a profounder self respect than they could otherwise ever experience. Thus to win the child's confidence in the mother is the strongest possible shield against wrong teaching.

I know of no more impressive way of illustrating this fact and the methods to be used, than by giving my readers, by permission, the following article by Eleanor Davids, author of "The Notebook of an Adopted Mother." (E. P. Dutton & Co.)

"SAFEGUARDING A CHILD'S PURITY."

"Nearly every mother whose children have grown from babyhood to school age, finds with a pang that they are hearing and seeing things which are impure and degrading. That is to say, she does if she is a vigilant mother and one who keeps the confidence of her children. If she is one of those unfortunately optimistic parents who feel their children safe anywhere and so is not on the alert, her peace of mind may remain unbroken; or if she is one who does not invite confidence, she may still possess that ignorance which is bliss.

"Suppose she is a young mother, prepared by no training for the duties of maternity and restrained by the conventions of past generations from discussing her perplexity with others, what is she to do? In the hope that one mother's experience may be helpful to others, this article is written.

"My sons are adopted children, the younger of whom is now about seven years old. He came to us with his mind unsullied, a strong, manly, upright child of five. The other was eight when we took him and had already heard much that was impure. Before he came the younger boy had heard from me in a wholesome and matter-of-fact way the story of birth. I would hardly have chosen to tell it so early, but he saw and heard something on a farm which forced the situation. Although he had been warned by a playmate not to tell his mother, the habit of opening his heart and mind to me was so strong that he disregarded the injunction as soon as he got home, beginning cautiously and talking freely when he found that it was safe. He sat on my lap and I explained to him that it was not a matter to be discussed with other children, but that he could speak of it at any time to his father and me. I also told him that mothers knew much more about

such things than boys, and that whenever he wished to understand anything better, he should ask me and I would try to explain it to him.

A NEW INFLUENCE.

"When the older boy came, he was evidently full of the idea that a mother was to be kept at bay. A boy was to mind her, or at least to make her think that he did; in her presence he must appear to be respectful, gentle and innocent; what he said or did behind her back did not matter, so long as he was not found out. He was not a boy of vicious nature. On the contrary, he had a clean and wholesome heart and an unusually fine mind, but he was encrusted, if one may so express it, with wrong habits of thought and action. The two children were brothers and devoted to each other, in spite of long separation. It was a question which would influence the other, and the younger one had his parents' help and prayers on his side.

"I knew from a conversation between the two, which I overheard, that the older could not be persuaded that it was safe to attempt confidential relations with me. I knew, too, that he was sharing some things he had learned with his little brother, who would come and repeat them to me. I was very glad when the chance came one day, as we were examining some tiny dor-mice, to speak in the most matter-of-fact way of their pre-natal life. The older boy looked scared and turned away his head. I looked at the mice in my hand while I said, 'You knew, didn't you, dear, about such things?'

"He hesitated and the younger boy nodded reassuringly. 'Why don't you tell her?' he cried. 'It's always right to talk about things to your mother.'

"Then there was a frightened assent, and I went on to speak of some of the wonders of early nutrition until there was a comfortable break in the dangerous barrier of reserve. Then I changed the subject, feeling that he would soon make his own advances to confidential relations with me, and I was not mistaken.

"My boys are still little boys. I cannot be sure what the coming years may bring, but know that at present they are pure and whole-

some in purpose, not removed from the impurity of this world, but fighting contamination as wisely as they can and telling their mother what most children exert themselves to hide.

"Not many weeks ago the elder boy called me into their room as I was leaving, after tucking them in safely for the night. 'Mother,' he said, 'I wish you'd tell me how I can keep from thinking of the bad things the boys at school say. Somehow, when they're in my mind, I can't help thinking about them.'

"Now if there ever is a time when my words fall on respectfully attentive ears it is at bedtime, when the distractions of the day are over and the evening prayer has begotten a sweet seriousness in my two exceedingly active boys. So I ignored the waiting engagement and sat down on the foot of the older boy's bed.

THE MIND A BIRD HOUSE.

" 'Which do you like best,' I asked, 'English sparrows or wrens?'

" 'Wrens, of course,' said the boys.

" 'If you had a bird house with room in it for just one pair of birds, you would rather have wrens than English sparrows?'

" 'Course!'

" 'Pretend your mind is a bird house, and when there are sparrows in it, turn them out. If the bird house is empty, they will come back and build again. Get some wrens quickly to live there, and the sparrows will stay away. They are the bad thoughts, you know, and the wrens are the good ones.'

"This illustration appealed to the boys because we see a yearly struggle between wrens and sparrows for a bird house on our place. Then I told them the story of King John and the Abbess Ana, with the quick and true retort of the abbess:

'We cannot hinder the passing
Of a wild-winged bird overhead;
But well may we keep her from building
Her nest in our garden,' she said.

"In telling I was careful to adapt it to their understanding, and they were much interested and amused by these lines, which they repeated after me.

" 'But how can I make myself think good thoughts?' persisted the elder boy.

" 'Pretend you are taking a railroad trip, and think what you can see from the car windows,' I suggested, 'or read in one of your books or do some work just as hard as you can.'

" 'I don't see why you need to ask mother such questions when she is tired,' remarked the younger boy indignantly, sitting bolt upright in his bed. 'There's lots of interesting things to think about. You might make believe you are a frog. I like to do that.'

"Both boys say, 'It isn't any fun to think or say low things. Only,' they add, 'some of the boys say them when we are around, and then we can't forget.'

"The older boy once asked a question and answered it himself, as follows: 'Who invented all the bad words? Perhaps it was Cain. I suppose he was about the worst man, and he lived so long ago he could get them started.'

"This suggested heroic measures to the younger brother, and he said: 'I tell you what I think would be a good thing, mother. Just kill all the bad people, and then there wouldn't be anybody to spoil our being good, don't you see?' I am not sure that I made them understand that moral fiber comes by resistance of evil, not by isolation from it, but I did my best. Poor little victims of the depravity of others! How much vigilance and skill is required of parents to rob such evils of their fascination! And how necessary it is that the first childish attempts at conversation about such things should not be discouraged by scathing rebukes or a simple injunction not to talk about 'such dreadful things.' My little boy was right when he added to a remark of mine that 'it is God who makes people good.' 'Y-yes, I know it's God, but mothers help a lot!' "

CHAPTER XXXIV.

THE CHANGE OF LIFE.

One of Nature's Requirements—Time of Coming—Little Disturbance in the Healthy—Symptoms Vary—Duration of Process of Change—A New Phase of Life—New Hopes and Aspirations—Treatment of Various Phases—Prolong the Menses—Use of Syringe—Physical Changes in Men—Decline of Sexual Passions—Sometimes an Abnormal Increase—Wrong of Discrepancy of Years in Marriage—Upbuild the System—Beautiful at Fifty as at Fifteen—Your Thoughts Govern—Decay Not Inevitable—"The Impertinence of Dense Ignorance"—Refinement and Improvement the Order of Nature—The Silent Demand Brings Supply—The Evolution of Mind-Power—Thoughts Give Expression to Face and Form—A False Alarm May Paralyze—How to Bring Dyspepsia—Defy the Age—Thoughts—Attracting Health—Miracles of the Present.

CHANGE of life is one of nature's requirements and should be as perfectly normal as the change between the ages of ten and fourteen. The change occurs, in this climate, when females arrive at about forty-five years of age, or at some other time between forty and fifty years.

CESSATION OF THE MENSES OR CHANGE OF LIFE.

With healthy females, this usually brings little or no serious disturbance of the system; the change approaching gradually, the menses becoming less profuse, and perhaps less frequent, until they cease. But in other instances there is a tendency to hemorrhage; even profuse flowing is not uncommon. And when there is no hemorrhage, especially if the courses stop suddenly, there is frequently dizziness, headache, nervousness, flashes of heat, disturbances in the urinary secretion and discharges, debility, pains in the back and lower part of the abdomen, with heat; sometimes there is a violent itching of the external parts.

SYMPTOMS OF THE CHANGE OF LIFE.

vary in different individuals according to their respective temperaments. In this change women present the plethoric and the nervous

type. There is a large number of more or less distressing symptoms or forms of disease which result from the change of life; among these may be mentioned bloody urine, piles, nose-bleed and other hemorrhages; in other cases we meet with diarrhoea, weakness of the stomach, flatulence, vomiting and other derangements of the digestive canal, which are accompanied by constipation and profuse sweats. Some complain of rheumatism, or enlargement of joints; others suffer from various eruptions, such as tetter of the genital organs or erysipelas. The most distressing maladies which break out at this change of life are ulcers and polypi of the uterus and cancer of the breasts. The duration of the change may embrace a few months, or two years; with a few it extends five to seven years. One peculiarity of the change of life is that many diseases are cured or disappear in consequence of this change, and when the change is past in men or women they enter upon a new phase of life with new hopes and aspirations toward the present and the future.

TREATMENT.

This period of life under our treatment is attended with very little danger, as the various disturbances which result are generally soon relieved by our remedies and instructions. Sunlight, outdoor air and exercise are all-important in the treatment. Occupy the sunniest room in the house, practice the breathing exercises given (see index); elevate the spirit by pleasant, uplifting reading; avoid gloomy people or gloomy thoughts; try to regulate the bowels by eating properly; employ hot enemas once or twice a week to the womb and drink water freely. Hot bathing—Turkish baths, vapor and hot water baths are of benefit, and cold or hot compresses to the afflicted part. In case of hot flashes and heartburn, a disordered stomach is generally found to be the cause. A rest from eating for twenty-four hours, with a grain of nux vomica (see index), taken two or three times a day will overcome these difficulties, with inhaling and exhaling deeply for three minutes two or three times a day, which will further the cure and rest the body. If prostra-

tion of the nervous system occurs, a good tonic to enrich the blood is necessary—nux vomica and ferrum phos. (See Materia Medica and Index.) A very hot bath once a week in preparing for a normal change is indispensable. If bath tubs are not obtainable, use cabinet baths, or wash the body all over in a very warm room, and use a copious injection once a week with a little borax. During the period marked by the change of life there should be as little indulgence in the sexual relation as possible; none at all is preferable. It is better to invite menstruation as long as possible; by doing this you exercise a most excellent safe-guard against congestion, inflammation and development of uterine tumors, growths and cancers. Injections should always be used after a leucorrhoeal discharge; these injections will prevent the itching, pain and smarting from which women suffer so much during this period. When change of life is so far advanced that the secretions from the womb and vagina are sharp, hot, and acrid, causing increased soreness and inflammation, use the fountain syringe; commence with water comfortably warm, gradually increase the temperature until quite hot; medicate the water with a tablespoonful of borax or teaspoonful of boracic acid. At night insert one of the capsules into the vagina, mentioned in "Materia Medica." Have no fear that the hot water douche will induce hemorrhage; on the contrary, it is a safe-guard against it. Dress the feet warmly and clothe the body comfortably.

With the appearance of the first symptoms is the time to begin treatment, which should be continued until the change is established. This prevents abnormal growths, tumors, polypi, cancers, flooding and many other conditions which render the change critical and even dangerous to many women. The reason so much suffering is experienced during this period is that women do not understand how to properly prepare the system to undergo the change.

The above treatment will not only cure you, but when employed and persevered in, change of life becomes as normal as the change from girlhood to womanhood.

CHANGE OF LIFE IN MAN.

As at puberty, so at the age of forty to fifty, men as well as women, pass through important physical changes. At the "change of life" men suffer from nervousness, insomnia, impaired sight, pain at the base of the brain, and often there is some tendency to softening of the brain and insanity. It is noticeable that suicides among men are more common at this age than at any other. The generative organs become less vigorous, their functions grow weaker, and nature's period of sexual decline has begun. This does not necessarily imply that the general health also declines to any permanent extent. With care, a man may be hale and vigorous for thirty or forty years after these disturbances have passed. But it is of the greatest importance to abstain from sexual intercourse during this period. It is as essential to the well-being of the man as to that of the woman. As the "change of life" approaches in both men and women about the same time, it is usual for the sexual passions to decline. This is nature's process; the reproductive organs have finished their work, and the feelings dependent upon them are no longer required. Sometimes, however, there is an abnormal increase of the passions instead of their cessation, and they become more violent than at any other time of life. This unnatural condition should be looked upon with serious apprehension, and an experienced physician consulted, for it may be the indication of some grave disease. Sexual gratification at this time is a common cause of intensifying all the numerous inconveniences and disorders attendant upon this period in men. This fact is beyond all question; hence continence is not only recommended, but should be regarded as one of the most essential hygienic measures to insure a safe and rapid transit through this period of sexual decline.

I repeat, to abstain from sexual intercourse during this period is of the greatest importance and as essential to the welfare of men as of women.

Inflammations, congestions, diseases of the prostate gland, blad-

der and kidneys are among the afflictions which become active and troublesome and necessitate careful treatment. It follows naturally that a great discrepancy of years in the marriage relation is a violation of the laws of nature. The marriage of a man of fifty to a young lady of twenty is wrong to both.

TREATMENT FOR MEN IN CHANGE OF LIFE.

The hygienic treatment is the same for men as for women, which includes hot water baths, Turkish baths, Russian steam baths; hot water baths once a week are indispensable to prevent or cure the many degrees of congestion and inflammations of the prostate gland, bladder, testicles and kidneys. When taking an ordinary hot water bath make the water hotter and hotter to induce perspiration, wash off well with soap and water, then let in the cold water gradually to close the pores sufficiently to prevent taking cold. Do not use physics that would increase the discomforts; do not indulge in wine or beer or liquor of any kind. Upbuild the system with fruits, cereals, grape juice, milk, soups, plain food well cooked, meats once a day.

The author has for many years employed a capsule of her own compounding for chronic constipation, painful hemorrhoids, piles, ulceration, prolapsus of bowels, sterility, impotence, nocturnal emissions and obstinate diseases of the prostate gland with most satisfactory results. (See Materia Medica and Diseases of Women.) I subjoin the following beautiful thoughts on health and beauty, by Prentice Mulford. The possibility to be as beautiful at fifty as at fifteen, is here explained from the mental point of view:

HOW THE MIND BUILDS THE BODY.

"Your thoughts shape your face and give it the expression peculiar to it. Your thoughts determine the attitude, carriage, and shape of your whole body.

"The law for beauty and the law for perfect health are the same. Both depend entirely upon the state of your mind; or, in other words, on the kind of thoughts you put out and receive.

"Ugliness of expression comes of unconscious transgressions of a law, be the ugliness in the young or old. Any form of decay in a human body, any form of weakness, anything in the personal appearance of men and women which makes them repulsive to you, is because their prevailing frame of mind has made them so.

THE INBORN LOVE OF BEAUTY.

"Nature plants in us what some call 'instinct'; we call it higher reason, because it comes of a finer set of senses than our outer or physical senses; a dislike to everything that is repulsive or deformed, or that shows signs of decay. This is the inborn tendency in human nature to shun the imperfect, and see the relatively perfect.

"Your higher reason is right in disliking wrinkles or decrepitude or any form or sign of the body's decay; for the same reason you are right in disliking a soiled or torn garment. Your body is the actual clothing, as well as the instrument used by your mind or spirit. It is the same instinct, or higher reason, making you like a well-formed and beautiful body, that makes you like a new and tasteful suit of clothes.

THE MISTAKE OF THE AGES.

"You and generations before you, age after age, have been told it was an inevitable necessity, that it was a law, and in the order of nature for all times and for all ages, that, after a certain period of life, your body must wither and become unattractive, and that even your minds must fail with increasing years. You have been told that your mind had no power to repair and recuperate your body—to make it over again, and make it newer and fresher continually.

"It is no more the inevitable order of nature, that human bodies should decay as they have decayed in the past, than that a man should travel only by stage-coach as he did sixty years ago; or that messages should be sent only by letter as they were fifty years ago, before the use of the electric telegraph; or that your portraits could be taken only by the painter's brush as they were half a century ago, before the dis-

covery that the sun could imprint an image of yourself on a sensitive surface prepared for it.

"It is the impertinence of dense ignorance for any of us to say what is, or what is to be, in the order of nature. It is a stupid blunder to look back at the little we know of the past, and say, that it is the unerring index finger telling us what is to be in the future.

THE MIND CAN KEEP THE BODY VIGOROUS.

"You are not young relatively. Your present youth means that your body is young. The older your spirit, the better you can preserve the youth, vigor, and elasticity of your body. Because the older our mind, the more power has it gathered from its many existences. You can use that power for the preservation of beauty, of health, of vigor, of all that can make you attractive to others. You can also unconsciously use the same power to make you ugly, unhealthy, weak, diseased, and unattractive. The more you use this power in either of these directions, the more will it make you ugly or beautiful, healthy or unhealthy, attractive or unattractive; that is, as regards unattractiveness for this one existence. Ultimately, you must, if not in this, in some other existence, be symmetrical; because the evolution of the mind, of which the evolution of our bodies from coarser to higher forms is but a crude counterpart, is ever toward the higher, finer, better and happier.

"That power is your thought. Every thought of yours is a thing as real, though you cannot see it with the physical, or outer eye, as a tree, a flower, a fruit.

"Your thoughts are continually molding your muscles into shape and manner of movement in accordance with their character.

"If your thought is always determined and decided, your step in walking will be decided. If your thought is permanently decided, your whole carriage, bearing, and address will show that if you say a thing you mean it.

"If your thoughts are permanently undecided. you will have a

permanently undecided gesture, address, carriage, or manner of using your body; and this when long continued, will make the body grow decidedly misshapen in some way, exactly as when you are writing in a mood of hurry, your hurried thought makes misshapen letters, and sometimes misshapen ideas; while your reposeful mood or thoughts makes well-formed letters and graceful curves as well as well-formed and graceful ideas.

TELL-TALE LINES ON THE FACE.

"You are every day thinking yourself into some phase of character and facial expression, good or bad. If your thoughts are permanently cheerful, your face will look cheerful.

"If most of the time you are in a complaining, peevish, quarrelsome mood, this kind of thought will put ugly lines on your face; they will poison your blood, make you dyspeptic, and ruin your complexion; because then you are in your own unseen laboratory of mind, generating an unseen and poisonous element, your thought; and as you put it out or think it, by the invisible law of nature, it attracts to it the same kind of thought-element from others. You think or open your mind to the mood of despondency or irritability, and you draw more or less of the same thought element from every despondent or irritable man or woman in your town or city. You are then charging your magnet, your mind, with its electric thought-current of destructive tendency, and the law and property of thought connects all the other thought-currents of despondency or irritability with your mental battery, your mind.

THE EFFECTS OF ALARM.

"Your mind can make your body sick or well, strong or weak, according to the thought it puts out, and the action upon it of the thought of others. Cry 'Fire' in a crowded theatre, and scores of persons are made tremulous, weak, paralyzed with fear. Perhaps it is a false alarm. It is only the thought of fire, a horror so acting on the body, as to turn the hair white in a few hours.

HOW THE MIND CONTROLS DIGESTION.

"Angered, peevish, worried, or irritable thought affects injuriously the digestion. A sudden mental shock may destroy one's appetite for a meal, or cause the stomach to reject such meal when eaten. The injury so done the body suddenly, in relatively few cases, by fear or other evil state of mind, works injury more gradually on millions of bodies all over the planet.

"Dyspepsia does not come so much from the food we eat, as of the thoughts we think while eating it. We may eat the healthiest bread in the world, and if we eat it in a sour temper, we will put sourness in our blood, and sourness in our stomachs and sourness in our faces. Or if we eat in an anxious frame of mind, and are worrying all the time about how much we should, or should not, eat, and whether it may not hurt us after all, we are consuming anxious, worried, fretful thought-element with our food, and it will poison us. If we are cheerful and chatty, lively and jolly, while eating, we are putting liveliness and cheer into ourselves, and making such qualities more and more a part of ourselves. If our family group eat in silence, or come to the table with a sort of forced and resigned air, as if saying, each one to himself or herself, 'Well, all this must be gone over again,' and the head of the family buries himself in his business cares or his newspaper, and reads all the murders, suicides, burglaries, and scandals for the last twenty-four hours, and the queen of the household buries herself in sullen resignation or household cares, then there are being literally consumed at that table, along with the food, the thought-element of worry, murder, suicide, and the morbid element which loves to dwell on the horrible and ghastly; as a result, dyspepsia in some of its many forms will be manufactured all the way down the line, from one end of the table to the other.

NOTICE THE CORNERS OF THE MOUTH.

"If the habitual expression be a scowl, it is because the thoughts behind that face are mostly scowls. If the corners of the mouth are

turned down, it is because most of the time the thoughts which govern and shape the mouth are gloomy and despondent. If a face does not invite people and make them desire to get acquainted with its wearer, it is because that face is a sign, advertising thoughts behind it which the wearer may not dare to speak to others, possibly may not dare to whisper to himself.

"HURRY-THOUGHTS" CAUSE STOOPING.

"The continual mood to hurry, that is, of being in mind and spirit in a certain place long before the body is there, will cause the shoulders to stoop forward; because in such mood you do literally send your thought, your spirit, your real though invisible self to the place toward which your power, your thought is dragging your body head first; through such life-long habit of mind does the body grow as the thought shapes it. A 'self-contained' man is never in a hurry; and a self-contained man keeps or centers his thoughts, his spirit, his power, mostly on the use or act of the present moment with the instrument his spirit uses—his body. The habitually self-possessed woman will be graceful in every movement, for the reason that her spirit has complete possession and command of its tool, the body; it is not a mile or ten miles away from that body in thought, and fretting or hurrying and dwelling on something at that distance from her body.

POWER OF EXPECTATION.

"If you expect to grow old, and keep in your mind an image or construction of yourself as old and decrepit, you will assuredly be so. You are then making yourself so.

"If you make a plan in thought, in unseen element, for yourself, as helpless and decrepit, such plan will draw to you unseen thought-element, that which will make you weak, helpless and decrepit. If, on the contrary, you make for yourself a plan for being always healthy, active and vigorous, and stick to that plan, and refuse to grow decrepit, and refuse to believe the legions of people who will tell you that you

must grow old, you will not grow old. It is because you think it must be so, as people tell you, that makes it so.

THE MIND A MAGNET.

"If in your mind you are ever building an ideal of yourself as strong, healthy, and vigorous, you are building to yourself of invisible element that which is ever drawing to you more health, strength and vigor. You can make of your mind a magnet to attract health or weakness. If you love to think of the strong things of Nature, of granite mountains, heaving billows and resistless tempests, you attract to you their element of strength.

"If you build yourself in health and strength today, and despond and give up such thinking and building tomorrow, you do not destroy what in spirit and of spirit you have built up. That amount of element so added to your spirit can never be lost; but you do for the time, in so desponding, that is, in thinking weakness, stop the building of your health structure; and although your spirit is so much the stronger for that addition of element, it may not be strong enough to give quickly to the body what you may have taken from it through such despondent thought.

"Persistency in thinking health, in imagining or idealizing yourself as healthy, vigorous, and symmetrical, is the corner-stone of health and beauty. Of that which you think most, that you will be, and that you will have most of. You say, 'No!' But your bedridden patient is not thinking, 'I am strong;' he or she is thinking, 'I am so weak.' Your dyspeptic man or woman is not thinking, 'I will have a strong stomach.' They are saying, 'I can't digest anything;' and they can't, for that very reason.

DO NOT PET YOUR MALADIES; DRIVE THEM OUT.

"We are apt to nurse our maladies rather than nurse ourselves. We want our maladies petted and sympathized with, more than ourselves. We have a bad cold, our very cough sometimes says to others, unconsciously, 'I am this morning an object for your sympathy. I

am so afflicted.' It is the cold then, that is calling out for sympathy. Were the body treated rightly, your own mind and all the minds about you would say to that weak element in you, 'Get out of that body;' and the silent force of a few minds so directed would drive that weakness out. It would leave as Satan did when the man of Nazareth imperiously ordered him. Colds and all other forms of disease are only forms of Satan, and thrive also by nursing. Vigor and health are 'catching' as well as the measles.

PRESENT-DAY MIRACLES.

"There are more and more possibilities in Nature, in the elements, and in man and out of man; and they come as fast as man sees and knows how to use these forces in Nature and in himself. Possibilities and miracles mean the same thing.

"The telephone sprung suddenly on 'our folks' of two hundred years ago, would have been a miracle, and might have consigned the person using it to the prison or the stake. All unusual manifestations of Nature's powers were then attributed to the Devil, because the people of that period had so much of the Devil, or cruder element, in them, as to insist that the universe should not continually show and prove higher and higher expressions of the higher mind for man's comfort and pleasure."

CHAPTER XXXV.

INFLUENCE OF WOMAN IN PUBLIC AFFAIRS.

"Woman is Liberty; and Liberty is Woman"—Virtue Better than Commercialism—Home-Lovers and Home-Builders—Entertaining Class in "Domestic Economy"—Woman's Strong Personality a Factor in History of Nations—Two Types—The Time for the Larger Work—"Mothers in Israel"—The Outreaching Motherhood Spirit—The Up-to-Date Grandmothers—Women in the Broader Work—Police Matrons—Probation Officers—Tenement Inspectors—Managers of State Institutions—Social Settlements—Visiting Nurses—The Strain that Breaks Down—Art Work—Horticulture—Music—Drama—Literature—$5,000 a Year—Advertising Solicitors—Reporters—Text-Books—Home Interests Not Neglected—Teaching—Pulpit—Law—Medicine—Politics—Trade Unions—Powerful, Yet Womanly—The Ideal Teacher and the Ideal Mother—"Saint Courageous"—Expecting the Best—"I Should Blame Less and Praise More."—The Little Figure of Pathos—Keeping the Heart-Way Open.

VICTOR HUGO, the great French philosopher's last words uttered and inscribed for the statue of the Goddess of Liberty for the World's Fair of 1893, were: "The statue of itself is nothing, but the idea it conveys is everything. For woman is liberty, and liberty is woman."

A country's welfare depends on the kind of men and women it produces; on whether or not they are healthy in body, true in word and deed, brave, sober, chaste; to whom morals and virtue are of more importance than gold.

Such men and women as these come from homes where right physical, mental and moral training are a part of the very atmosphere from earliest childhood; where intelligence rules, and love gives to each member of the family the incentive to do his or her best for the sake of the others. The nation's welfare is safest when in the hands of home-lovers and home-builders.

"PLAYING HOUSE" TO SOME PURPOSE.

One interesting experiment tried in St. Louis, which Felix Adler was anxious to have continued and extended, was that of holding

children's classes in Domestic Science. No class contained more than nine pupils. Boys and girls in turn personated the father and the mother, the oldest child and the youngest child, of a family; and in this way they were taught the ethics of the home.

Is it not clear that children so trained would go out into the world when they arrive at maturity, better fitted to make the whole world homelike than if such training were omitted? That they would have a true insight and rare practical resources to bring to bear on the great problems of public life? For a nation, after all, is only a larger home.

THE LEADERSHIP OF WOMAN.

Woman's part in national events has been of no little importance. History is full of the recorded instances of the rise and fall of nations, based on the strong personality of highly individualized women. All women have an influence on the public affairs of their country; not only when, like Joan of Arc, or Frances Willard, they lead hosts to battle for a nation's rights or for a noble cause, political, philanthropic or moral; but also when they help to raise the standard of purity and right living by making their home-lives so fragrant with beauty, peace and serenity that it is a benediction to enter their doors.

There will always be the two types of reformers; those who aim directly by means of argument, through press or platform, to change existing conditions, and those who merely *radiate* good from the home-center, often without knowing or intending that their lives shall inspire changes for the better in others. Both classes are needed; and in some rare, grand lives the two methods are combined.

LIFE'S LARGER WORK.

When a woman has passed through the change of life, she often feels new impulses and powers urging her to a wider activity. Her rich experience, deepened sympathies and the mother-love which has been the gift of years, now inspire her to fields of endeavor as well suited to her life at this time as were the seemingly smaller, yet in-

finitely precious, calls upon her during the child-bearing and child-rearing period. Her children are now well grown; but she is called, perhaps, to become one of the "mothers in Israel," a woman who leads, inspires and teaches many of the younger members of her own sex, or of both sexes, giving of her rich storehouse of life-experiences that they and society may be the gainers. The leaders in that world-wide movement, the Woman's Christian Temperance Union, are largely of this type. It is the instinct of motherhood extended to the outside world; the impulse of protective love which would shield others, and especially the young, from danger, that actuates these women in their many-sided work for humanity's upbuilding. The work against the saloon and gambling den, the establishment of rescue missions, day nurseries, mothers' meetings, work among soldiers and sailors, the Flower Mission, anti-cigarette leagues—these and some forty other lines of work included in the organization's duties, are all expressions of the mother-nature in behalf of the suffering and tempted ones on every hand.

SINGLE WOMEN WITH MOTHER-HEARTS.

Nor is this impulse felt only by those women who have had children of their own. Who will think for one moment of denying that Frances E. Willard had the true mother-instinct? Many noble women who do not marry have hearts large enough and warm and tender enough, to take in every suffering soul that is struggling towards better conditions. They are mothers mentally and spiritually. We often find them in the ranks of teachers; and no one should enter that profession who does not heartily love the work and partake in some degree of this instinct of motherhood. To be single is not, for these, a reproach; rather is it a sign of consecrated service no less to be honored than if it were shared by another. No less, but indeed, no more; for service is service, whether lonely or shared.

A PLEA FOR THE GRANDMOTHERS.

While we welcome and love the Young People's Societies of Christian Endeavor, the Epworth Leagues and other organizations for en-

listing the young in every good work, yet it is after all to the mother-heart that these and all socially upbuilding forces must look for their lasting and steadying inspiration.

Let the young be encouraged to thus organize; it is a safeguard and great help to themselves and blessing to the world; but when the years have brought both greater leisure and riper experience, the organized work to be done in late maturity will be found of a character not to be despised by eager Young America. I plead for the wider spread of the recognition now just beginning to be accorded to the healthy, well-read, up-to-date *grandmothers* of the twentieth century! They are better fitted in every way to lead in public movements than they were when twenty years younger; and better fitted by far than were their own grandmothers before them. Hygienic living and the advance of public intelligence have done much for woman. Let her thank God and take courage—and go on to the still greater achievements yet before her.

WHAT WOMEN ARE DOING TO-DAY.

Let us take a brief glimpse of woman's present status in the world of work apparently apart from the home. (I say "apparently" for it will be found that the home-life touches and inspires the outside activities at almost every point.)

CHECKING JUVENILE CRIME.

In New York and other cities women are doing valuable service as police matrons, and especially in juvenile courts. Chicago has fifteen "probation officers" in this work. They follow up their court work by visiting in the homes. They gather the children into boys' clubs, see that they are sent to school, and exercise a watchfulness only equalled by their tact.

PROMOTING HEALTH IN TENEMENTS.

Interesting facts have been made known regarding women's work in connection with Health Boards, showing that they make the best

of tenement inspectors. In New York the overcrowded conditions have led to a public control of housing absolutely military in its nature, the landlord having almost no control left. Many women are in the service. They must pass a competitive examination, and are engaged solely on their merits. Tenement inspection is so closely allied to housekeeping that many a trained woman is glad to take such a position when a man would not.

IN PHILANTHROPIC WORK.

Women are often engaged as managers of state charitable institutions; and excellent ones they have proved in the great majority of cases. They should be well equipped, and to insure this, they should be liberally paid; for the welfare of many persons depends on the kindness, good sense and efficiency of the manager. Women's tendency toward sympathy for the poor and helpless makes them often well adapted by nature for this work; but it requires practical training as well. The various social settlements managed by women—of which Hull House, Chicago, is a fair sample—are proving a powerful factor in solving the problems of the slums.

VISITING NURSES.

Sixteen districts in Chicago, containing eight hundred families, are blessed with one very important kind of relief work among the poor; that of visiting nurses. There are twenty of these nurses. All are engaged by the year, working eleven months, and some of them giving half their income to philanthropic work. The requirements and qualifications for the position are stringent, and Miss Harriet Fulmer said, in her account of the matter, that women who do this district work are apt to break down physically more quickly than other nurses, as the strain is more continuous, there being practically no rest between cases.

IN THE FINER ARTS.

Women excel in the arts pertaining to the home, and virtually have a monopoly of most of them. In art work for stores there is a large

field. As illustrators, designers and sculptors women are winning laurels. A new opening for the sex is found in practical horticulture; also in landscape gardening, there being a demand for trained supervisors in many private and public grounds. In the schools of music and acting, women outnumber men in the ratio of 3 to 1.

In the field of literature women's achievements are more marked, perhaps, than in any other. In fiction they closely rival men, but the proportion of women regularly employed on newspapers is small. The East is more conservative than the West, on this point. In magazines it is altogether different. A woman manuscript reader at McClure's receives a salary of $5,000 a year; and the list of woman editors who have won success is legion. Women obliged to earn their own living are said to do the best work, as a rule.

In securing advertisements for papers, women show a marked capacity; and many of them are finding the work of a newspaper reporter both broadening and remunerative. The scholastic tendency to deprecate newspaper writing is to be deplored. Lilian Bell's best work was a collection of articles which first appeared in newspaper columns; and the same is true of Lilian Whiting and others.

The number of women who write text-books for grammar schools exceeds the number of men, and the quality excels. In high-school text-book production, men and women are about equal; in college books women lag behind, but in quantity rather than in quality.

PROFESSIONAL AND SOCIETY WOMEN COMPARED.

It is urged by thoughtful people that the home does not suffer by reason of a woman's selection of one of the higher arts as a calling; that as a matter of fact, the society woman sees less of her children than does the professional woman when she *is* at home; and that no true woman ever permits enthusiasm for her profession to crowd out the home interests. "The favorite, as well as the most suitable, place for a mother to exercise her musical talent," says Madam Zeisler, "is at the cradle of her child."

In teaching, in pulpit work, in law and medicine, in politics, trade unions and as inventors and investors and brokers, women are pressing forward, and Columbia has many reasons to be proud of her daughters. It is not difficult to foresee the increasingly marked influence which woman is to have, in the near future, on public affairs. With it all, let us hope and firmly believe that she will retain her strong, sweet womanliness. Then, as she advances, it will be indeed to make the whole world homelike. Let the peculiarly close and beautiful sympathy which existed between Frances E. Willard and "Saint Courageous," as she called her mother, be a more impressive lesson than any words of mine as to the possibility and sweet naturalness of combining the two types of what is greatest in womanhood; the ideal teacher and the ideal mother. Grand as was the lifework of the great reformer, it should not be forgotten that it was the outcome of a wise mother's loving and consecrated training, from her children's infancy, and we may be certain, long before.

THE POWER OF EXPECTATION.

"She never expected us to be bad children," said Miss Willard of her mother, in giving her childhood reminiscences. "I never heard her refer to total depravity as our inevitable heritage; she always said, when we were cross, 'Where is my bright little girl that it is so pleasant to have about? Somebody must have taken her away and left this little creature here with a scowl upon her face.'

"She always expected us to do well; and after a long and beautiful life, when she was sitting in sunshine calm and sweet at 87 years of age she said to one who asked what she would have done differently as a mother if she had her life to live over again, 'I should blame less and praise more.' She used to say that a little child is a figure of pathos. Without volition of its own it finds itself in a most difficult scene; it looks around on every side for help, and we who have grown way-wise should make it feel at all times tenderly welcome, and nourish it in the fruitful atmosphere of love, trust and approbation.

HOUSE LIFE FULL OF INSPIRATION.

"* * * With such a mother my home life was full of inspiration; she encouraged every outbranching thought and purpose.

RELATION OF BROTHER AND SISTER.

"* * * When I used to play out of doors with my brother, and do the things he did, she never said, 'Oh, that is not for girls,' but encouraged him to let me be his little comrade; by which means he became the most considerate, chivalric boy I ever knew, for mother taught him that nothing could be more for her happiness and his than that he should be good to his little sister. * * *

"* * * To my mind the jewel of her character and method with her children was that she knew how without effort to keep an open way always between her innocent heart and theirs; they wanted no other comforter; everybody seemed less desirable than mother. If something very pleasant happened to us when we were out playing with other children, or spending an afternoon at a neighbor's, we would scamper home as fast as our little feet would carry us, because we did not feel as if we had gained the full happiness from anything that came to us until mother knew it."

There is no mother but has it in her power to control these things if she will. Is it any wonder that with such a beginning the life of Frances Willard has proved a benediction that, unhindered even by death, will go on for ages in its far-reaching and purity-inspiring course, making glad the waste places of the world?

CHAPTER XXXVI.

DISEASES OF WOMEN.

Health the Prerequisite for Woman's Best Work—In Full Possession of Her Powers—Then the Ballot Will Gravitate to Her—Where Health and Woman's Political Power Combine—Home Treatment for Many Troubles—"The Will to be Well"—Health and Joy to Replace Suffering—Disease Tends to Recovery—Falling of the Womb—Other Displacements—Influence of Thought—Inflammation and Congestion of the Uterus—Tumors, Polypus and Cancer of the Womb—Ulceration—Painful Menstruation—Suppression, Delay, Profuseness, etc.—Miscarriage—Leucorrhoea—Gathered Breast.

BEFORE woman can bring her best powers to the task of transforming and reforming public conditions, she must first come into the full possession of those powers by acquiring freedom from the many ills to which her sex is so largely and so often unnecessarily subject. If half the effort were put forth to enlighten women on the vital subject of health that is now expended in teaching them that they need the ballot, there is no doubt that the right to vote would soon be gladly accorded them; for we should then have a race of women whose combined physical and intellectual strength would make them well adapted to give counsel in our legislative halls. It is a significant fact that those states which accord the greatest privileges to women in public affairs, are the very ones celebrated for their health-producing and health-restoring powers.

In considering some of the common ailments peculiar to woman, many of them will be found to yield to intelligent home treatment, and the more serious ones can be greatly helped or alleviated by combining the proper hygienic measures with the medical treatment required. The most skilled physician often cannot effect a cure without the aid of the patient's will and full co-operation. Let women, therefore, cultivate "the will to be well" and refuse to be appalled by the lists of disorders and symptoms here given for the ultimate purpose of bringing health and joy where suffering now reigns.

FALLING OF THE WOMB

is very common and the result of complex causes. When the prolapsus is only partial the uterus descends somewhat into the vagina. When complete, it passes down through the vagina and protrudes through the labia. Causes: There are many causes that lead to prolapsus, among which may be mentioned excessive weight of the womb from tumors; dropsy of the bowels; falling heavily upon the nates; weakening of the uterine ligaments, and the relaxing of the vaginal walls. The vaginal walls may become relaxed by too frequent child-bearing, a persistent leucorrhœal discharge, habitual constipation, excessive sexual intercourse and a lacerated perineum. Other causes are self-abuse; general debility, brought on by worry or anxiety of mind; incorrect living; falls or strains; weight of heavy clothes on the hips; garters suspended from a band around the waist; or corsets. Symptoms: Painful and irregular menses, pain in the back and limbs, melancholia, headache, bearing down feeling. Ulcers may be present, from the size of a pea to that of a half dollar.

There is an inherent tendency in muscular fiber to contract, therefore uterine displacements, in their early stages, will recover readily upon the removal of the cause. It is different, however, when by inflammation, congestion, or tumors, the uterus has become badly diseased. It frequently occurs after child-birth, that the uterus is very much prolapsed, but if the patient lies in bed a proper length of time, there are rarely any ill effects from it afterwards, as the tendency of all diseases is to recovery, under proper management.

Treatment: Hot douches should be used every other day, and continued during the two weeks following the menstrual flow. If caused by debility, take iron, 3d attenuation, three grains after each meal. Also take macrotin every morning. If the result of falls or strains, take one or two applications of electricity, the positive pole placed over the pubes and uterus, negative pole over the sacrum. If arising from tight lacing and heavy weight on the hips, remove the cause and

treat as for general debility. Electricity, if scientifically applied, is beneficial in all disorders of the sexual organs. If suffering from cold feet, restore circulation by bathing them frequently in hot water, then in cold. Dissolve a pint of salt in the hot water. Abstain from ice-water, ice cream and salt pork. Frequent cheerful company, live much out of doors, work in the garden, and do any and all kinds of light work, in and out of the house. Keep away from all gloomy, despondent people, and from all disagreeable, depressing influences. Make use of deep, abdominal breathing while standing or lying. Train the mind to look on the bright side of things, read cheerful books, and live in an atmosphere of music and sunshine. The habit of thought has a marked influence for good or ill, in this disease. In fact, not only falling of the womb, but the different displacements, under the titles of Anteversion, Retroversion, Anteflexion, Retroflexion—all come under the treatment of Mental Therapeutics (see Index). Compresses at night over the sacrum or lower part of the back and over the womb, are of benefit. Dress the feet warmly and wear skirts with the weight suspended from the shoulder. At night draw the feet upwards, lie on the back, grasp the abdomen over the womb with the hands, and massage upwards; use hot injections once a week as hot as can be borne with one-half dram powdered golden seal in the water. Bathe and massage the body frequently; that it should be done daily is almost an absolute necessity. Hot water baths, gradually made cooler, with brisk friction, are best. Eat wholesome, digestible food in small quantities. The best diet consists of fruits, cereals, soups, cereal coffee, hot milk, and plenty of good drinking water. I have long prescribed Uterine Capsules, to be inserted at night if there is pain, inflammation or discharge of any kind.

INFLAMMATION OF THE UTERUS.

Causes: Heavy lifting, tight lacing, and hereditary tendency. Symptoms: Pain in the back, pain in the groin, bearing-down pain over the bladder. Treatment: Perfect rest, lying in a recumbent

position. Pulsatilla is the remedy. Hot injections should be applied once a day; also electricity scientifically applied. One treatment is often sufficient. For a chronic, inflamed condition, where ulceration and leucorrhœa exist, hot injections twice a week should be taken, using one gallon of water. Sepia and macrotin in alternation. Deep breathing must be practiced, and all clothing suspended from the shoulders.

CONGESTION OF THE UTERUS,

like that of other organs, is a disease of frequent occurrence, and is caused by the accumulation of blood in the veins and capillaries. The congestion is generally combined with infiltration into the cellular tissue of the uterus, producing oedema, which, in some cases, is very considerable.

Causes: There are a variety of causes which may produce this condition of the uterus; such as the frequent use of emmenagogues, which contain mercury; exposure of the feet to the damp and cold earth by wearing thin shoes; the practice of dressing in such a manner as to compress the waist, thus preventing the return of the venous blood to the heart by the superficial veins, also obstructing the capillary circulation; hence the blood is forced through the deep capillaries, inducing congestion of the uterus. It may also be caused by repeated abortions, by excessive venery, by cold and exposure; in short, anything which will induce it in any of the internal viscera, will produce it in the uterus.

Treatment: Hot injections; same as inflammation of uterus.

ANTEVERSION OF THE WOMB (TIPPING FORWARD).

The womb in its natural position inclines considerably forward. The inclination of the uterus is such that it coincides with the axis of the pelvic cavity. In anteversion the womb falls still farther forward, sometimes to such a degree that it lies almost horizontally across the pelvis.

During the period of development the womb is always anteverted, but after puberty this condition usually disappears. Fibroid tumors

situated on the anterior base of the uterus will produce anteversions by dragging the organ forward; pregnancy in the early stages, too great distention of the bladder, wearing stays which press upon the body of the womb, and congestion of the uterus will also cause anteversion.

Symptoms: The body of the uterus presses upon the bladder and narrows its capacity to retain urine, thereby causing a desire to pass water frequently. If there is much inflammation attending the anteversion there is often great pain in urinating. The water is highly colored and deposits a thick sediment. The patient finds the most discomfort in the upright position, and is therefore adverse to any activity.

Treatment: Same as falling of the womb.

RETROVERSION OF THE WOMB.

This disease is not frequent in women who have not borne children. The body of the womb falls backward upon the rectum, while the neck presses upon the bladder. It is the result often of a tumor, or an engorgement of the body of the womb, when sudden muscular efforts are sufficient to throw the uterus backward. Retroversion frequently follows labor, by the patient being compelled to lie on the back for days. The uterus is then large and exhausted, and readily falls into the hollow of the sacrum, from which position it cannot easily rise. The obstetric bandage is another cause of retroversion. After an exhausting labor the uterus is too weak and too heavy to rise into the pelvic cavity properly—the bandage is applied to save the contour of the figure, at the expense of the uterus, which is now unable to overcome all the forces combined against it.

Symptoms: The symptoms of retroversion are almost identical with those of inflammation of the womb; pains low in the back and limbs, inability to walk, extreme nervousness and constipation, persistent from the pressure of womb on the rectum.

Treatment: Same as falling of the womb.

RETROFLEXION OF THE WOMB.

The terms retroflexion and retroversion are used almost synonymously, although differing slightly in detail. In retroflexion, the neck of the womb maintains its proper position, while the body falls backward. Vice versa in anteflexion.

Diseased conditions of the womb are the provoking cause of flexions. The distinguishing difference between retroflexion and retroversion is in the greater tendency to painful menstruation in the former, together with sterility.

Treatment: The treatment is practically the same as for anteversion and retroversion. So far as possible remove the cause. Often it is of great value to the patient to travel, and form new acquaintances, visit new scenes; anything that will serve to take the patient's mind from a contemplation of her condition will be of incalculable benefit. The mind has more to do with binding our diseases to us than we can possibly realize, unless we watch the effect of mind over matter for ourselves. A careful study of this subject will repay the effort. Keep the stomach and nervous system in good condition by studying materia medica, especially Nux Vomica and Caulophyllum.

TUMORS OF THE WOMB.

There are three varieties of tumors which are found frequently in the uterus, viz.: Fibrous, polypus and cancer. The two former are not usually fatal, while the latter is regarded always with grave apprehensions, from being of a malignant character.

Fibroid Tumor.—The similarity of the muscular fibers of the womb with that of fibrous tumors is fully established. Tumors may develop in any part of the womb, but they are most frequent in the body. They vary much in size and numbers, over thirty having been found in one patient. The majority of these tumors, however, are single, and may attain great size.

Little is absolutely known in regard to the causes leading to their development, but among the predisposing causes are menstrual dis-

orders, sterility, age and race. The colored people are most liable to tumors. Tumors seldom appear after menstruation ceases, nor before puberty. The time of life most liable to their development is during the period when the generative organs exhibit the greatest activity.

Symptoms: The patient often has profuse hemorrhages, pains in the pelvic cavity, headache, backache, irritation of the bladder and rectum, profuse leucorrhœal discharge, and frequent watery discharges from the uterus; this watery discharge may be considered diagnostic of fibroid tumor. As the tumor enlarges it can be felt through the abdominal walls.

Treatment: These are cured by the absorption treatment. Copious injections to the womb of hot water and one dram of powdered golden seal and teaspoonful borax. Two grains of iodide of potassium, dissolved in full glass of water; drink in four doses. Capsules of Balm Palmetto inserted into the vagina night and morning. See Mental Therapeutics.

POLYPUS OF THE WOMB.

A polypus is a pear-shaped tumor attached to the uterus by a small pedicle or stem. It develops in the neck of the womb most frequently, although no part of the uterus is exempt. When it forms in the neck of the womb it frequently protrudes into the vagina and may pass out at the vulva.

Causes: Inflammatory action of the uterus, or obstructions to the menstrual flow, or anything which tends to keep up active congestion, predisposes to the formation of polypus.

Symptoms: The symptoms of polypus are similar to those of fibrous tumors, as pain in the back, and hemorrhages; the latter is a pretty constant symptom, especially if the polypus lies in the neck of the womb or vagina, and is subject to constant irritation. Consult in this case a good physician. Treatment same as for Tumors. (See Index.)

CANCER OF THE WOMB.

The breast, stomach and womb are the organs in which malignant tumors most frequently develop. According to statistics cancer of

the womb is most common and the point of attack is usually the neck of the womb. From a hardened and nodulated condition it soon passes into an ulcerative and sloughing state, and continues to destroy the surrounding tissues, till death comes to the relief of the sufferer. The duration of the disease varies from a few months to a few years. It is incurable, and will reappear after surgical removals.

The cause of cancer is supposed to be from some peculiarity of the blood. It occurs most frequently in middle life. It is an established fact that inflammation of the uterus is not provocative of cancer.

This malady frequently makes considerable advancement without attracting much attention. When the tumor begins to slough away hemorrhages appear, and offensive discharges which produce abrasions in the vagina—the complexion assumes a waxy hue and the general health fails. Sometimes cancer is attended with sharp lancinating pains.

Treat as change of life, and insert Balm Palmetto Capsules night and morning.

ULCERATION OF THE UTERUS.

Ulceration and congestion of the os uteri is the true pathology of the vast majority of cases called leucorrhœa. It exists in virgins, the non-pregnant, pregnant, but most frequently in those who have borne children.

Causes: Excessive sexual intercourse, imprudence during menstruation, as standing, walking, lifting, etc., and, very often, premature efforts after abortion or labor.

Symptoms: The most frequent is leucorrhœa, varying in quality, being mucous, purulent, or starchy; in color, milky, greenish, yellowish, or brownish—often tenacious masses of mucus, like starch, come away.

Treatment: Tincture of Iron and Nux Vomica, of each two drops in a full glass of water; make six doses of the medicated glass of water. Balm Palmetto Capsules inserted every night into the vagina.

MENSES DELAYED.

When a girl arrives at the age of puberty and the menses fail to make their appearance, do not feel alarmed; the cause may not be due to any defect in the constitution of the sexual system. It would be folly to give medicines to force the menstrual flow, as long as she is free from pain, headaches, backaches, dizziness or nervousness. Improve the bodily strength to a normal standard and the flow will follow as the day follows night. Treat as general debility.

PAINFUL MENSES.

For the various conditions in painful menstruation, such as dizziness, cramps of the bladder, rectum and bowels and bearing-down pains, when the discharge is dark and clotted, the face pale, flushed or bloated, treat as follows:

Soak the feet in very hot water for thirty minutes; drink very hot chamomile tea, plentifully prepared from the German chamomile blossom, a teaspoonful of the herb to a quart of boiling water; sweeten a little to taste. Wrap up warm in bed for two hours. To cure and prevent the tendency to this disorder, use Balm Palmetto Suppositories every night at bed time, inserting one into the vagina; also female tablets of Calophyllum, Viburum opulus, and pulsatilla, two tablets night and morning. Keep the feet warm with thick-soled shoes and warm stockings; do not indulge in ice cream, ice water, or salty foods. Cultivate cheerfulness of mind. (See Materia Medica.)

PROFUSE MENSES.

Excessive flowing is best overcome and cured by adopting treatment a month before the expected flow. Take phosphate of iron and Nux Vomica tablets, or two drops of strychnine in a full glass of water every half hour, alternated with the phosphate of iron. Keep as quiet as possible during the flow. Follow the treatment a few months; a cure will surely be established.

SUPPRESSED MENSES.

If caused by taking cold or getting the feet wet, or from some violent emotion of the mind—anger, great sorrow or grief—medicine and mental treatment both are necessary. Take Pulsatilla, six drops in a glass of water, and six drops of Tincture of Aconite in another glass; alternate, a teaspoonful every thirty minutes. Warm the feet in hot water or take a full hot bath before retiring. For mental treatment see Index.

MISCARRIAGE.

In such cases there should never be any delay in sending for a physician. If he can not be procured at once take Caulopyllum Tincture, 6 drops in glass of water; dose every twenty minutes one teaspoonful. The patient should go to bed and lie perfectly still; take deep but easy breaths, and keep the room cool and well ventilated. For further directions see chapter on "Signs and Progress of Pregnancy."

LEUCORRHOEA OR WHITES.

This is a catarrhal discharge from the vagina or womb, or both. Like all other catarrhal conditions, it is the result of inflammation. The discharge may be white, yellow, or greenish in color, and be thin and watery or thick like the white of an egg, or starch.

The menstrual period is usually preceded by a leucorrhœal discharge, as a result of temporary congestion, which passes away shortly after the menses cease. When leucorrhœa is constant and produces an itching of the external parts, or a burning sensation in the vagina, it is an indication of uterine disorder, and should be arrested at once. There are several varieties of discharges from the generative organs which are called leucorrhœa—any of which is caused by an increased secretion of the mucous lining of the affected part.

General weakness and debility may produce leucorrhœa; this general weakness may be associated with some derangement of the liver, lungs or heart. It may result from a general lowering of the vitality

or nutrition of the body which constitutes the first stages of consumption. Local causes are, any foreign growth in the womb; flexions, polypi in the uterus; congestions and prolapsus of the uterus. Leucorrhœa is often produced in children by pin worms in the rectum, in which case there is more or less itching in the vagina; or it may occur from debility. Leucorrhœa should always receive prompt attention. At the best it is difficult to cure, and when neglected, it is very apt to cause more or less serious changes in the coating of the vagina and womb, resulting in extensive ulceration and hardening of the tissues, causing barrenness, and the more serious developments of tumors, growths and cancers later on.

Treatment: Macrotin, one dose night and morning; alternate with Sepia (see Materia Medica), and treat as Change of Life (see Mental Therapeutics). Insert capsules night and morning of Balm Palmetto. I also advise local treatment once a week of very hot water in one gallon douches, making the water hotter and hotter. One thorough injection is better than a warm douche every day, which simply keeps the parts cleaned. Add a teaspoonful of borax to the hot water injections. By heeding our warning not to neglect the above disease, tumors, growths and cancers at the change can be avoided.

GATHERED BREAST.

This is an affection of nursing women, also called "broken breasts." It is an inflammation usually caused by catching cold in the breast.

Treatment: As soon as the soreness and hardness is noticed, wet a small cloth with pure essence of peppermint and apply it thoroughly to the sore spot and cover the two breasts with another cloth glazed over with melted yellow beeswax. Leave this on until the breasts feel soft and natural. Internally take six drops of aconite in a glass of water, and six drops of gelsemium in another, a teaspoonful alternated every fifteen minutes. If a running ulcer forms give Ostine No. 2, a dose every hour or two. (See Materia Medica.)

CHAPTER XXXVII.

PERITONITIS. (PERSONAL EXPERIENCE OF THE AUTHOR.)

My Own Experience—Curing this Desperate Case—A Knowledge which Saved Life—Results of Exposure—A Case Considered Fatal—A Poultice of Comfort—Nurse's Neglect Brings Relapse—It Meant Death—Relief Once More—Again the Neglect—The Dying Woman's Demand—The Struggle Back to Health—Eight Weeks Without Bowel Movement!—Eternal Vigilance the Price of Health—Value of Electro-Homeopathy.

ALTHOUGH I have given this incident in print before, I have decided to repeat it for the very important reason that many a seemingly fatal attack of this dreaded illness can be cured by the simple methods employed in my own case, and still unknown to many who will read these pages. Knowledge or the lack of it, on this subject, is often a question of life and death. I cannot refrain, therefore, from giving as wide publicity as possible to the facts, which are as follows:

After the birth of my last child, in the month of August, 1883, I was suddenly stricken with acute peritonitis, which involved ovaries and womb in severe inflammation. Being called out to visit some very sick patients, when my baby was only a month old and nursing, and not having fully regained the required strength, I took a severe cold after an exhaustive day's work in my rounds. In less than thirty minutes I was writhing in agony, with pain through my ovaries, womb, and finally the entire peritoneum, accompanied by purging and vomiting. My features shrank, giving the appearance of one in the malignant stage of cholera. A physician was called, who gave me a half grain of morphia to relieve the agonizing pains. The dose had not the slightest effect, and in thirty minutes he gave me another half grain with some whiskey, which caused a partial subsidence of the

pain for about half an hour. From that on, I suffered continually with the most severe and racking pain. I refused to take any more morphia, as I saw that the physician began to be very much alarmed. He ordered hot applications over the abdomen in the form of flannel cloths wrung out of hot water, but no relief came. Every stab through my abdomen, in all directions, can better be imagined than described. Another physician was called, a Homœopath, who prescribed aconite in alternation with belladonna, maintaining the hot applications day and night. This continued for four days, my pulse remaining at one hundred and forty beats a minute, and my temperature varying from one hundred and two to one hundred and three.

CONSIDERED FATAL.

During this time, there was no abatement of the pain. At the beginning of the next week, the second physician considered the case fatal, and made it known to my family. My features now were cadaverous, the nose pinched, and the thighs continually flexed to the abdomen. My pulse remained stationary, the temperature rising to one hundred and five.

TREATED MY OWN CASE.

My mind was perfectly clear, never having been more so in health. I realized that my case was hopeless in the minds of those about me, and in that of the attending physician. I finally decided to take my own case, dubious as it was. My clothes and the sheets were wet from the applications which had been used, and I felt assured that this gave me more cold. I ordered the nurse to scald two quarts of corn meal with boiling water, and mix with it red pepper and mustard, using a quarter of a pound of each, making a poultice large enough to cover the entire abdomen. I also directed her to prepare two glasses of water, in one of them dropping one pill of febrifugo, and in the other, one pill of the scrofoloso, and to apply heat to my feet and limbs by means of jugs and bottles of hot water. I took the medicine day and night every ten minutes, and on the third day I broke out

into a perspiration, which I kept up until the inflammation had entirely subsided. I shall never forget the comfort and assurance I received from the hot corn meal poultice. It is the most beneficial method ever conceived, and can be worn twenty-four hours without change, thus avoiding unnecessary exposure to cold. When the inflammation had subsided, I removed the corn meal poultice, replacing it with a piece of cloth spread with cosmoline and covered with a piece of oiled silk. In a few more days an evacuation of the bowels took place, the first half being black as coal, the last half perfectly natural and well mixed with bile. I continued using cosmoline upon the abdomen until fully assured of the complete absence of inflammation. This prevented any perforation or adhesion of the bowels. I continued the two remedies, febrifugo and scrofoloso, though not so frequently, allowing thirty or forty minutes to elapse between the doses.

CHILL BRINGS RELAPSE.

From these exceptionally good conditions, I unfortunately suffered a relapse. When, from pure exhaustion, I fell asleep, proper care was not taken to insure a continuance of these good conditions. The bed had cooled off, my pulse and temperature had gone down to less than normal, no more bed-clothes had been added, and the nurse also had fallen into a sound sleep. The cooling off awoke me; I was in a chill, and soon all pain and discomfort returned. I knew then it meant death. I awoke the nurse and, telling her my situation, directed her to renew the hot corn meal poultice, and the former frequency of the doses of medicine, with an additional dose of fifty pills of the febrifugo, dry on the tongue. In thirty minutes I had the chill under control, with a return of moisture and a rapid reaction.

This occurred twice in succession, the nurse falling asleep both times. I then refused to let sleep overtake me unless they agreed to keep awake while I slept, and maintain an even warmth about my body. After this they watched me during sleep, and if the temperature of the room changed, became cooler toward evening, or at any time

during the day, I was covered, and warm irons were placed at my feet. The chest and arms were also kept warmly covered.

THE STRUGGLE BACK TO HEALTH.

I then began to take nourishment, oatmeal gruel, hot thin soup, or hot milk. During the first four weeks of the attack I took nothing but water, and nothing but liquid food during the second four weeks. After the inflammation had fully subsided, I ate cooked rice, baked potatoes and baked apples. I suffered no further relapse from chills. My bowels had completely collapsed, were lifeless as dough, and heavy as lead. I had no use of the abdominal muscles or diaphragm, breathing only in the chest. I discontinued the febrifugo, and took only the scrofoloso. The nurse carried or assisted me to the bath-room to give me hot general baths, sponging off with cold water, and then placed me in bed to rest and sleep. At that time I took the scrofoloso every hour.

This treatment I continued every day until I could walk, which was during the eighth week, with the bowels feeling like lead and no movement. I then completely covered the bowels with two Benson's capcine plasters cut in shape to act as a support while walking or moving about. These I removed every three days, replacing with new, after washing the entire abdomen with alcohol and water. The latter treatment I kept up for nine months, and in connection took one weekly general bath. I am free from any adhesion, perforation or irregularity of the bowels or any of the sequelæ which so frequently result. Eternal vigilance was the price paid for the perfect health and strength I regained after one of the most violent and severe attacks of peritonitis with grave complications.

Such has been my success with all my patients, in every variety of disease, by the use of the Homœopathic remedies and Electro-Homœopathy.

CHAPTER XXXVIII.

SKIN DISEASES.

Some Slight, Some Obstinate—Some Yield to Home Treatment—Some Require a Physician's Care—Boils and Their Treatment—Suppuration—Poultices—Opening Boils—Dressing Boils—Diet—Baths—Ulcers—Chronic Ulcers—Milk Crust—Nettle Rash—Itch or Scabies—Sulphur Treatment.

DISEASES of the skin are numerous, and vary from the slight ailments which impair the beauty of the body's covering, to the more obstinate disorders that require considerable patience and persistence in treatment. As the simplest ones, such as enlarged pores, pimples, blackheads, etc., have been described in connection with the care of hands and face, it will not be necessary to include them here; while a few which cannot be expected to yield to home treatment alone, are left for the practitioner to deal with individually. Several, however, both common and distressing, I speak of here, and would also refer the reader to the chapter on "Beauty Baths," where the functions and the proper care of the skin are described.

BOILS.

These are well-known inflammatory tumors of a superficial and temporary nature, which usually attack the patient during youth and early maturity. Although annoying, and in their later stages often painful, they are not dangerous.

The treatment is very simple. In their earliest stages they may sometimes be dispersed by hand friction, lowering the diet, avoiding stimulants, and correcting any tendency to constipation. When they increase in size and painfulness, it is best to encourage their suppuration. This may be done by poultices of bread and linseed meal; or by covering them with some stimulating plaster.

When the boil is mature, carefully open it with the point of a

needle, and gently press out the matter. Dress the wound twice a day with a little simple ointment spread on a piece of soft linen, and fastened in place by a bandage. Each time when dressing the affected part, press out any matter remaining and cleanse the surface with warm water. As a rule, the pain and inflammation subside on the first discharge of matter, and the wound heals in a few days.

When there is a predisposition to the formation of boils, excess in eating and drinking should be especially avoided, the bowels kept regular, and frequent warm or tepid baths taken, to keep the pores of the skin open. Sea-bathing is of great benefit.

MOST ULCERS AND SKIN DISEASES

respond readily to the treatment of Syrup Styllengia Comp. To a half pint add six grains iodide of potassium; take a teaspoonful of the syrup night and morning. Bathe the body frequently with borax in water, a tablespoonful to a gallon of hot water; or put the borax into the bath. Diet: Plain food; very little meat; plenty of fruit and nicely cooked vegetables; whole wheat bread.

CHRONIC ULCERS.

All healing is accomplished through the proper circulation of the blood. An ulcer may remain unhealed for years if the circulation of that part is poor and feeble. The first step, then, to cure an old ulcer is to stimulate the circulation of the blood. Soak the diseased part with chamomile flowers, a half ounce, steeped in a quart or more of water. Saturate the part well with this hot fomentation, then heal with vaseline medicated with a few drops of tincture of golden seal thoroughly stirred in. If the sore looks indolent, with disagreeable odor, add a few drops of carbolic acid with the chamomile fomentation.

MILK CRUST.

This disease develops on the scalps of teething children. It may be confined to a portion of the head, or it may extend down the neck, or to the ears or eyes. Treatment: Wash the affected part with boiled

water and castile soap, and dry with a soft cloth by pressing gently. Apply small quantities of cosmoline on every part affected with the eruption. This will heal and remove the scabs, and ameliorate the itching and burning. Internally, give Count Mattei's scrofoloso, second dilution, every half hour. With the above treatment, milk crust can be cured in two or three weeks.

NETTLE RASH (URTICARIA).

Causes: Intestinal irritation, from eating strawberries, crabs, clams, or mushrooms. Also caused by uterine irritation during pregnancy, by menstruation, or by the introduction of pessaries or flannels. Symptoms: Spots resembling those produced by the sting of nettles or mosquitoes. Treatment: Rhus toxicodendron and aconite, in alternation. The diet should be free from any substance which might produce the disorder.

ITCH OR SCABIES.

This disease is caused by minute white insects, the Acarus Scabiei, or Sareoptis hominis, which insinuate themselves beneath the cuticle, and travel over the different portions of the rete mucosum. It is said that these insects travel in pairs, male and female, and that the female is very much smaller. By the aid of the microscope, they are observed to have a large number of bristles upon the head or proboscis. When they find a soft and moist portion of the skin, they burrow beneath a small dermoid scale, and luxuriate until a deposition of a small quantity of serum from the blood warns them that unless they take their departure, a flood will overtake them. But before taking their final leave, the female deposits her eggs at the point of the vesicle; thus a nidus is formed for the complete development of the acarii.

Symptoms.—A vesicular eruption makes its appearance between the fingers, and in other soft portions of the skin, accompanied by an intolerable itching. If the vesicle be opened, a small amount of sero-albuminous matter will escape, and if allowed to dry will form a light brown scale. The cause of scabies is contagion.

Treatment.—The only remedy necessary in the treatment of this disease is sulphur, and the reason why this remedy is not more successful is the inefficiency of its application. The entire surface of the patient should first be washed with soap and water; immediately afterwards, a strong decoction of sulphur should be applied to every portion of the body, and allowed to remain from one-half hour to an hour, when the whole surface should be wiped with a towel, wrung out of strong saleratus water. One application of the sulphur, used as directed above, will generally remove the disease; yet it is advisable to renew the application several times. The sulphur, on coming in contact with the insect, immediately destroys it.

CHAPTER XXXIX.

INFANTS' AND CHILDREN'S DISEASES.

General Instructions—Overalls for Children—The Sand-Heap—Lunch Between Meals—Fruit and Jam—Vegetables—Milk the Stand-by—Ailments—Cankered Sore Mouth—Cholera Infantum—Whooping Cough—Convulsions, Fits or Spasms—Croup—Diphtheria—Scarlet Fever—Mumps—Earache—Ear-Discharges—Colic—Constipation—Diarrhoea——Worms—Chicken Pox—Measles.

THE general directions already given for keeping infants in health will apply in great measure all through childhood. That is to say, a child of whatever age should be clothed with sufficient warmth, but not heavily, nor tightly; should eat simple, nourishing food, with much milk and little or no meat; should have an abundance of sleep, fresh air and sunshine; a warm tub bath twice a week and cold or tepid sponge baths daily.

THE "SUNBONNET BABIES" RIVALLED.

I heartily approve of the sensible twentieth century fashion of dressing tiny tots, whether boys or girls, in blue overalls and sending them out to play in the sand for the greater part of each day. The combined delights of a sand-heap and unrestricting clothing are decided health-producers, and not even the famous "Sunbonnet Babies" could look more picturesque than do the happy, "overall babies" when thus engaged.

MEALS, AND THE LUNCH BETWEEN MEALS.

When children want something to eat between meals, give them an apple, a graham cracker, or zwieback, or a slice of not too new whole wheat bread and butter; and if you remember your own childhood days, you will be glad to have me tell you that it will do no harm to add to the bread and butter an occasional layer of light brown

sugar, or of raspberry jam. It is an excellent plan, at one meal, to let children eat jam, such as strawberry, raspberry or gooseberry, with rice or with batter puddings. Baked apples are among the best of cooked fruits; and as to vegetables, mashed potatoes should be the staple, varied occasionally with Lima beans, peas, turnips, cauliflower, and asparagus. Oatmeal and other mushes are excellent for breakfast. Never give strong tea or coffee to a child; and it is better that meat shall form no part of the diet up to the age of eight years, at least. Milk contains every ingredient necessary to build up the body, and the larger proportion it forms of the daily bill of fare, the better; but the food may be varied according to the hints given above and in "Beauty Diet."

A child thus reared will have a good start on the road to solid, substantial health. In spite of all care, however, occasional disorders common to infancy and childhood will appear, and it is every mother's desire to know how to deal with them. I give, therefore, the following instructions as to the most usual ones:

CANKERED SORE MOUTH.

This affection is generally due to a disordered condition of the organs of digestion. Merc. corr. is a specific for simple ulcers in the mouth; but if the trouble has been caused by the abuse of mercurial preparations (i. e., salivation), Hepar sulph. and Hydrastis O are indicated. See also indications for Arsenic. alb. and Baptisia. Staphysagria is also a valuable remedy when the gums bleed easily.

CHOLERA INFANTUM.

Symptoms: Diarrhoea with vomiting.—This disease is always serious, and, if possible should receive the prompt attention of a homeopathic physician. Much can be done by careful attention to diet, giving the child plenty of fresh air and sunlight.

Treatment.—Veratrum veride; 4 drops of the tincture in a glass of water; a teaspoonful every 20 minutes. See "Teething."

WHOOPING COUGH.

This is said to be "nine weeks coming and nine weeks going," an old saying that does not apply to a proper homeopathic treatment of this affection. For two or three weeks there is a slight cough, with every appearance of a common cold, during which period it ought to be cured if handled properly. Halsey's Whooping Cough Syrup will always prevent whooping cough if it is given in this early stage, and can be relied upon, if given later, to check the disease entirely or greatly lessen its severity and shorten its duration.

Treatment.—During the first stage treat it as a common cold. If the whooping begins, Belladonna and Nux vomica are the most serviceable remedies. If the chest seems full of mucus that cannot be raised, or only when a fit of gagging and vomiting sets in, give Ipecac, and Tartar emetic. If the paroxysms are long and violent, and exhausting, spasms or suffocation being threatened, give Drosera and Cuprum met.

Directions.—In severe cases give a dose every half hour until better; then every three or four hours. Ordinarily a dose every two hours will be sufficient. A light diet should be persisted in. Drafts of air and fresh colds *must* be prevented if quick results are wanted.

CONVULSIONS, FITS OR SPASMS.

At no period of life are convulsions so liable to take place as in infancy.

During the teething period convulsions occur more frequently than at any other period. Convulsions are generally preceded by some changes in the countenance; the upper lip will be drawn up and is occasionally bluish, and there may be squinting, or a singular rotation of the eye upon its own axis, and alternate flushing or paleness of the face. These premonitory signs will sometimes manifest themselves many hours or some days before the attack occurs, and if noticed in time the occurrence of a fit may be altogether prevented.

Some, however, are unavoidable and the question comes, what

course is the mother to take at the moment of a fit. Instantly put the child up to the hips in a warm bath and apply cold water compresses to the head, frequently changed. Sometimes the convulsions begin and continue on one side of the body, and require great care in their treatment.

As teething and intestinal troubles are mostly the cause of convulsions or spasms I deem it important for guardians of infants and children to become familiar with the chapter on "Teething and Its Treatment." I can conscientiously say that during the large experience I have had with infants' and children's diseases, not a death is recorded to my name. In every case I deal with the causes and not the effects. The death rate is alarming among infants and children before the age of five years.

By following instructions for teething, convulsions of every phase are prevented, or cured if advice is heeded. The Ostine, Nature's Teething Powder, which I so often prescribe in diseases of infants and children, is a compound formula covering every necessity of infants, sick or well. Avoid all opiates to quiet the nervous, sick infant as you would any deadly poison. As I have so frequently remarked, "in reality there is no disease," but a disturbance of the vital force. Even in the hands of a physician there is no medicine the administration of which requires greater caution and judgment than that of opiates. (See Chamomile and Ostine No. 1 in Materia Medica.)

CROUP.

Two forms of croup are recognized. False or spasmodic croup is a purely nervous affection of the muscles of the upper windpipe. True croup is characterized by an excessive accumulation of mucus in the windpipe and the growth of a false membrane on the windpipe, which in severe cases, closes it up, causing death by suffocation.

FALSE CROUP.

The attack comes on suddenly, usually in the night; the breathing becomes very difficult, with a noisy, crowing or wheezy sound. Aco-

nite and Spongia alternately; a dose every 15 minutes usually suffices to promptly relieve this form of croup.

MEMBRANOUS CROUP.

The attack of true croup is always gradual. For several days there is all the appearance of a common cold, which seems to settle in the throat and windpipe; the voice becomes husky and the cough gradually hoarser. In from two to five days the breathing becomes more difficult; the inspiration causes a crowing, hissing sound; there may or may not be a rattling of mucus in the windpipe; the climax may occur in from five to ten days from the commencement of the cold, and unless promptly relieved may then result fatally in a very short time, in from twenty-four to forty-eight hours.

Treatment.—During the catarrhal stage Aconite and Spongia alternately, a dose every hour or two, will usually check further progress of the disease; but if the first stage was neglected and there is a loose, rattling, choking cough, great difficulty in breathing, and the air passages seem clogged with mucus, alternate Hepar sulphur and Tartar emetic, a dose very fifteen minutes until relieved.

If the cough becomes hoarse, dry and barking, the tonsils and larnyx red, swollen and covered with a deposit of false membrane, the wheezing and rattling in the windpipe so violent as to be heard at a distance, give Kali bichr. 2x and Spongia in alternation, a dose every fifteen minutes until relieved.

The true croup is always a serious disease, and should, if possible, receive the prompt attention of a homeopathic physician. Where this is impossible provide plenty of fresh air in the room, without a draft; keep a kettle of boiling water in the room for moisture, and have the temperature of the room as near 70 degrees F. as possible. Immerse the child to its knees in water kept constantly as hot as can be borne, rub the limbs well and when removed from the bath wrap in warm flannel after wiping them dry. Apply a cloth wet with cold water to the throat and cover with a flannel; renew hourly.

DIPHTHERIA.

Symptoms.—Slight fever, loss of appetite and strength, with some soreness and pain in the throat, also swelling of the glands near the throat.

In the first stage, there is only a reddening of the surface of the affected parts, but within twenty-four hours small yellowish white patches may be seen which in mild cases loosen and are thrown off in four or five days. In severe cases these increase in extent and thickness, and assume a grayish color. Strips of the false membrane may be thrown off by coughing, only to be immediately formed again. As the severer conditions set in, the patient becomes restless, this condition being followed by great prostration.

Treatment.—Belladonna third, and Aconite third should be given in alternation, every thirty minutes. The throat should be gargled thoroughly every hour with alcohol and water, equal parts. The water may be either hot or cold. This gargle readily destroys the false membrane. Give very hot baths when the patient is first stricken, also use the foot bath of alternate cold and hot water. Place over the throat a well salted slice of fat pork.

Diet.—Milk, beef juice, soups, chicken broth and mutton or other nutritious stimulating food is necessary. Bits of ice or ice-water may be allowed in small quantities at short intervals. In bad cases, when the vitality is at a low ebb, administer stimulants. (See and treat as *fevers.*)

SCARLET FEVER.

This affection, as with diphtheria and several other diseases in this book, is not a fit subject for home treatment. It begins with the ordinary symptoms of fever—shivering, hot skin, frequent pulse, thirst, sore throat, enlarged tonsils, and often, vomiting. On the second or third day an eruption appears, first on the neck and breast, then on the larger joints and body generally.

The eruption is minutely point shaped, but not raised above the

surface of the skin so as to be felt. The color is a bright scarlet, somewhat resembling a boiled lobster shell. In measles this color is darker, and the eruption renders the skin rough or uneven to the touch.

Scarlet fever may be known by (1) the scarlet rash; (2) the high temperature of the skin and blood, rising often to 105 and 106 degrees; (3) the sore throat. This last symptom is not always present. About the fifth day after its appearance the eruption usually begins to decline and gradually goes off, the outer skin peeling off in large flakes. Scarlet fever is very contagious, and the utmost care must be taken to avoid its spread. (See index for "Sick Room in Contagious Diseases.")

Treatment.—Aconite and Belladonna may be given alternately, a dose every hour or two. If ulcers appear in the throat, alternate Belladonna with Mercurius viv., a dose every hour. If the rash disappears suddenly, give Byronia every two hours, and if there is a disturbance of the stomach with nausea and vomiting alternate it with Ipecac. If the disease assumes the malignant form—recognized by the depression of strength, brown tongue, delirium, dark, imperfectly appearing and disappearing eruption, dark, livid, diphtheretic appearance of the throat—alternate Lachesis with Merc. vivus, a dose hourly. If these do not relieve in twenty-four hours, give Arsenic. alb. and Carbo. veg. alternately in hourly doses.

Directions.—Sponge the body with tepid water two or three times daily, place on a dry sheet and allow the skin to dry without rubbing. A wet bandage on the throat will greatly relieve the swelling.

Prevention of contagion.—If given soon enough, Belladonna 2xd. never fails to prevent scarlet fever; a dose three times daily.

Diet.—Milk and water will be sufficient during the high fever; as the fever lessens, thin gruels, broths, beef juice and cream toast may be given. (See Fevers.)

MUMPS.

This is a swelling of the gland that lies beneath the jaw bone near the ear. It rarely requires the administration of any other remedy

than Mercurius vivus, which should be given every two or three hours. Carefully avoid taking cold, especially while recovering, as the inflammation is liable to spread in the case of females to the breast, and in males to the testicles.

When the breasts are affected give Pulsatilla every two hours. When the testicles are involved, alternate Arsenicum alb. and Pulsatilla, a dose every two hours. If the swelling about the neck becomes very severe and suppuration seem inevitable, a poultice may be applied, and the abscess opened when it points or comes to a head.

EARACHE.

Belladonna and Mercurius viv. alternated are generally sufficient to remove this difficulty. But if suppuration threatens, Hepar sulph. and Mercurius viv. should be used.

A few drops of Mullein Oil placed in the ear is said to be a specific for earache. It is also very good for the gradual approach of deafness in the aged.

If caused by exposure to cold winds and the ear is hot, swollen and red, Aconite is indicated. If it results from measles, Pulsatilla is the remedy. Belladonna and Chamomilla are useful remedies for the earache in children.

Directions.—A dose every half hour until relieved, then every two or three hours. A teaspoon quarter full of sweet oil, with one drop of laudanum, warmed and put in the ear, will generally stop the pain at once. If not, this will: Put five drops of chloroform on some cotton, place it in the bowl of a pipe, insert the mouth-piece in the ear and gently blow the vapor in the ear. Warm poultices are necessary if an abscess forms. A large amount of hard wax will often be found in the ear, the product of an inflammation, from a previous cold in the head. This is a frequent cause of earache and should be removed. Sweet oil will soften it and in a day or two it may be carefully picked out or syringed out with warm water.

DISCHARGES FROM THE EAR.

This affection is often very persistent, even when one is under the care of a skillful specialist. Especially is this true with scrofulous children. The disagreeable possibility of partial or total deafness should lead one to seek the best medical advice.

A cold in the head that produces an abscess in the ear requires Hepar sulph. and Merc. viv. (See earache.) Such discharges as a rule soon disappear. If, however, the ear continues to discharge a thick, yellowish fluid that does not make the outer ear sore; and especially if the discharge follows measles or scarlet fever, give Pulsatilla and Merc. viv.

If the parts are red, the pain comes in paroxysms, the discharge makes the outer ear sore and there are occasional hemorrhages, give Ferrum Phos. 3xt. If there is a partial deafness, with snapping noises in the ear, the whole inner ear seems to be inflamed and ulcerated, Kali Mur. 3xt. is indicated. Silicea is also a valuable remedy in such cases. If the discharge is very offensive, the odor resembles that of rotten meat, Psorinum 30xd. should be given.

Directions.—A dose should be given before meals and on retiring. The ear must be cleaned with some antiseptic powder or solution at least once a day. Halsey's Surgical Dressing is a splendid application for such cases. The size of a pea may be blown into the ear through a quill or straw, or it may be dissolved in a little warm water and dropped in the ear, or used in a glass syringe.

Never inject fluids forcibly into the ear. Cotton should always be worn in the ear while the discharge continues.

COLIC OF INFANTS.

If the child screams out suddenly, draws its limbs up and writhes, it probably has the colic. Give Chamomilla and Colocynth alternately, a dose every fifteen minutes or half hour.

Immediate relief can usually be given by putting hot, dry, woolen

cloths to the abdomen, or what is better, a rubber bag filled with hot water.

CONSTIPATION.

The immediate cause of constipation is generally a weakness or deficiency of the worm-like motion of the larger bowel, but the secretions and peristaltic activity of the smaller intestines may also be at fault, or the liver may not secrete sufficient bile.

Treatment.—See "Teething."

DIARRHOEA OF CHILDREN.

Tne general treatment is about the same as in Cholera Infantum. We give a few special indications.

If it is due to errors in diet, changing the food, or occurs in hot weather, alternate Ipecac and Nux Vomica.

If indigestion has been caused by fats or pastry, Pulsatilla should be given. If accompanied by slow, difficult teething, Chamomilla and Calc. carb. are indicated. If the stools are dark brown or yellow, Bryonia and Podophyllum 3xd. should be given alternately. If the stools are mostly a greenish, slimy mucus or streaked with blood, alternate Ipecac and Merc. cor. If accompanied by Thrush, it must be treated as such. See "Nursing." If thin and watery, accompanied by extreme exhaustion, Arsenic. alb. and Veratrum alb. are indicated.

Directions.—Give a dose after each movement of the bowels. If hand-fed, extreme care must be observed with the diet.

PIN WORMS.

These are also called thread and seat worms, and are very slender and less than an inch long. They occur chiefly in children and are generally found in the lower part of the large bowel, near the rectal orifice. In females the worms sometimes work their way into the urethra and vagina. The chief symptom is the intolerable itching within and about the anus; the general health is affected much the same as is described under Round or Stomach Worms.

Treatment.—Prepare a small quantity of starch as it is generally

used in starching clothes, only a trifle thinner; to 4 tablespoonfuls of this add 2 drops of spirits of turpentine, mix it thoroughly and inject into the rectum. A second application would not be required if the eggs could be killed by such treatment. It must be repeated, therefore, at intervals of two or three days until all the eggs have been hatched and the worms expelled.

At least once every day the rectum should be well greased with lard, being careful to apply it thoroughly in all the small folds near the opening of the rectum, both inside and outside, and as far into the bowel as the finger will reach. This will prevent the propagation of the worms.

The size of a pea of Santonine lx in powder form (or two tablets mashed into powder) mixed with the lard will increase its efficacy. A dose of Mercurius viv. should be given in the morning and one of Silicea at night for one month to remove the predisposition to worms.

Observe directions for diet under Round Worms.

ROUND OR STOMACH WORMS.

These usually affect children and are generally found in the small intestines, though they sometimes work upward into the stomach or downward into the large bowel and are passed in the stools. The worms are from four to twelve inches long.

Their presence in the body causes symptoms to arise which will often lead parents to think that the child does not digest or assimilate its food properly. The food is usually digested all right; but the system does not get an opportunity to assimiliate it; the products of digestion are what the worms live upon; they therefore rob the body of a portion of the nutriment designed for it.

Aside from the actual presence in the stools, the clearest indications of the existence of worms are: rubbing and picking the nose, grinding the teeth; restless slumber, the child starting and crying out during sleep; bloating of the belly. Aside from these symptoms we naturally find those that result directly from the loss of the food material

that is absorbed by the worms. The child grows thin, with a sallow or very pale complexion, dark rings under the eyes, a variable, capricious appetite, fetid breath, the stools contain much slimy mucus; sometimes a cough develops.

Treatment.—Santonine lx is the best remedy to give. A dose before meals and on retiring for two days, followed by a dose of Castor Oil which expels the worms whole. It can be safely asserted that no worms are present if none are passed after the oil is given. Continue this treatment until no more worms are passed. Santonine lx should always be given as follows: Under two years, half the size of a pea of the powder, or one tablet per dose. Under four years, the size of a pea of the powder or two tablets; for those over four years, the last dose may be doubled.

CHICKEN-POX.

This is a pustular eruption similar in appearance to small-pox, only there is less fever, and the pustules about the second or third day become filled with a watery fluid that does not become yellow, as in small-pox; also the duration of the disease is shorter in chicken-pox. The pustules generally dry up about the third day, forming crusts or scabs.

Treatment.—But little medical assistance is required. Attention should be given to the diet, which should be light and nutritious. Aconite may be given if the fever is high, a dose every hour, but Rhus tox. is the best remedy and should be given every two or three hours until the scales disappear. If there should be headache and disturbance of the brain, with flushed face, alternate Rhus tox. with a few doses of Belladonna.

MEASLES

begins with all the symptoms of an ordinary cold. About the fourth day a small red eruption appears in the form of minute pimples, which gradually join and form slightly raised blotches. In four or five days the fever subsides, the eruption declines, and a bran-like scurf is

thrown off the skin. Measles usually run a very mild course. The bad results occasionally following this affection are generally due to neglect or improper treatment.

Treatment.—During the fever Aconite will generally be the only remedy required. As the fever subsides gives Pulsatilla, which will prevent any bad effects following the measles. If the eruption disappears suddenly or is imperfectly or slowly developed, and there is a disorder of the stomach, difficult breathing and a severe cough, alternate Bryonia with Ipecac.

Directions.—A dose every three or four hours. Fresh colds should be carefully avoided. A temperature of 70 degrees F. is the proper warmth of the room; ventilate well, but avoid drafts. Warm baths will develop tardy eruptions. Darken the room if the eyes are affected.

CHAPTER XL.

NERVOUS TROUBLES; THE POWER OF MIND.

Usually Affect or Spring from the Mentality—Sympathetic Nervous System—Controls All Vital Processes—"The Silent Schoolmaster"—Treat the Solar Plexus—Bodily Changes Arising from Emotions—"They are Able Because They Think They are Able"—Close Relation of Brain to Nervous System—Instance of the Power of Suggestion—Dressing in Black a Mistake—Put Brightness in Your Clothing—Danger in Frightening Children—Help Your Child by Being Cheerful—Nervous Diseases to be Treated both Mentally and Physically—Neuralgia—Nervous Debility—Sleeplessness—Nervousness—Hysteria—Hypochondria—Chorea, or St. Vitus' Dance—Nervousness from Teething—List of Special Remedies—Pregnancy—Overstudy—The Temples We Are Building—Broad Field of the Mind's Work—The Art of Teaching—Genius Knows No Rules—Work by Yourself First; then Go to a Teacher.

PERSONS of the mental temperament are peculiarly subject to disorders of the nervous system. The origin of these troubles may be either physical or mental. Even when the cause is wholly physical, however, the diseased condition nearly always becomes mental as well; being carried by the sympathetic nervous system directly to the brain.

This sympathetic system of nerves, you will remember, controls the circulation of the blood, respiration, nutrition and all the various vital processes; it has been called the "silent school-master" over the sensory nerves of the body; and its center, the solar plexus, situated behind the stomach, controls the viscera of the abdomen and chest, influencing the heart, stomach and womb. The treatment of this plexus, important as it is, has been generally overlooked. To develop and keep it in a strong, healthy condition, follow the directions given in "A Breath of Air."

POWER OF MENTAL TREATMENT.

Chemical analysis of the perspiration of criminals has proved that the secretions of the body undergo certain distinct changes under the

influence of different emotions; so that it has been found possible to trace the existence of hidden anger, fear, grief or remorse and distinguish one from the other, merely from this chemical difference in the fluids. The perspiration of an angry man contains deadly poison. It is a familiar fact that extreme fright or anger will poison or dry up the milk in the breasts of a nursing mother, and that even the lesser emotions of worry or annoyance will vitiate its quality; that violent grief or terror will so affect the coloring matter of the glands at the roots of the hair as to turn the hair white in a few hours; that good news brightens the eyes and straightens the stooping figure; that bad news blanches the cheek and destroys the appetite; and that confirmed invalids have many times found undreamed-of strength when obliged to meet some great emergency unaided. Virgil said of his soldiers, "They are able because they *think* they are able," and Mulford's theory that the quality of thought determines the body's condition is well founded. This is no more true in nervous ailments than in others, but in these it is more quickly and easily proved, because of the close, direct relation between brain and nervous system.

THE TRANSFORMED MUSIC LESSON.

Nervous disorders can be controlled and cured by strong auto-suggestion; that is, by deliberate, firm statements of health made by the conscious to the subconscious mind of the patient. Let me give a simple illustration which will help to make this clear.

In girls of eleven or upwards, there is often considerable nervousness, with backache, headache and irritability caused by the physical disturbances of approaching puberty. This discomfort is far from being imaginary alone; it is as real as any other disorder. Yet here is an instance of the power of suggestion to conquer the trouble.

A noted author's young daughter was taking music lessons. As she was about to take her place at the piano one day, she complained of not feeling well. "My back aches," she said, languidly, "and I dread practicing those tiresome scales and exercises; they are so dull."

"I can tell you of a way to change all that," said the sensible mother, not pityingly, but brightly. "Just say to yourself, 'My back *doesn't* ache; and I *like* to practice!' Then tell me afterwards how it turned out." The little girl caught the spirit of the experiment, and promised, laughingly, to try the new "medicine." At the end of the practice-hour she was back again, her face glowing with animation and surprise.

"Why, mamma," she said, "those exercises are *really pretty!* Almost as pretty as a piece! and my back *stopped aching!*"

The same principle applies more widely than is generally believed. The mind controls the body whether it consciously tries to do so or not; but through ignorance, this control is often exercised in the wrong direction, suggesting and bringing weakness rather than strength.

EFFECT OF WEARING BLACK.

The custom of dressing in black because of the death of friends is, in my opinion, a great mistake. It does no good, is a direct contradiction of the Christian's professed belief in eternal life, and sheds gloom and depression of spirits on all around. The sensitively organized are often made ill from no other cause than this depressing mental suggestion. Mourning garb should be banished to the Dark Ages, and with it, the notion that elderly people should confine themselves to black clothing because of their years. From what superstition did the belief ever arise that an exemplary life must needs be sad or express sadness, simply because it is prolonged? Without going to the extreme of dressing in all colors of the rainbow, there is certainly a multitude of quiet, soft, becoming hues in perfect taste for those over as well as under fifty; white in summer is not a forbidden luxury; and a frequent touch of brightness in the wardrobe will do much to banish the aches and pains. Try it and see.

Akin to the error of dressing in funeral style is the still worse custom of frightening children with terrifying stories. Many a child has had the nervous system thoroughly deranged by this practice on

the part of foolish servants or schoolmates. Never permit it in anyone, as you value your child's health.

HOW THE MOTHER'S THOUGHT-ATMOSPHERE AFFECTS THE CHILD.

No child is too young to be favorably affected by the bright, serene health-thoughts of the mother; on the contrary, the younger the child, the more easily influenced by the nature of the surrounding mental atmosphere. The subconscious mind of the infant will take suggestions for good or ill long before the conscious mind is able to grasp them. A nervous, over-anxious mother will, therefore, help her child best by first cultivating health and cheerfulness in herself.

SOME COMMON NERVOUS TROUBLES.

The treatment for all nervous diseases should be both mental and physical; each helps the other. Following are some of the most common ailments of the nervous system, and the method of dealing with them:

NEURALGIA.

This is a functional disorder of some particular nerve. Physiologically, it is an irritation in the course of one or several sensory nerves.

Causes.—Hereditary predisposition, malaria, painful, critical or censorious thoughts, exposure to cold, thinness of blood.

Treatment.—For constitutional debility, enrich the blood, and excite its circulation with hot baths. Iron phosphate, third attenuation, is the remedy. Keep the feet warm.

Diet.—Bread made of whole wheat flour, eggs, vegetables, oatmeal at breakfast, and fruit; indulge in plenty of fresh air. (See "A Breath of Air.") Apply friction over the entire body night or morning *with a little good olive oil.* Tell yourself, and insist upon it, that you have not an enemy in the world.

NERVOUS DEBILITY, OR BRAIN FAG.

This condition may be caused by excessive study and constant mental application; by chronic diseases that lessen vital activity; by

sexual excesses, or self-abuse. The symptoms are low spirits, nervousness, palpitation of the heart, groundless fears of financial ruin. For treatment, see Brain Food in Materia Medica.

Diet.—Eat sparingly of solid food when tired; take liquid foods, hot milk, buttermilk, soups, and the lemon and egg tonic. (See Index.)

SLEEPLESSNESS OR INSOMNIA

is often caused by overwork or mental strain. The patient is irritable and easily excited, weak and nervous; under such conditions one can hardly expect sound, refreshing sleep. The cause must be removed to obtain permanent results. Avoid tea and coffee.

Treatment.—Belladonna and ignatia, six drops of each in separate glasses of water taken alternately, one teaspoonful every half hour. Hot foot baths; brisk friction of body after a hot bath. Liberate the mind from all business cares and worry. Change the thoughts entirely. See "Mental Therapeutics."

NERVOUSNESS.

If caused by general debility, Nux Vomica is the best remedy, in connection with hot baths. If by mental anxiety, read "Mental Therapeutics." If the cause is a disease of the uterus, use hot injections, two or three times a week. Take Pulsatilla and Helonias, night and morning. Dyspepsia is one of the greatest sources of debility, causing various degrees of nervous disturbance. Remove the cause by eating with great precaution only such food, in small quantities, as is easily digested. Read Diseases of Women, and "Brain Food." (See Index.)

HYSTERIA.

Hysteria is a disease of the nervous system, almost wholly confined to females. Usually, the attacks are sudden and irregular, though in some cases periodical. The patient bursts into fits of weeping, soon to be followed by convulsive laughter. The disease generally makes its appearance before puberty, and is supposed to have its origin in deranged uterine action, also debility and nervous exhaus-

tion. Ignatia is the remedy for nervous exhaustion; macrotin and Pulsatilla for the menstrual derangement. Exercise, deep breathing and outdoor life are very important.

HYPOCHONDRIA.

In this, the patient is afflicted with a morbid melancholy, especially in regard to disease. Give ignatia and phosphoric acid prepared as lemonade. See Brain Food, Materia Medica; also Mental Therapeutics.

CHOREA, OR ST. VITUS' DANCE.

Symptoms.—Chorea is defined as a nervous disease, the seat of which is supposed to be at times in the brain, and at other times through the entire nervous system. By degrees, the voluntary muscles of the whole body become affected, the limbs jerk about in every possible direction, and the face is contorted by all sorts of involuntary grimaces, much to the annoyance of the patient. Children between the ages of five and fifteen years are most subject to this affection.

Treatment.—Plain, nutritious diet. Bathe the body in hot water, and sponge off with cold. If constipated, give a powder of Nux Vomica every night. If there is a pale, bloodless condition, give ferrum phosphoricum, first decimal trituration, one grain after every meal. If there are symptoms of coma, give Santonine. If there is delayed menstruation, give Pulsatilla every morning; 4 drops in a glass of water, a teaspoonful every thirty minutes; and two drops of strychnine in the same way alternated with the Pulsatilla.

NERVOUSNESS FROM TEETHING.

If an infant is restless during the teething period, give Ostine No. 1. (See "Teething.") For this, and for nervousness from anger or vexation, or from the use of coffee or tobacco, or for sleeplessness in children, Chamomilla is also good. Other remedies are especially helpful, as follows:

Gelsemium, for neuralgia in left side of face, and many nervous troubles.

Hyoscyamus, for spasms, with jerking and twitching of every muscle; nightly sleeplessness, and hysteria.

Ignatia, for nervous headaches, sleeplessness, and other nervous disorders.

Nux Vomica, for all nervous affections due to depression resulting from excessive study, haste or worry in business, anxiety; or by indulging in strong coffee or other stimulants.

Coffea Cruda, for sleeplessness, restlessness and nervous disorders of women, children and aged persons; neuralgia of the right side of the head and face.

Caprum Met. for nervous derangements characterized by cramps, convulsive movements and spasms; St. Vitus' dance of upper extremities or at one side of the body.

These, with the Ostine and Brain Food already mentioned, constitute several of the most valuable remedies known for nervous diseases.

NERVOUSNESS IN PREGNANCY.

In the chapter on "Discomforts of Pregnancy," are given hints on overcoming the difficulties that threaten the pregnant woman. Concentrating her mind on the qualities desired for the unborn child will help towards a normal condition.

OVERSTUDY.

In many public schools, this is a frequent cause of illness of the pupils. Such schools need to change their methods from the cramming to the free unfoldment taught by Pestalozzi and Froebel.

MAN AN UNCONSCIOUS ARTIST.

Every man is the builder of a temple after a style purely his own, to the God he worships. We are all sculptors and painters, and our material our own flesh, blood, and bones. Man is mind. He is an unconscious artist, dwelling in the midst of an endless variety of mental pictures. True education is the increase of the richness of the mind for its own sake. If we would reap joys, our own hands must

hold the sickle. Time, patience, and indefatigable labor will do the rest. Any nobleness of mind begins at once to refine a man's features; any meanness or sensuality to imbrute him. Ugliness of expression in the old or young comes of unconscious ugly thoughts; the law for beauty, and the law for perfect health are the same. Both depend very much upon the state of your mind, or upon the kind of thoughts you put out and receive.

A TEACHER'S TRUE PROVINCE.

The true art of teaching or how to learn, is not to make any study "hard." There should be no hard study, at any age. Real study is easy and pleasing mental effort. Genius knows no "old master"; it knows no set rules made for it by others. It makes its own rules as it goes along, as did Shakespeare, Byron and Scott. Your mind may have in it the seed of some new idea, discovery or invention; some new rendering of art in some form, which the world never knew before. If you take up any trade, art, or profession all by yourself, and grope along in it by yourself for a few weeks, at the end of that time you will have many well-defined and intelligent questions to ask about it of some one more experienced in it than yourself. That is the time to go to the teacher. The teacher should come in when an interest in the art or study is awakened. All work, study, and mental applications, to become useful in life, are recreative unless too long prolonged; then they become irksome.

CHAPTER XLI.

FEVERS AND CONTAGIOUS DISEASES.

Symptoms of Fevers—Classification—Eruptive Fevers—Typhoid—When It Is Epidemic—Purgatives Dangerous—Fever a Warfare to Expel an Invader—Successful Treatment Derived from Experience—Where to Place the Patient—The Hot Bath—Perfect Quiet—The Eruption—Guard Against Taking Cold—Convalescence and Its Dangers—Lung Complications—Dress Warmly on Recovery—Pure Air the Best Appetizer—Caution in Eating—Preserving the Hair—Massage Parts that are Weak or Inactive—Drink Water—Bathe—Rub with Olive Oil—Diet—Constipation—Scarlet Fever, Diphtheria, and Measles—The Gargle—Intermittent Fever—Small-pox—Chicken-pox—Diarrhoea—Ague and Malarial Fever—La Grippe—Asiatic Cholera—Successful and Energetic Work for Two—Quick, Self-Possessed and Fearless Attendants—Preventive Treatment—Predisposing Causes of Cholera.

THE symptoms of all fevers are languor, headache, chilliness, weakness and loss of appetite.

Fevers are classified as contagious, non-contagious, idiopathic and symptomatic.

Typhoid fever, scarlatina or scarlet fever, diphtheria, measles, small-pox, erysipelas and malarial fever come under the head of eruptive fevers, the prognosis of which is favorable or unfavorable in proportion to the previous state of health of the patient.

TYPHOID FEVER.

In this disease the stage of incubation is generally three weeks, in some cases four, and in others two. Typhoid fever epidemics are most prevalent from August to November, although under favorable circumstances, they may occur at any time of the year. The symptoms of typhoid fever are, a sense of general indisposition, weakness and debility, with headache, dizziness, soreness of the limbs, sometimes bleeding at the nose, and chilly sensations. These occur several days before the attack, which is ushered in with a violent chill, or repeated

chilly sensations daily. This is followed by fever, the pulse rising during the first week from ninety to one hundred beats per minute, and the temperature from one hundred and one to one hundred and four degrees.

STRONG PURGATIVES DANGEROUS.

From the earliest history of medicine until the present day, many and various theories have been advanced relative to disease, as well as much unsuccessful practice founded upon them. One of the most erroneous ideas is that which leads to the administering of purgative medicine at the commencement of a fever, in order to expel it from the system. This practice has been the means of increasing mortality to an alarming extent, as, after a drastic purgative has been given, it is almost impossible to effect a cure. The greater the malignity of the fever, the more serious the danger. This habit is very prevalent in private or domestic practice. The idea is to lessen the fever by removing the poison in the system through purgation, which treatment has often imperilled the life of a patient before a physician could be summoned, although in typhoid fever this almost fatal mistake has frequently been made by members of the medical profession.

The ancients, to whom we are indebted for much knowledge, believed fever to be the result of a warfare between the vital forces of the body, and some noxious element invading it. This is also the opinion of Ray, Rush, Sydenham, and other radical and progressive thinkers of the present day. Our object, then, is to remove this offending element from the system by the most natural, safe and reliable method known, thus arresting disease if in the premonitory stage, and shortening its duration or lessening its severity in the second stage, eventually curing it without destroying the health and constitution of the individual.

The following system is not based upon untried theory, but upon practical experience. Sufferers from typhoid fever, even in the last stages, have recovered by this method.

SUCCESSFUL TREATMENT OF FEVERS.

When any fever symptoms are manifest, medicate two glasses of water, one glassful with ten drops of veratrum veride, the other with two drops of strychnine. Give the medicated one with veratrum veride a teaspoonful every twenty minutes until the skin is moist; of the glass in which two drops of strychnine have been dropped give a teaspoonful once in two or three hours.

Have the patient placed in the sunniest and best ventilated room in the house; the parlor, should that answer the description.

Before placing the patient in bed, bathe his feet thoroughly in hot water, then in cold, and again in hot water. If a bath tub is convenient, give the patient a hot bath as soon as possible. While he is in the water, increase the temperature gradually by pouring hot water over the chest from a dipper. Continue until the heat is as great as the patient can bear. While in the bath, the body should be covered with a piece of flannel or a heavy towel. If the head should feel full or dizzy, place a wet, cold towel around it. Wipe until thoroughly dry, place in bed with warm coverings, and a jug of boiling water at the feet. Do not neglect to administer the medicated water as directed. The hottest summer weather will admit of this treatment. Allow no one in the sick-room, and avoid all conversation. Perfect quiet must positively be maintained.

AVOID SUDDEN COOLING.

If normal conditions do not assert themselves in a few hours, and the fever should continue, with great thirst, keep the patient carefully covered, being particular not to check in the least any moisture of the skin, or any rash that may now be making its appearance on the surface of the body. Words cannot describe with what rapidity a too sudden cooling of the skin will cause any eruption, which may be about to make its appearance, to recede. This eruption is sometimes so faint as to escape detection by an inexperienced person. In some patients in presents itself only as a slight redness of the surface, or in spots

on some portion of the body. This may be regarded as unimportant by a person unskilled in sickness, when in truth it is a critical moment. A reaction of the entire system occurs—an effort to expel the obnoxious irritant poison of the blood from the system. The combined action of the medicine and the external stimulation of the bath causes increased heat and, consequently, a nervous condition of the entire system. If at this moment the patient throws off the clothes, or is uncovered, the chill thus received causes the eruption to recede to the interior, where it fastens upon the lungs, bowels, or perhaps upon the entire tract of mucous membrane.

The veratrum veride acts as a general sedative, eliminative, and diaphoretic, acts as a powerful assistant in bringing a retarded or checked eruption to the surface. The unquenchable thirst must be gratified by pure spring or cold boiled water prepared as follows: Medicate one quart of water with ten drops of veratrum veride. Of water thus medicated, the patient may consume two or three quarts during the twenty-four hours. All food must be withheld until the fever has abated. Then gruels (see chapter on Dishes for Invalids) may be given in moderation, until sufficient strength is established to enable the patient to take solid food. This is best withheld as long as possible.

CAUTIONS FOR CONVALESCENTS.

The greatest liability of the patient is to take cold, consciously or unconsciously, and suffer frequent relapses, which weaken his power of endurance.

Do not be in too great haste to remain out of bed long at a time, when convalescing from fever; as soon as slightly fatigued, lie down, cover up warmly, and rest. Take food often, in small quantities, until health is restored. If the symptoms indicate a recession of the rash to the lungs, bowels, or both, the case has become complicated, and a serious disturbance of the entire system prevails. The veratrum must be renewed, and given as in the commencement of the disease, a teaspoonful every five or ten minutes. This will bring about a reac-

tion, but the bowels and lungs must, from the very commencement, be well cared for. If the bowels show any signs of looseness or irregularity, cover them completely with a poultice made as follows: to one quart of corn meal, add boiling water sufficient to make a thick pancake batter. Add two tablespoonfuls of red pepper and one of ground mustard, mix thoroughly, and spread between cloths. This poultice should be one inch in thickness, and should be held in position by means of a long bandage, securely pinned. Should there be difficulty in breathing, indicating complications of the chest and lungs, with a dry, brown tongue and parched lips, put four drops tincture of baptisia in a glass of water, and give a tablespoonful every hour. Also apply a poultice large enough to cover the entire chest, prepared as for the bowels. Keep the feet warm with jugs of hot water. Bathe the patient in equal parts of hot water and alcohol, once a day, in a warm room, being careful to expose only one part of the body at a time, keeping the doors and windows closed. Change the body garments once a day when perspiration is established. Perspiration usually induces sleep, thus relieving the nervous tension. The odor emitted from the patient is something indescribable, but need not cause alarm, for as soon as this stage is reached the patient is out of all danger from the disease. The only peril which still threatens him is a tendency to become easily chilled, which would probably result in a relapse. Should this occur, treat as in the beginning of the disease, giving the medicines internally, and applying stimulants externally to feet, bowels, or wherever most required.

The hot poultices need seldom be renewed. They can be retained on the afflicted parts until relief is obtained from pain and tenderness, and easy respiration is established. After the poultice is removed, line a piece of oiled silk, large enough to cover the surface of the lungs and bowels, with a piece of cloth on which is spread cosmoline. In the absence of oiled silk, thin, tough paper may be used, though silk is much to be preferred. Use this upon the lungs and bowels until the patient is entirely recovered, renewing the cosmoline every day.

DRESS THE BODY AND FEET MUCH WARMER,

when emerging from the sick bed, than was the custom before illness. Give the exhausted vital energies time and opportunity to regain strength; nothing is gained by undertaking any work or occupation before the full strength of the system is re-established. Rest, with a little moderate exercise, is absolutely necessary for perfect recovery. The administration of tonics or stimulants to hasten this result is erroneous, as an artificial stimulant for the overtaxed system is very injurious. Rest and moderate exercise are the only natural and permanent restoratives known to nature. A little tonic to strengthen a feeble appetite is occasionally advisable, but breathing an extra quantity of pure air into the lungs when convalescent is the greatest appetizer in the universe. This—with plenty of sunshine and bright and happy thoughts—is the best tonic for weakened nerves. Administering tonics and stimulants is parallel to lashing a horse when overworked, instead of giving him the required rest and food.

CONVALESCENCE.

Hunger is one of the best indications of returning health. Great care should be taken in the selection of proper food and drink. Self-control and judgment are required of the patient, not to gratify the palate too much. Many serious relapses have occurred from over-indulgence of the appetite when recovering from sickness. During convalescence the hair should be looked after to prevent its falling out. (See chapter on Care of the Hair and Teeth.) Application of the hair tonic well rubbed into the scalp will prevent the falling out of the hair and eyebrows.

With proper bathing, correct thinking and breathing, convalescence is quickly established. When any part of the system feels weaker or more inactive than the rest, massage with the finger by pinching and rubbing that part of the body, to invite a vigorous flow of blood to that part, thus establishing a normal circulation, as it is through the

blood that all parts of the body receive their strength. Drink plenty of cold or hot water to increase the fluidity of the blood. Take a full bath once a week, followed by a rub of olive oil.

The diet when recovering from sickness should consist of chicken or lamb broths seasoned with celery, Horlick's Malted Milk, sanitarium crackers or well-toasted whole wheat bread. For constipation take a tablespoonful of olive oil night and morning in a cup of hot water with a little salt; eat prunes, apples and other fruits, and nuts. Avoid cathartics and physics as you would a deadly poison, which, indeed, most of them are. Read the chapter on bathing. If the rectum or bowels feel full take an injection to remove the contents of the lower bowels; one quart of hot or warm water with a little castile soap.

SCARLET FEVER AND DIPHTHERIA, MEASLES AND SMALL-POX

are treated in the same manner as typhoid fever, the same remedies being used, with the exception of an additional gargle of hot water and alcohol, equal parts, where throat is affected. Use according to the severity of the case. The unhealthy membrane is destroyed rapidly, and the virulency of the disease is abated.

In scarlet fever, if the fauces of the throat are sore and full, use the same gargle, the hot, stimulating poultice around the throat, close up to the ears. (See Infants' and Children's Diseases.)

For intermittent fever, give thirty drops of veratrum in a glass of water, an hour or two before the expected chill, the same as in typhoid fever. If the chill is not broken the first or second day repeat the above treatment two or three times in succession.

The treatment for small-pox and chicken-pox is the same as that for typhoid fever, with the exception that the face should be covered with oiled silk or soft tissue paper, spread with cosmoline or fresh lard, to prevent pitting. Cut a place for the nose and eyes.

For diarrhoea, use veratrum, six drops of the tincture in a glass of water, a teaspoonful every twenty minutes, or diluted in one quart of water, which is to be given as a drink if there is great thirst. Apply

artificial heat when the vital forces have become positive or negative to excess.

I could give a list of hundreds of cases of typhoid, ague, sewer-gas and malarial fevers, small-pox, diphtheria, cholera infantum, scarlet fever and measles, that I have cured with the above remedies and treatment.

LA GRIPPE

is treated very successfully in the same manner as fevers, and with the same remedies. Apply the hot poultices as described in the chapter on Peritonitis, on any part of the body where most needed. My la grippe patients all convalesced on the third or fourth day, and were out at the end of a week, perfectly able to resume business.

For the relief of the suffering, and for the instruction of those who feel the truth of my assertions, I give my knowledge and experience of the dreaded disease,

ASIATIC CHOLERA,

in its most malignant form, together with its infallible treatment and cure. The commencement of this terrible disease is often unnoticed until the system is fully prepared for the sudden and violent outbreak. The slight, painless diarrhœa, and depression of the nervous power, with occasional dizziness, may pass unheeded and the patient may be apparently well, yet after a sound and undisturbed sleep for hours, he may be awakened by a remarkably violent illness, perhaps vomiting, accompanied by profuse discharges from the bowels, attended with severe pains extending down the legs, and a sense of complete exhaustion. The physical powers and vital energies are immediately prostrated. The temperature sinks below the normal standard, the body becomes benumbed with an icy coldness, the skin becomes shriveled up and almost insensible to heat or stimulating fomentations. The breath, too, as it comes from the lungs, appears to partake of the same icy quality. The patient complains of being greatly oppressed, throws off the bedclothes and calls for cold water, which he eagerly drinks, and which should never be withheld. The hands and feet turn

blue or purple, as will, sometimes, the entire body. There are severe spasms and cramps in the fingers, toes, legs and bowels, which cause him to writhe and groan in agony; a wild, terrified expression overspreads the face, and the eyes appear dead and glassy. These important changes may all take place in a few minutes. Additional symptoms are, increased purging and vomiting, with low pulse. The only faculty which seems to preserve a good degree of power is the brain. The disease is now fully developed, and progress is rapid.

The above symptoms of genuine, malignant Asiatic cholera can be controlled to complete and perfect recovery of the patient, if the treatment is fearlessly carried out. At this stage of the disease, the patient will calmly tell you that all is over, and that nothing can save him. Pay no attention to this, but boldly and fearlessly keep at your post, allowing no thought of fear to creep in. When purging and vomiting begin, use the most diffusive stimulants externally and internally. Keep a window open in the patient's room. It is necessary for two people to work together. One should prepare a poultice as follows: scald two quarts of common corn meal until of the consistency of pancake batter, and mix thoroughly with it six tablespoonfuls of red pepper, and four of ground mustard; spread one-half inch thick between two layers of cheesecloth, and place over the entire stomach and bowels, the soles of the feet and calves of the legs. Pin flannel over the poultices, to keep them in position, and place jugs and bottles filled with boiling water, also hot bricks wrapped in pieces of cloth, about the bed. Rub the base of the brain with alcohol. To relieve the unquenchable thirst, give veratrum veride, six drops of the tincture to a quart of water, without ice, every ten minutes, in very small quantities, as large quantities increase the tendency to vomit; this induces a copious perspiration. Cover the patient warmly.

While one attendant is making the poultices, a second should prepare the following:—chloroform, four drachms; tincture capsicum, three drachms; essence of peppermint, two drachms; glycerine, three ounces. Mix, and give one teaspoonful in two large tablespoonfuls of

water. In thirty or forty minutes, if the symptoms have not sufficiently abated, repeat the dose. In connection with this, continue to give the medicated water as a drink every ten or fifteen minutes, until the patient breaks out in a warm perspiration. Then allay his thirst with larger quantities of the medicated water, which he will be able to retain on his stomach in large quantities after perspiration sets in. Keep up the sweating from six to nine hours, at least. Allow him to drink all the medicated water he craves. The stimulating poultices may remain until the patient is so far advanced toward recovery that they may be removed altogether.

The patient will fall into a sleep almost immediately after perspiration sets in, from which he must not be awakened. Boil strong vinegar in the room until purging is controlled; place cloths, old sheets, old quilts, or cotton batting on the bed to absorb the watery stools. Reach under the bedclothes and remove them as fast as the evacuations occur Then immediately burn or bury them deep under ground at some distance from the house. It is not well to allow the patient to use the vessel or water-closet, as in so doing he disarranges all poultices and dissipates the artificial heat, thus hindering the progress of treatment. This disease requires all present to be quick, self-possessed and fearless. It is difficult to say when a case has become hopeless. The blue look, the cold extremities, the deeply sunken, glassy eyes, the almost imperceptible pulse are not indications that the case is hopeless.

All modifications of the disease require the same treatment, the only difference being that in the milder form the dose of cholera medicine should be lessened to a half teaspoonful. The external stimulants need not be quite so strong.

When a cholera epidemic prevails, the premonitory stage should receive immediate attention. The symptoms are, lassitude, depression of nerve power, pains in the forehead, slight dizziness, and oppression at the chest. These, in most instances, can be promptly removed. The patient should at once be put to bed; hot, stimulating poultices should be placed over the stomach, and a large jug of boiling water wrapped

in flannel should be placed against the soles of the feet. In a glass of water, put one drop of the tincture of veratrum veride. Give a teaspoonful every fifteen minutes. Perspiration will begin shortly, eliminating all cholera poison through the skin, kidneys and bowels. This is a simple and reliable treatment for the premonitory stage of cholera.

PREVENTIVE OR PROPHYLACTIC TREATMENT.

Pure air, pure water, plain and nutritive diet are nature's great preventives against the countless ills of life, sustaining a healthy and normal condition of the system, especially during epidemics. This cannot be maintained *without* pure air, whether our dwellings are in the city or country. Pay special attention also to diet. Abstain from all pastry. A good, plain, nutritious diet is indispensable in the prevention of disease. Moderation in all things should be the rule.

Predisposing causes of cholera are, derangement of the stomach, great anxiety of mind, excessive fear of an attack, unwholesome diet, exhaustion from overwork, mental or physical, neglect of personal and domestic cleanliness, irregular habits, and excesses of every description. Any one of these may be sufficient to induce an attack; all are direct incentives and stimulating agents in the production of cholera.

CHAPTER XLII.

GENERAL DISEASES.

"Running Their Course"—The More Modern Way—Treatment of Many Ailments—Bright's Disease — Bronchitis — Catarrh—Cholera—Constipation—Consumption—Corpulency—Coughs—Diabetes — Diarrhoea — Dropsy — Epilepsy—Erysipelas—Meningitis—Liver Trouble—Pneumonia—Rheumatism—Softening of the Brain, and Many Other Diseases.

THE old belief that most diseases must "run their course" is giving way before the improved modern methods of treatment, and it is proving true that as people become more enlightened, many an illness which would otherwise be severe, is checked at an early stage and either completely dispersed or rendered comparatively light and of short duration. As knowledge is extended, suffering decreases, and it is seen to be possible to work so in harmony with nature's laws as to assist materially in the restoring process which she is ever trying to establish.

From my experience I will here give what have proved effectual methods of recognizing and treating some sixty of the common diseases in such a way as to leave the patient in the most favorable condition, or, better still, to guard against contracting the diseases at all.

ASTHMA.

There are two classes of asthma. One is developed and brought on in highly nervous people, very sensitive to taking cold; the other is of the hay-fever type appearing late in the summer and early in the fall and at no other time of the year. The latter should be treated as hay fever and the former similar to a chronic cold.

The causes are a low, debilitated condition of the general system, hereditary tendency to bronchial affections, and neglected colds. The

symptoms are difficult breathing, inability to lie down, the chest feels heavy and oppressed, shortness of breath, and palpitation.

Treatment is hot bathing and friction with cold water all over the surface of the body, to establish resistance to colds by making the surface of the body more positive against attacks. When a patient suffers from asthma, it is plain that the internal surface or mucous membrane is in the positive condition, overcharged with vital fluid in the blood, which condition must be reversed, making the internal less positive by attracting the blood to the outer surface of the body which is normal, also apply compresses to the chest, hot or cold water. Observe also the treatment of the solar plexus, as given in "A Breath of Air." (See Index.)

BILIOUS FEVER.

In this disease, when the temperature never rises very high but the fever is persistent, with a bad taste in the mouth, headache, dark, heavily coated tongue, foul breath, with derangement in the stomach and bowels,—such fevers are readily cured by taking gelsemium tincture, ten drops in a glass of water, and tincture of podophyllum, six drops in another glass of water. Alternate. A tablespoonful every hour.

When there are severe pains in the bones, the back feels as if broken, and there is a sore, bruised feeling over the entire body, give tincture of baptisia, four drops in a glass of water and alternate with the gelsemium as above; alternate dose every hour.

BLEEDING FROM THE STOMACH, LUNGS, AND NOSE.

Salt compresses laid on the diseased parts.

CHRONIC NEPHRITIS, OR BRIGHT'S DISEASE.

Symptoms.—Gradually increasing debility, a frequently irritable pulse, dyspepsia and vomiting. Pale, bloated appearance, occasional loss of appetite, dropsy, and frequent desire to urinate. The urine is light in specific gravity, and forms a thick, white deposit of albumen

when boiled. Causes.—Hereditary tendency, frequent exposure to cold, cold feet, gout, scarlet fever or dyspepsia.

Treatment.—The secretions of the skin should be kept active by frequent hot baths. Turkish, Russian, hot water and alcohol baths are all excellent, and should be taken in a warm room two or three times a week. The bath is necessary for cleanliness, and for its tonic effect. Arsenicum 6th and helonias 3d are the principal remedies. The condition of the stomach, bowels and skin should receive special attention, as the disease results principally from a defective condition of these emunctories. One of the most important features in the treatment is to maintain a free action of the skin, as by this means the blood is diverted from the kidneys, and purified. All stimulants and diuretics must be avoided.

The specific treatment for degeneration of the kidneys consists in the building up of the system by extra breathing, diet, bathing, and rest from mental worry. Bathe the lower half of the back, also the base of the brain, if pain exists, and the bowels, if inactive, with alcohol and hot water, equal parts of each. Bathe and rub freely every other night, using only cold water over the parts, with a sponge or coarse cloth, then drying thoroughly.

Diet.—The diet given here is unlike that usually prescribed for Bright's disease. The most nourishing food is selected, that which does not contain sugar or starch, as these ingredients do not give strength but only produce heat, thereby causing inflammation. Bread made from entire wheat flour, beef, mutton, tongue, oysters, raw or cooked without flour, and all kinds of fish or poultry not cooked or thickened with flour. Lettuce, cucumbers, onions, sour apples, peaches with cream, strawberries without sugar, asparagus, cold slaw, celery, string beans, coffee and tea in moderation, milk and buttermilk, are all beneficial.

Eat slowly in moderate quantities, and take as little liquid as possible at meals. Sleep eight hours of the twenty-four. Patients in the last stages of the disease have been perfectly restored to health, under

the above treatment, even when able to pass only two-thirds of a teaspoonful of urine at a time, which being set in the sun, would almost entirely coagulate into albumen.

BRONCHITIS (ACUTE).

Symptoms.—First, a feeling like that of a bad cold in the head, followed by a burning sensation beneath the breast-bone, with hurried, labored breathing, accompanied by wheezing or whistling sounds. The cheeks and lips are pale and livid; the throat is sore and the voice is hoarse; the severe cough at first is dry and hard, but later becomes loose; a thick, frothy substance that may be streaked with blood is expectorated; there is high fever, rapid pulse, highly colored, scanty urine.

Treatment.—At the onset of the attack, aconite and bryonia are to be given alternately as in pneumonia. Hot cornmeal poultices, containing two tablespoonfuls of red pepper and one of ground mustard. Fresh poultice to be applied every six hours.

Diet.—Liquid and nutritious.

CATARRH.

If precautions are taken with every new cold to maintain an increased capillary action over the entire surface of the body, until normal and healthy action of the mucous membranes be established, catarrh of any kind could not become chronic. If the feet are permanently kept warm by proper dressing, and bathing two or three times a week, as described in previous chapters, by placing the feet in hot and cold water alternately, from thirty to forty minutes at a time, until they feel hot and look red, one of the greatest causes of disease would be removed. Patients who are subject to the use of tobacco, in any form, need never look for a permanent cure or relief from catarrh or disease of any kind until this habit is overcome, and the system rid of the tobacco poison. There are numerous nervous coughs that arise from irritation of the mucous membranes of the bronchi and capillaries of the lungs, caused by the tobacco. Give two or three doses of nux

vomica, third trituration, two or three times a day, dry on the tongue, for two or three days, and the cough readily disappears, but not permanently unless the tobacco habit is discontinued. With Turkish or hot baths of any kind, taken twice a week, including free perspiration, to eliminate the offending poison of the tobacco from the system, the most obstinate catarrh can be permanently cured if the treatment is persevered in. Nux vomica is an antidote for the tobacco, and is the best local and constitutional tonic in the Materia Medica. Deep, extra breathing is also an important essential.

CHOLERA.

Simple Cholera.

Definition.—An acute catarrhal inflammation of the stomach and intestines. Symptoms.—Nausea, vomiting, purging of bilious, watery fluid, thirst, coldness, and sometimes cramps of the legs and abdomen. Treatment.—If there is coldness and prostration, or cold sweat, give two or three drops of the strong tincture of veratrum veride, one drop in a glass of water; dose, one teaspoonful every ten minutes. If there is vomiting and purging, give veratrum veride once an hour. If thirst predominates, give arsenicum 3d. Apply heat to the extremities, also hot capsicum. Prepare poultices of corn meal mixed with boiling water, and two tablespoonsful of red pepper; mix, spread between flannels, and lay over the abdomen and stomach.

Asiatic Cholera.

Symptoms.—Sudden prostration of strength, coldness of the surface, with great internal heat and thirst, cramps in the thighs, legs, toes and fingers, cold tongue and breath, vomiting and purging resembling rice water. In the advanced stage, the pulse is hardly perceptible, the eyes are sunken, the face is pinched, the voice reduced to a hoarse whisper; there is extreme restlessness and thirst, with cold, clammy sweat. For treatment, read chapter on "Fevers and Contagious Diseases," which contains directions for the treatment and cure of malignant Asiatic cholera.

COLDS.

Treatment.—For muscular soreness and tenderness, headache, cold feet, stiff, sore feeling over the entire body, take aconite and bryonia in alternation, wrap up warmly, and promote perspiration. See catarrh, neuralgia and sore throat. Six drops of aconite tincture in a glass of water; a teaspoonful given every twenty minutes in alternation with bryonia prepared in the same way.

COLIC.

Causes.—Exposure to cold, also indigestion, worms, and lead poisoning. It is distinguished from inflammation of the bowels, in that pressure relieves pain, while in inflammation pressure is painful.

Treatment.—The hot corn meal and red pepper poultice (see index) placed between flannel cloths, and laid over the entire bowels. Wrap the patient warmly, and give a little nux vomica, third attenuation in some water; also six drops of veratrum veride in a glass of water; a teaspoonful every twenty minutes.

INTESTINAL COLIC.

This affection is characterized by severe griping or twisting pains in the abdominal region, particularly about the navel. The pain is somewhat relieved by pressure, and is caused by either a cold or the passage of some irritating food through the bowels. It may also occur as a symptom in the course of a different disease.

If due to a sudden cold, a few doses of aconite or Rubini Compound Camphor Pills will afford prompt relief. If caused by some error in diet, nux vomica and colocynth should be given alternately every fifteen minutes until relief is had. If it occurs with diarrhoea and vomiting, see Cholera Morbus.

CONSTIPATION.

Causes.—Mental trouble, anxiety, the use of too much pastry, fine flour, the habitual use of purgative medicines, intemperance, lead in the system, tobacco. A tendency to costiveness is not so grave as many

people believe; indeed, individuals thus predisposed generally live long, unless injured by purgatives, while those who are subject to frequent attacks of diarrhoea are soon debilitated, seldom attaining old age. The common idea that aperients or laxatives contribute to health, and that the impurities are thereby expelled from the body, is erroneous.

Treatment.—Regular exercise, regular food, and a regular time for the evacuation of the bowels are extremely important in the prevention and treatment of this disorder. Entire wheat or graham bread should be used exclusively. If entire wheat bread cannot be obtained, substitute corn bread, rolled oats eaten raw in milk every morning, and ground wheat and barley mixed, also eaten raw in milk. Drink a glass of water before breakfast. Indian meal mush, with molasses, and ripe fruits and vegetables should form a large portion of the diet. Tea and coffee should be used sparingly. Washing the rectum every night or morning with cold water and a sponge, I have found to be, for many, an infallible cure. Drink plenty of cold water before and between meals, without ice. If the rectum is full of accumulated feces, remove them with an injection of warm water. If the obstruction be very obstinate, use castile soap and water. If the symptoms are dull headache, with irregular action of the bowels, itching of the anus, with piles, and sleeplessness from over-eating, use nux vomica and cascara sagrada alternately, every hour; if very obstinate, take bryonia every two hours. These remedies will also remove the yellow discoloration of the skin.

AN INFALLIBLE REMEDY FOR CONSTIPATION.

An infallible cure for chronic constipation consists in living for a few days entirely upon good ripe apples eaten at regular meal time, and after that, adding a slice of graham, oatmeal or any of the grain-flour toasts. Any of the ripe tart fruits are excellent as an occasional change. A man came to me at one time, saying that life had become a misery. He said he had taken such a sea of drugs that it seemed to

him his bowels must be dead, and that it was not unusual for an entire week to elapse without an action of the bowels. At that time it had been ten days since he had had a movement, and he was terribly distressed. I directed him to get some good apples, eat two or three for supper, with an abundance of not another thing, this to be continued a day or so, or two or three days at a time. At the end of a week I met him, and, with profuse thanks, he said he had learned a lesson that would lead to a renewed life. How simple is the true way, and how effectual.

Another simple method of overcoming obstinate constipation is to take a teaspoonful of pure olive oil before breakfast every morning, until a normal habit is established. Pay attention to diet, and take no liquids during meals. All liquids must be taken before meals, or from one to two hours subsequently.

PULMONARY CONSUMPTION OR TUBERCULOSIS.

The more modern and technical name for this disease, in former years called consumption, is Tuberculosis. It is the great destroyer of civilized life, carrying off prematurely one-fifth of the entire population. Remedy after remedy has been found and tried, and proved a failure.

There are several other terms for consumption, but they all mean one thing, that is, wasting away. Phthisis, Marasmus, Tabes, all imply emaciation, which is one of the prominent symptoms of Pulmonary Consumption. Tuberculosis is not always confined to the lungs, but is more commonly used as a synonym of Phthisis or Pulmonary Consumption.

The other most prominent symptoms, besides emaciation, are a distressing cough with expectoration, night sweats, and very often in later stages, diarrhœa. Hemorrhage from the lungs or spitting of blood frequently terminates in Phthisis.

Causes.—Unsanitary houses and work shops, lack of fresh air, grief, melancholy, misanthropy, fear, anxiety, as well as all great disappointments which paralyze the vital organs. One of the greatest causes

of consumption is to be found in neglected colds, causing constant cold feet; fear blanches the cheeks and drives the blood from the capillaries to the heart and lungs, and all depression of spirits retards or stops entirely the respiration.

The Treatment and Cure.—The mind must be uplifted and the spirit be joyous and free in order to enjoy health. Thoughts are things, and constitute for the wise ideal remedies. Correct the soul, the conscience, the food, the exercise, and draw life and power from the vital air. Learn the art of breathing given in this book. If you can not breathe, practice Dr. Edwards' and the author's exercises by an open window. The chest is elastic and can be kept so if we use it rightly. Keep the mind and all the joints of the body in play by frequent use as long as you live. For the cough take honey, best Jamaica rum, raw linseed oil, equal parts; mix well, add one drachm of wild cherry extract. Dose, tablespoonful every hour. Also juice of lemons mixed with honey. Medicines the same as for colds. Baths, Turkish, sun, hot and cold bathing. (See Bathing.)

CORPULENCY.

Very corpulent people are neither strong nor vigorous, and an excess of this kind should be treated as an abnormal condition.

Causes.—Heredity, excess of sweets, fine flour, sugar, potatoes, pastry, fats, or creams. Treatment.—Hot baths of all kinds, exercise, moderation in eating, friction over the entire body with a Turkish bath brush, very deep breathing a few minutes, three to four times a day.

Diet.—Bread made from the entire wheat flour; beef, mutton, tongue, lobster, all kinds of fish, oysters, raw or cooked without flour, poultry, all kinds, but not thickened with flour; lettuce, onions, asparagus, cold slaw, celery, string beans, sour apples, peaches, strawberries without cream or sugar, coffee and tea in moderation. Eat slowly, in moderate quantities, and take as little liquid as possible at meals.

If constipated, wash the bowels and rectum every night with cold water. The bowels will regulate themselves after this diet has been

adhered to for a few days. Use injections to clear the rectum of feces until a natural movement has been restored. See Materia Medica for Constipation.

CORNS.

Treatment.—Bathe the feet well until the hard skin is softened about the corn, and apply strong nitric acid to the horny center, with a camel's hair brush. Then take a sharp penknife and peel away the soft, deadened skin. Apply the acid two or three times during the treatment. The acid destroys the horny center

COUGH.

Causes.—Taking cold; but a cough is also a symptom of some other troubles, such as bronchitis, dyspepsia, or consumption. It may also result from the use of tobacco, which produces a nervous cough.

Treatment.—A cough, with a dry, inflamed throat, requires belladonna, which should be taken as frequently as the severity of the case may justify. Six drops of the tincture in a glass of water; a teaspoonful very twenty minutes. For a dry, hard, painful cough, with "stitches" in the chest, bryonia should be given in the same way as the belladonna. If the cough is caused by irritation owing to the poison of tobacco, give nux vomica, night and morning. For a loud, hollow, ringing cough, give spongia. For a short, hacking cough, with a tight feeling in the chest, and a frothy, rust-colored sputa, give phosphorus three times a day.

CRAMPS.

Cramps are a violent involuntary action of a few of the voluntary muscles. Causes.—Cramps of the muscles of the stomach and bowels are caused by worms, or by indigestible food, poisons or ice water. Cramps of the legs and arms occur in cholera. They may also be produced by exposure to cold, as in bathing, or may be the result of a deficient supply of blood to the parts. Treatment.—Hot poultice—a quart of scalded corn meal and two tablespoonfuls of red pepper and a tablespoonful of ground mustard placed between two flannel cloths

and laid over the bowels. If from worms, give cina or santonine, night and morning.

DEAFNESS AND EARACHE.
(Mullein Oil Treatment.)

First, irrigate both ears with water as hot as can be borne, using two quarts of water and a fountain syringe. Follow the irrigation with an injection of three drops of mullein oil into each ear. Then place the thumb over the ear and massage the ear well, working the thumb in and out of the ear. Irrigate two or three times a week; use the oil every evening until the deafness is removed. Will cite several cases where this treatment proved of utmost benefit.

Dr. Cushing, of Springfield, Mass., relates the case of his father, who had been deaf for months and after but one treatment was well. Also, Dr. H. C. Houghton, the well known ear specialist of New York City, in the Homeopathic Recorder, tells of having prescribed it in a great number of cases with good results.

Dr. Cushing also tells of a patient, aged about 60 years, who, after a few treatments, could hear a clock tick in an adjoining room.

The author has used this treatment extensively in her practice, always followed by good results.

DIABETES.

Definition.—A constitutional disease characterized by an excessive discharge of pale, sweet and heavy urine, containing grape sugar. Diabetes is a morbid condition of the blood, characterized by an abnormal increase of sugar. In healthy blood, it exists in an extremely minute quantity, and is most abundant a short time after meals.

Causes.—Diabetes is considered by most physicians a nervous disease, and incurable. There is a defect in the chemical process by which the sugar and starch of the food are appropriated to the nutrition of the body. The natural process is interrupted at the point where grape sugar is produced, and the excess of this substance in the blood is carried off by the kidneys.

Treatment.—The same as prescribed for Bright's Disease. Deep breathing, and hot baths, concluding by sponging off with cold water, are most important. All diseases of the kidneys are curable under this treatment. The remedies used are phosphoric acid water, prepared as lemonade, for the thirst, and uranium nitricum, third trituration. Give a powder every night. Diet.—The same as for Bright's Disease.

DIARRHOEA.

Causes.—Usually, the causes are, taking cold, indigestion, or dentition. Symptoms.—Frequent fluid evacuations from the bowels. Treatment.—If the attack is caused by taking cold, aconite should be given, in connection with a hot foot bath and hot applications over the bowels. If the result of indigestible food, nux vomica is the most efficient remedy, in connection with the hot local applications. Food should be taken in liquid form, at regular intervals. Corn starch is excellent, as well as oatmeal or farina gruel. When diarrhoea is the result of teething, use chamomile.

DROPSY.

Causes.—Dropsy may be induced by chronic or acute disease of the kidneys, or by chronic disease of the liver. Dropsy of the brain or chest, by inflammation of the serous membranes. Symptoms.—Dropsy from disease of the kidneys, may early be noticed under the eyes; it also begins at about the same time in different parts of the body. It is accompanied by pain in the region of the kidneys, and scantiness of the urine. If the cause is in the liver, the swelling begins in the cavity of the abdomen, afterwards in the feet, and working upward in the same manner as in cases of heart or kidney disease.

Dropsy of the brain is usually confined to children.

Dropsy of the chest is generally the result of chronic pleurisy, as manifested in the swelling of the affected side of the chest. Treatment.—Arsenicum is one of the best remedies for dropsy of the tissues, from whatever cause. Apis mellifica is the best known remedy

for acute dropsy arising from disease of the kidneys. Hot baths are excellent; also bathing and friction over the region of the kidneys with alcohol. Excite capillary action by wearing a capcine belladonna plaster over the kidneys for two days, then remove and use the alcohol again in the same manner. In this way a healthy action of the kidneys will be restored. Keep the feet warm, and bathe them every other day in hot and cold water alternately.

DYSPEPSIA AND INDIGESTION.

Causes.—Dyspepsia may be produced by various causes. It may result from an abnormal condition of the nervous system, or from overstimulating food or drink, such as mustard, pepper, fermented liquors, ice cream, tea or coffee. Worry and anxiety of the mind, or depression of the spirits from any cause, are the principal sources of dyspepsia. So long as the mind is dull and gloomy, from disappointments in business or love, the effect is the same,—direct oppression of the vital forces. All food becomes poisonous to the system in time, if retained in the stomach until soured and fermented. Sour and fermented food produces acid blood. By the action of blood thus impoverished, the mind becomes permanently gloomy, causing chronic dyspepsia.

Symptoms.—These complaints are readily recognized by the following conditions; namely, accumulation of wind, and the formation of acids in the stomach. The patient feels unfit for mental or physical labor; the hands and feet are generally cold. There is either a lack of appetite, or morbid craving for spicy and acid articles; with a gradual failing in flesh and strength.

Treatment.—Correct diet is of the most importance. Plain food is necessary, with no fluids at meals. Soups and fluids of every kind should be taken before meals, or two hours after. If corpulent or lean, avoid all sweets, and all strong acids. Abstain from a meal frequently, to give the stomach rest. Take hot baths of all kinds, keeping the feet warm by bathing frequently, and wearing thick-soled shoes. The

remedies for dyspepsia are nux vomica, subnitrate of bismuth, and lacto pepsine. Mix, and take two grains after each meal.

EARACHE.

Causes.—Taking cold; the extension of inflammation, as in scarlet fever, chronic catarrh, etc. Symptoms.—Buzzing in the ears, with pain, headache, and dullness of hearing. Treatment.—Aconite in the first stage; copious hot douches into the ear by means of a fountain syringe. Also mix a few drops of chloroform with a teaspoonful of cosmoline, place on cotton batting and lay in the ear.

EPILEPSY.

Symptoms.—Sudden loss of consciousness, and disturbances in the form of more or less severe convulsions. These attacks recur at irregular periods in the beginning of the disease. Causes.—Hereditary disposition, digestive disturbances, masturbation, over-exertion, and great fatigue. The loss of consciousness may be either sudden and complete, the patient being stricken down as if by lightning, or it may be a little more gradual; in this case, the patient, when falling, partly realizes his condition, and endeavors to save himself from injury. Treatment.—The patient should be firmly held, or sufficiently restrained to prevent self-injury. After the attack, allow him to sleep as long as possible. Belladonna should be given in the premonitory stage, if there is congestion in the face, or headache. Nux vomica is useful between attacks, to regulate the digestive functions.

ERYSIPELAS.

This disease is caused by exposure to cold, by wounds, or contagion. At first, the eruption is of a bright red color, later assuming a livid hue. There is a constant burning of the skin, and sometimes pus is formed and discharged. Treatment.—Veratrum veride is the specific remedy for this disease. Aconite and belladonna, in alternation, are the best remedies in the early stage. Cantharis, ten drops in one pint of water, is the best local application. Wet a linen handkerchief in

the lotion and spread over the face or any part of the body where the eruption appears.

SYNCOPE OR FAINTING.

Causes.—Sudden fright, violent injuries, severe pains, oppressive odors, the presence of indigestible matter in the stomach, loss of blood. Treatment.—Ammonia or camphor held to the nostrils. The patient should lie flat on the floor, or a bed, and the feet placed first in hot water, then in cold.

FELON.

Causes.—Blows and bruises, or an impoverished state of the blood. Symptoms.—Loss of appetite, with headache, backache, and pain in the limbs. The patient is feverish, and unable to sleep, with flushed face and strong pulse. Treatment.—Dip the felon in lye water, to keep it soft, or apply a soap poultice. When the part begins to swell, lance it to the bone. Give two grains of silicia, third decimal trituration, three to four times a day.

FEVERS OF INFANTS AND CHILDREN.

Feverish conditions are apt to arise in children during infancy and early childhood. The child's head is hot, the face flushed and the eyes bright. These fevers are generally transient and need occasion no alarm, but should be given prompt and proper attention.

Treatment.—Tincture of aconite, six drops to a glass full of water; santonine, two grains to a glass of water. Alternate, giving a teaspoonful every quarter of an hour. If the above do not have the desired effect. see the chapter on teething.

GALL STONES.

This disease is characterized by a severe pain in the region of the liver, that stops as soon as the gall stone leaves the duct. Treatment.—Give two ounces of pure olive oil every three hours until the pain ceases. Nux vom. 3d, and colocynth, a dose alternately until relieved; hot applications to the painful part. China is the remedy to prevent

the formation of gall stone. A dose should be taken night and morning for six months or more.

GOITRE.

Goitre is an enlargement of the thyroid gland, or a thickening of the neck, and is of slow growth. In time this gland becomes enormously swollen, producing shortness of breath, and in some cases, obstructing the circulation of blood in the brain.

Treatment.—Give two grains of spongia three times a day, or two drops of the tincture in glass of water. As an external treatment, bathe the neck daily with cold salt water.

GOUT.

This is an inflammatory disease produced by morbid matter in the blood. Causes.—Luxurious living and the use of intoxicating drinks; also taking cold. Symptoms.—Pain in the small joints, commencing in the great toe, the heel, the knee, the hand, the wrist, or the elbow. Treatment.—Wrap the afflicted parts in cotton batting. Make a liniment of one pint of sweet oil and one ounce of ammonia. Mix, and apply freely. Give colchicum tincture internally, four or five drops in a little water every hour. Also make frequent use of hot baths. The diet should be light, with no animal food or pastry.

GRAVEL.

Causes.—Exposure to cold, extreme fatigue, hereditary tendency, and luxurious living. Symptoms.—Uneasiness in the back and loins, thirst, a dry tongue, and constipation. Treatment.—Avoid all intoxicating drinks, taking soft or boiled water only. Chamomile tea will aid in dissolving the stone, and tends to prevent its formation. Take from one to four teaspoonfuls of olive oil before breakfast.

HAY FEVER.

This is a supersensitive condition of the mucous membrane, aggravated by the pollen of various growths, principally the ragweed. Treatment.—Turkish baths, or hot baths of any kind, concluding with cold

water. Electricity, scientifically applied, is also beneficial. The positive pole should always be used internally over the highly irritable mucous surface, with a small nasal electrode covered with a fine sponge. Make a bath of some kind a daily custom. Patients addicted to the use of tobacco cannot be cured unless this habit is discontinued, as the poison of tobacco nullifies any remedy. Take iodide of potassium, five grains, in a glass of water; a tablespoonful every hour.

HEADACHE.

Treatment.—When headache results from cold, bathe the feet in hot and cold water, alternately. Aconite is the remedy. For periodical headaches, omit food twenty-four hours. Ignatia 3d is the remedy. Headache occurring before and after menstruation should be treated with nux vomica and pulsatilla; if caused by anxiety or excitement, give ignatia, third attenuation, in water, every hour. Bryonia will cure a headache which is more painful when the patient moves about. This headache is characterized by irritability.

DISEASE OF THE HEART.

The most common disease of the heart is fluttering and palpitation. The distinction between organic and functional diseases of the heart is far from being easily made. The causes of heart diseases are constitutional tendencies, grief, melancholy, shocks, disappointments in love, financial losses, excesses of life, intemperance, and dyspepsia.

Treatment: Hot baths, compresses to the heart, cactus grandiflora, digitalis, tinctures; two drops of the digitalis in full glass of water, tablespoonful every hour; of the cactus grandiflora, 6 drops of the tincture in full glass, tablespoonful every hour; avoid all excitements, anger, grief and worry. Abstain from coffee, tea, and potatoes, and select food most easily digested. Cultivate repose and tranquillity of mind.

PALPITATION OF THE HEART.

The most common disease of the heart is palpitation, caused by mental troubles, dyspepsia, suppressed menstruation, or an impover-

ished condition of the blood. If the disease results from mental troubles, give ignatia. If from dyspepsia, nux vomica and pulsatilla. If caused by worms, give santonine or cina. Pulsatilla is the best remedy if the patient is suffering from suppressed menstruation. Cactus grandiflora is also good. (See Materia Medica.)

HIP DISEASE.

The location of the pain is foreign to the real seat of the disease, the pain being in the knee, foot or leg; the foot or leg is turned inward against the other. As the disease advances, there is pain and swelling in the hip. Causes.—Falls, and bruises to the hip joint; dislocations, scrofula. Treatment.—Ostine No. 2 (see index). Diet.—Nutritious food, nuts, fruits; fresh air; frequent bathing.

HOARSENESS OR LOSS OF VOICE.

when caused by a cold, generally disappears with the cold in the head or cough that gave rise to it. If it shows a tendency to be chronic it should receive treatment. Aconite and bryonia; of each six drops in a full glass of water; a dose every thirty minutes. Poultice of hot corn meal with a tablespoonful of red pepper and tablespoonful of ground mustard. Mix and place between two cloths, cover the chest and throat. Make the poultices as thick as corn meal mush. Take hot baths.

INFLAMMATION OF THE BLADDER.

Causes.—Taking cold, intoxicating drink, cold feet, too long retention of urine. Symptoms.—Pain and weight in the sides and lower part of abdomen. Treatment.—Aconite is the remedy in the first stage, given in alternation with cantharis; also hot baths. Rest in bed is necessary. Apply external heat over bladder, give mucilaginous drinks, plain food, and see that the bowels are kept regular.

INFLAMMATION OF THE BOWELS.

This is an inflammation of the inner covering of the bowels; the mucous membrane. It is known by a griping pain about the navel and

a tenderness in the abdomen on pressure or motion. The usual causes are inclement weather and attacks of gastritis. Diet.—Light, nutritious food only, preferably liquids. Treatment.—Same as peritonitis; see index.

INFLAMMATION OF THE BRAIN, OR MENINGITIS.

Symptoms.—Meningitis is characterized by rigors, a hot, dry skin, hard and frequent pulse, hurried respiration, depression of spirits, vertigo, intense headache, loss of appetite, vomiting and constipation. The eyes have a wild expression. Delirium sets in early, the patient being noisy, violent and restless. These symptoms continue three or four days, after which the fever abates, the pulse flags, the tongue is dry and brown, and the delirium is apt to pass into stupor or coma. In a few days there is extreme prostration, the symptoms resembling those of typhus fever. When the disease terminates favorably, the improvement is gradual.

Treatment.—Gelsemium or veratrum veride every half hour. Bathe the feet in hot water, then cold, alternating in this way for thirty minutes, two or three times a day, gradually increasing the temperature of the hot water, and decreasing that of the cold. Also bathe the head in hot water, then in cold. In the intervals of treatment, keep a wet cloth on the head. Induce free perspiration. The nourishment should be mild, such as lamb broth, and gruels made from the cereals.

INFLAMMATION OF THE BREASTS.

This develops chiefly during the period of nursing. Causes.—Stagnation of the milk within the glands, from taking cold, or external injuries. Symptoms.—Cold chills and rigors, with severe pain in the breasts, which feel hard and congested. Treatment.—Aconite every half hour. Prepare a poultice of flaxseed, adding a teaspoonful of black pepper. Mix thoroughly and spread on a cloth the size of the breast, cutting a hole for the nipple. Soak the feet in hot salt water, and remain in bed, covering warmly, keeping an even heat over the entire body.

INFLAMMATION OF THE LIVER,

or congestion of the liver, is characterized by a feeling of soreness and tenderness upon pressure below the ribs, usually in the right side. Often this tenderness amounts to a dull, heavy, aching pain. These symptoms are accompanied by a tired, worn-out feeling, loss of appetite, heavily coated tongue, the bowels are generally constipated, occasionally there is a greenish appearance to the skin, and the whites of the eyes look yellow. Treatment.—Podophyllum and nux vomica, given in alternation, six drops of nux vomica in a glass of water, and six drops of the tincture of podophyllum in another glass. Dose.—A tablespoonful every hour until relieved. Apply plain hot water compresses to the afflicted side, or a capcine and corn meal plaster. Drink freely of hot water; avoid eating for a day. Light, vegetable diet, with fruits.

INFLAMMATION OF THE THROAT.

This is an inflammation of the upper and back portions of the throat. Symptoms.—Pain, swelling, and a dark red color of the mucous membrane. In the chronic condition, ulcers may appear scattered over the surface. Treatment.—Belladonna, 3d attenuation. Gargle the throat with alcohol and water, equal parts, every hour.

JAUNDICE.

Symptoms.—Yellowness of the skin and whites of the eyes. Treatment.—Hot baths of all kinds, and hygienic living. Massage the liver every night with olive oil. Podophyllum and nux vomica, same as for inflammation of the liver.

LEANNESS AND NERVOUSNESS.

Causes.—Excess of sweets, acids, spices, fine flour, pastry, mental worry, or weak digestion. Thin people having a weak digestion are often kept thin by the same food which causes others to be corpulent. If the starch, butter and fine flour cannot be digested, the system is kept in a feverish, dyspeptic state, and nervousness or consumption results

for no other reason than that life is burned out by a diet which only produces heat and does not renew the tissues. Treatment.—Attend well to cleanliness, so as to eliminate all impure secretions that tend to the surface. This aids in purifying the blood and strengthening the muscles. Hot baths are best, such as are directed for corpulency, except that a thin person should use oils very often after hot baths, rubbing well into the skin, with a piece of flannel or Trukish bath towel, until the skin is dry and soft. This induces a feeling of strength and health. Practice the deep breathing two or three minutes from three to five times daily.

NAUSEA, OR VOMITING.

Causes.—Eating improper food, inflammation of the kidneys, pregnancy, overeating, indigestible food, scarlet fever, small-pox, intermittent fever. Treatment.—Drink a tumbler of hot water to expel the offending substance, and abstain from all food for twenty-four hours or more. Use an injection of warm water in the rectum, to remove all accumulated fecal matter. Rest and do nothing else, until the disturbance abates.

ACUTE NEPHRITIS.

Symptoms.—Chilliness, vomiting, pain each side of the spine just above the hip bone, and painless swelling of the feet, legs and other parts of the body. The urine thickens if boiled, showing the presence of albumen. Causes.—It has been found by experiment, that out of two hundred cases, sixty-eight were produced by intoxicating drink and taking cold; sixty by exposure, and twenty-five by scarlet fever. Treatment.—Give the patient hot baths, exciting perspiration as soon as possible. In this way the skin is kept moist during the course of the disease. Bathe the spine and the region of the kidneys three or four times a day with alcohol, diluted one-third with hot water. Aconite 3d is the remedy used for the chilliness, fever, thirst and scanty urine, arsenicum 6th for dropsical swelling, mercurius corrosivus for mucus, blood or pus in the urine. Apis mellifica, sixth decimal trituration,

may also be given in alternation with arsenicum for dropsical swelling. Diet.—Abstain from all solid food for a few days, using only slippery elm tea, crust coffee, and lemonade without ice.

If the above remedies cannot be procured, take four drops of aconite tincture in a half glass of water; teaspoonful of the medicated water every twenty minutes until moisture of the skin is established; then give every hour.

DISEASES OF THE NOSE.

General observations.—An habitual pointed nose denotes derangement in the mesenteric glands of the bowels, and generally atrophy. When the nose becomes suddenly pointed in children, it denotes an impending spasm. A thick, swollen nose indicates inflammation, if accompanied by pain, heat and redness, or scrofula; rachitic diseases. If the nose becomes suddenly pointed during the act of parturition, it indicates internal hemorrhage, complete exhaustion, or threatening convulsions.

The pointed nose of a nursing mother indicates her complete unfitness for that office. When observed during severe illness, it is always a grave symptom, indicating extreme exhaustion and collapse. A heavy motion of the nasal wings during respiration is a sign of impeded respiration, due either to asthma, pneumonia, croup, dropsy in the chest, or incipient paralysis of the respiratory muscles; also utter prostration.

Circumscribed redness of the point of the nose, cheeks, and forehead, with paleness, denotes, in pneumonia, that suppuration has taken place.

A coppery, shining redness of the root of the nose, is a sign of existing syphilitic ulcers within the nose.

An habitual cold nose is found in disordered states of the abdominal viscera, in dropsical complaints, and in chlorosis.

A grayish, lead-colored nose is found in dropsy of the chest and pericardium, in induration of the lungs, and in some malignant forms of typhoid fever.

Single, lead-colored stripes on the nose have been observed in obstruction of the portal vein.

A bluish color of the nose is found occasionally in apoplexy, croup, diseases of the lungs, heart, and larger blood vessels; in short, in all morbid conditions which cause stagnation of the blood.

Brownish, yellowish spots on and over the nose, in the form of a saddle, usually indicate a diseased liver, or chronic leucorrhoea.

"A blackish fur at the base of the nostrils, is found in typhus epidemic, dysentery, cholera; in fact, in any condition of great prostration."—Cowperthwaite.

PARALYSIS OF THE BLADDER.

This occurs more frequently in people of advanced age. Electricity is most effectual in its removal.

PERITONITIS.

Causes.—Absorption of animal poisons after childbirth, surgical injuries. Ushered in with chills, fever, and small, quick, hard pulse. Also extreme pain, and tenderness of the abdomen. See "Peritonitis; Author's Experience."

EXCESSIVE PERSPIRATION.

Ammonia bath once a month. Half pint of ammonia to the full bath of hot water, tablespoonful of borax in the water; wash off with good soap; let the water gradually cool; wipe dry. Replace the natural oil of the body with olive oil and a teaspoonful of alcohol 4Z. Mix; rub all over the body, including the scalp. Wonderfully strengthening to the sweat glands and general system.

HEMORRHOIDS OR PILES.

Piles are formed by an accumulation of blood in the small branches of the veins. This blood coagulates, and forms a complete obstruction to the venous circulation. Piles are rendered more common by habitual constipation, pregnancy, abdominal tumors, inflammation of the vagina, displacement of the womb, diseases of the bladder, and pin worms in

the rectum. Treatment.—Internal and external piles should be bathed daily with cold water. Also bathe the lower part of the spine. The extended intestine should be replaced after each evacuation, by the forefinger, well oiled and pushed up the rectum as far as possible. Bathe the parts thoroughly with cold water. Inflammation and swelling can be reduced by the application of very hot water, followed by cold, and the use of a cold wet compress at night. Constipation must be avoided. Use Tricura Capsules. (See Materia Medica.)

PNEUMONIA.

This is an inflammation of the lung-tissue. It is generally sudden in its appearance and manifests itself by a severe chill, soon followed by a high fever. A hard, dry, painful cough comes on, with difficult breathing, and a dull, heavy, aching pain in the chest, especially aggravated by breathing and coughing.

The pain at first is wandering, but finally fixes itself, usually just below the nipple on either the right or left side. The cough is dry and hard for the first two or three days, but then changes to one with a rust-colored, tough mucus, which is raised with much difficulty. As the disease advances the expectorated substance has a very offensive odor.

Diet.—Liquids, such as hot soups, hot lemonade, oatmeal gruel.

Treatment.—Take six drops of tincture of aconite in a glass of water; six drops of tincture of bryonia in another glass of water. Dose.—Alternate, taking one teaspoonful every thirty minutes. Apply corn meal poultice to the chest as for hoarseness.

RHEUMATISM (ACUTE).

This occurs suddenly, with a chill, then often a high fever; there is soreness, extreme tenderness and painfulness of a joint, which becomes red and swollen.

Treatment.—Belladonna and bryonia; six drops of the tincture of each in separate glasses of water. Dose.—Alternate, teaspoonful every half hour. Wrap the afflicted joint in a cloth saturated with a solution

of vinegar and salt, using as much salt as the vinegar will dissolve. Place hot water bags, bricks or flatirons around the part.

SCURVY.

is characterized by a peculiar, debilitated state of the system; a depraved condition of the blood, especially of the gums.

Causes.—Exposure to cold and wet; deficient ventilation, unwholesome food, to the exclusion of vegetables and fruits, too much salt meat, impure water, want of cleanliness, debility or old age. Treatment.—Hot and cold bathing, plenty of lemonade, wash the surface with citric acid water. Diet.—Plenty of fresh vegetables and fruit; fresh air. (See chapter on "A Breath of Air.")

SEASICKNESS.

Phosphoric acid, six drops in a glass of water, taken daily, is a prevention of this complaint. Eat sparingly the first two or three days, or until the system becomes accustomed to the swaying of the boat.

Vomiting.—This is generally the result of overloading the stomach, and requires no treatment.

SOFTENING OF THE BRAIN.

Causes.—Imperfect nutrition, alcoholic drinks, tobacco, injuries to the brain, growth of tumors upon the inner surface of the skull.

Symptoms.—Similar to those in inflammation of the brain. There is an impairment of the intellectual faculties, embarrassment in asking questions, melancholy, drowsiness, particularly after eating, impaired vision and hearing, and pricking and twitching of the limbs, sometimes accompanied by pain, or by numbness. In the inflammatory form, the limbs are more frequently the seat of painful cramps, stiffness, and contraction. There may be nausea, constipation, difficult matriculation, and labored respiration, which becomes stertorous towards the last. A state of coma ensues, which may pass off in a day or two, but only to return and become more profound, until terminating fatally.

Softening of the brain occurs more frequently after the fiftieth year, although it is possible at any period of life.

Treatment.—Turkish and vapor baths, hot and cold foot baths, daily. Rest from mental application is necessary, also abstaining from all liquors. If addicted to the use of tobacco, the habit must be discontinued. Diet.—Select food from that prescribed for lean and nervous people. The best remedies are, phosphoric acid prepared as lemonade, and nux vomica, 3d trituration, three times a day. Take plenty of outdoor exercise, and live in an atmosphere of music and agreeable company. This will assist in maintaining a cheerful frame of mind. (See Brain Food in Materia Medica.)

SORE THROAT AND QUINSY.

These affections will be considered under one head, as the treatment is nearly identical. Either can be occasionally aborted during the feverish state by the medicines and treatment recommended under Colds, but it is best to begin at once the alternate administration of Belladonna and Merc. biniod. a dose every hour for six doses, then every two or three hours.

A cold compress on the throat, covered with a dry flannel, aids greatly in sore throat and during the first stage of quinsy; but if an abscess forms, apply a hot corn meal poultice with a tablespoonful of red pepper and a tablespoonful of ground mustard mixed into the hot mush; or a poultice of raisins.

VARICOSE VEINS.

Causes.—Pregnancy, leading to pressure of the uterus on the blcod vessels; congestion. Symptoms.—Enlarged, distended veins, swelling and pain in the legs. Treatment.—Adopt a fruit diet, avoiding all food leading to thickened blood or congestion; wear a silk elastic stocking on the affected limb, over a gauze stocking; and if the veins become more painful, it is best to call in a physician, as it may be necessary to have them enveloped in mild plasters, and then rolled.

FOMENTATION.

Every home should have a pair of fomentation cloths in its emergency outfit. These are pieces of woolen blankets nearly a yard square.

To give a fomentation: Place one of the cloths dry over the part affected, being careful not to expose any part of the body. Fold the other blanket twice lengthwise, then by holding firmly at each end dip it in boiling water nearly to the ends, see that it is wet through, then begin twisting each end in an opposite direction until it is quite tight, then stretch it above the vessel of boiling water so that the water drips into it. Keep the cloth so wrung until you reach your patient when it should be opened large enough to cover the afflicted part; fold the ends of dry cloth over it.

A little practice will enable anyone to wring a cloth so dry and hot in this way that it will remain hot for ten minutes. This should be repeated three or four times or until relief is obtained, when the part should be cooled off by a sponging of cold water and quickly dried.

To apply to the head, spine or extremities it is best to fold the hot damp cloth in the dry one and apply all at once to the part.

Unless this treatment can be skillfully given—i. e., so as to avoid exposing the patient by wet clothing or to cold air, poultices had better be used.

FOMENTATION NO. 2

consists of cloths wrung out of hot water, placed over some dormant, stiff or troubled part of the body and covered with a dry towel or flannel. These fomentations are made of hops. A soft rubber water bag filled with hot water is much better; it can be placed under the spine during the passing of calculi, or can cover the lungs or womb.

INTERNAL USE OF WATER.

Observation and experience teach that the free use of drinking water is a necessity. All solids give way to a fluid. Water is the system's natural purifier. A full glass of cold water should be drunk

every hour by those who are well and desire to remain well; while in sickness, the plentiful drinking of water serves to increase the activity of the skin, and kidneys, thus assisting in throwing off the disease. Water and air are nature's disinfectants in or out of the body. The most obstinate stomach troubles are curable by drinking a glass of very hot water in the morning before breakfast, followed by a half cup of very hot water containing a tablespoonful of the best olive oil. The above treatment must be continued for several weeks to get permanent results. Apply a compress of cold water over the stomach and heart at night, covered with dry flannel.

CHAPTER XLIII.

ACCIDENTS AND EMERGENCIES.

Be Prepared Beforehand—Quick and Effective Action—Bruises—Splinters—Cuts—Lacerations—Profuse Bleeding—Nail Wounds in Foot—Lockjaw—Nosebleed—Stings—Bites from Serpents—Bites from Mad Dogs—Poison Ivy, etc.—Sprains—Broken Bones—Cramps—Poisoning—Chill from Dampness—Freezing—Restoring the Drowned—Falling into the Water—Choking—Swallowing Pins, etc.—Foreign Bodies in Eye or Ear—Stunned from a Fall—Escape from Fire—Clothing on Fire—Burns—Scalds—Powder Burns.

EVERY household is subject to occasional mishaps, and it is well to be prepared to think and act quickly and effectively when these times come. I give some hints, therefore, as to a number of the emergencies and accidents which most frequently occur.

BRUISES; TO PREVENT AND CURE.

Children in playing often fall or otherwise hurt themselves, resulting in the discolored, swollen spots known as bruises. These come from the rupture of small blood vessels and the blood escaping from them. Either hot or cold water, arnica or witch hazel extract, applied to the surface, immediately, will ease the pain and contract the blood vessels. This prevents the escape of the blood, and its consequent changes, which, if allowed to proceed, would make the flesh at that point successively blue, bluish-green, green, and yellow; finally returning to its normal color, as the escaped blood is gradually absorbed. Its absorption will be hastened by applying vaseline or olive oil twice daily.

TO EXTRACT A SPLINTER

from a child's hand, fill a wide-mouthed bottle half full of very hot water and place its mouth under the injured spot. If a little pressure is used the steam in a few moments will extract the splinter.

CUTS.

Before bandaging a cut wash it thoroughly with some antiseptic solution. When it is perfectly clean bring the edges together and hold in place with warm strips of adhesive plaster. Leave a place between them for the escape of blood, and apply a dressing of absorbent gauze. When the wound is entirely healed the plaster may be easily removed by moistening at first with alcohol.

If no adhesive plaster is at hand, for a slight cut hold the part in a basin of tepid water while someone prepares a small pad of clean linen or cotton folded, to place against the wound. Bind it on with a narrow bandage, wet with arnica if the cut is painful. Do not bandage too thickly. A small pad will arrest bleeding quite as well as a larger one.

LACERATIONS.

These, generally caused by some blunt instrument such as a nail or piece of broken crockery, require somewhat different treatment from an ordinary cut. Tepid water poured over it from a height of ten or twelve inches will cleanse it best. It may be then gently dried by patting the surface with a soft napkin or towel, after which it should be dressed with carbolated vaseline, and bandaged.

ABRASIONS.

Falling on some hard, rough surface like the dry earth or gravel, will scrape the skin, causing abrasions. These, like lacerations, should be thoroughly cleansed with tepid water, gently dried and dressed with carbolated vaseline.

TO ARREST PROFUSE BLEEDING.

It sometimes saves life for one to know the difference between blood from an artery, which is bright red and escapes in jets or spurts, and blood from a vein, which is bluish-red and trickles steadily. If an artery in a limb is cut, place a finger firmly just above the wound, between it and the heart. Send for a surgeon immediately, and meanwhile, to relieve the person holding the finger as described, take a

square piece of cloth cornerwise, twist it and tie a hard knot in the middle. Place the knot over the artery, between the wound and the heart; bring the ends around the limb and tie loosely; place a stick under the last tie and twist it until the end of the artery is closed; and the finger pressure is no longer needed.

While awaiting the doctor's arrival, keep the patient quiet, with hot water bottles to his feet, give him nourishing drinks and let him drink all the water possible.

NAIL WOUNDS IN THE FOOT.

To relieve from the suffering produced by running a nail in the foot of a horse or man, take peach leaves, bruise them, apply to the wound, and confine with a bandage. They give relief almost immediately and help to heal the wound. Renew the application twice a day if necessary, but one application goes far to destroy the pain.

TURPENTINE FOR LOCKJAW.

A simple remedy recommended for lockjaw is ordinary turpentine. Warm a small quantity of the liquid and pour it on the wound, no matter where the wound is, and relief will follow immediately. Nothing better can be applied to a severe cut or bruise than cold turpentine, which is very prompt in its action.

NOSEBLEED.

Bathe the face in cold water; press with the finger upon the small arteries of the side of the nose, or between the eyes; or apply ice to the nose, middle of the forehead or back of the neck.

STINGS OF INSECTS.

A beekeeper advises that those who are around bees should have a small bottle of tincture of myrrh. As soon as one is stung apply a little of the tincture to the sting, when the pain and swelling cease. It will also serve well for bites of spiders and poisonous reptiles.

OTHER REMEDIES FOR STINGS.

If an onion be scraped and the juicy part applied to the sting of wasps or bees the pain will be relieved quickly. Ammonia applied to

a bite from a poisonous snake, or any poisonous animal, or sting of an insect, will go far toward completely curing the injury. It is one of the most convenient caustics to apply to the bite of a mad dog.

Another remedy for insect bites is to dissolve one ounce of borax in a pint of water and bathe the parts affected. This is good for the irritation of mosquito bites and even for prickly heat and like summer irritations. For the stings of bees and wasps the solution should be twice as strong. Or a teaspoonful of salt and another of soda in a little warm water may be used in the same way.

BITES FROM POISONOUS SERPENTS.

If the bite is on an arm, limb, hand or foot, the first thing to be done is to bind a ligature or cord *very tightly* between the wound and the heart, so as to keep the poison from circulating through the system. Then the affected part should have the poison sucked out. No danger attends this unless a cut or sore exists on the lips or in the mouth. A few drops of sweet oil taken in the mouth before beginning will insure exemption from any disagreeable results. If water is at hand, make a mud poultice and apply to the wound until a caustic can be obtained. Then wash the wound thoroughly, cauterize freely with nitrate of silver, ammonia, or other caustic, and give the patient tonics and nourishing food.

RATTLESNAKE BITES CURED WITH SWEET OIL.

Few people know that sweet oil, the common olive oil of commerce, the salad oil used on our tables, is a specific for rattlesnake bites. Use both internally and externally. Give the patient a teaspoonful of oil every hour while the nausea lasts. Dip pieces of cotton two inches square in the oil and lay the saturated cloth over the wound. In twenty minutes or less bubbles and froth will begin to appear on the surface of the cloth. Remove the square, burn it, and replace it with a fresh square until all the swelling has subsided. Where rattlesnakes abound every household should keep a six or eight ounce vial of the best oil ready for emergencies. Avoid rancid or adulterated oil. No whiskey or other stimulant is needed.

MAD DOG BITES.

Take the same precautions as in snake-bites to prevent the poison from circulating through the system. Apply a ligature between the wound and the heart; then the wound should be first sucked, next washed, and caustic applied. A physician should be called as quickly as possible, and the dog must be either shot at once, or if any doubt exists as to whether it had hydrophobia, it should be kept confined until the facts are known.

POISON IVY, OAK AND SUMAC.

It is unfortunate that some of the most attractive plants that grow in woods, ivy, oak and sumac, for instance, are poisonous in their effects. They act differently, however, on different people, for some seem not to be susceptible under any circumstances, while others are poisoned by simple contact with clothing that has touched the noxious plant. The remedies likewise do not in every case affect people with the same degree of success.

Various remedies are used in case of poisoning from ivy. The affected parts may be bathed with water in which hemlock twigs or oak leaves have been steeped. Fresh lime water and wet salt are likewise good. Spirits of niter will help to heal the parts when bathed freely with it. Another plan is to bathe the poisoned part thoroughly with clear hot water, and when dry paint the place freely three or four times a day with a feather dipped in strong tincture of lobelia. A similar application of gelsemium sempervirens (yellow jessamine) is likewise very effective. Permanganate of potash is also an excellent remedy. Dissolve a few crystals in hot water till of a light wine color and after cooling bathe the parts frequently with it.

SPRAINS.

These occur when, from a sudden irregular movement, or a fall, the ligaments about the joints are stretched, twisted or torn. Usually some of the small blood vessels are also ruptured, and the surrounding tissues injured. There is always more or less inflammation.

Bathe the part with hot or cold water and arnica or witch hazel, as for a bruise. If the sprain is in an ankle or knee, let the patient sit in one chair with the injured limb extended on a pillow in another chair. Apply a compress and bind the leg and pillow firmly but not too tightly together. If the sprain is severe, the patient should be placed in bed; and in all cases where recovery does not ensue within a few days, a physician should be called, for some sprains are more serious than broken bones.

When the sprain is in the wrist or elbow, if severe, the patient should lie in bed with the affected arm upon a pillow; if slight, he may go about with it in a sling. Frequent bathing with arnica or witch hazel assists nature in removing the soreness. As soon as exercise of the injured limb is possible, practice light movements so as to prevent any permanent stiffness.

BROKEN BONES.

A bone fracture may be simple or compound; the bone only may be broken, or there may be combined with it the injury to an artery, nerve-center, or joint; or there may be a wound opening to the surface; or the bone may be splintered. The accident usually occurs in the limbs, and may be known by an unusual twisting, bending, or shortening of the injured member.

Send at once for the surgeon, but before attempting to move the patient, gently cut away the clothing from the broken arm or leg, and let one person take hold of the injured limb below the break and pull firmly, steadily, but of course, not roughly, until it reaches its normal length. This will ease the patient, as it pulls the bone fragments from the surrounding tissue and prevents painful muscular contractions. A temporary splint dressing may then be applied, made of shingle or lath. Place pads above and below the fracture and secure the splints to them with a cord in such a way as to hold the limb in normal position. The person holding the broken limb may then release it, and the patient can be taken home. In preparing his bed, it must be made firm, with neither springs nor feathers; just the mattress, sheets and covers.

CRAMP.

Muscular contractions occurring after any unusual exertion cause the sudden, severe pains called cramps. Liniments may be applied, but often rubbing the affected part briskly with the hand is all that is necessary. When cramps come during sea bathing, throw the affected arm or leg suddenly and vigorously out of the water; this usually relieves it; and try to reach the shore as soon as possible. Hot applications are best for cramps in the stomach or bowels, often caused by indigestion.

POISONING.

Those who carelessly leave external applications, lotions, liniments, etc., unlabeled, or who leave them standing within reach of children, or who try to find and take medicine in the dark, are liable to have some startling experiences. Many liniments contain opium, a teaspoonful of which would cause the death of a child; many lotions contain sugar of lead, which is also poisonous.

When poison has been swallowed, every instant of time is valuable. Call a physician, and immediately go to work to empty the stomach. A safe emetic is made of a tablespoonful of ground mustard to a half-cup of warm water. Give only half of it at first, then in fifteen minutes the other half unless vomiting has resulted. Let the patient drink copiously of warm water besides; it helps to dilute the poison and so weaken its effect before it can permeate the system. For the same reason, if pain in the bowels indicates that some of the poison has reached that portion, inject warm water repeatedly.

Most poisons have their antidotes. If nitric, sulphuric, muriatic or oxalic acid has been swallowed, give quickly either magnesia, soapsuds or chalk, to neutralize the effect on the lining of the stomach.

If potash, lye, ammonia or soda in too large quantities has been taken, give vinegar or lemon juice. Follow this by olive oil, cream, milk or flaxseed tea.

If the poison swallowed was laudanum, paregoric, or any other article containing some preparation of opium, the mustard emetic is

the first thing. Tickling the upper part of the throat with a feather will usually induce vomiting, if the emetic is not at once effective. Do not forget the copious drinking of warm water; and above all, keep the patient awake. Dash cold water over his head, throw open the windows, walk him about, or plunge him in a hot and then in a cold bath; rouse him by shaking, slapping, shouting to him—indeed by every means in your power; for if he once yields to the power of the drug enough to go to sleep, it is likely to prove the sleep that knows no waking.

For a poisoning with lead, give first the mustard emetic, then let him drink vinegar and water, sweetened with sugar or with honey.

The following emetic is also good, if it can be procured quickly from a druggist:

Sulphate of zinc, one scruple;
Simple syrup, one dram;
Distilled water, seven drams.

This makes one dose, which generally proves sufficient. The stomach pump is useful but not always at hand; and even when it is, the emetic will assist.

CHILL FROM DAMPNESS.

When one has been caught in a drenching rain, or is wet from having fallen partly or entirely into the water, there is little danger of a chill while exercising; but the exercise should be kept up vigorously until the clothing can be changed. When changing it, rub the whole surface of the body thoroughly with a rough, dry towel until a warm glow results. When the chill has been unavoidable, follow the rubbing by going to bed with hot-water bottles placed to the feet and body, drink hot water or hot teas every quarter of an hour, and bring out a thorough perspiration, which should be kept up for hours. This precaution will ward off many a prolonged illness.

FREEZING.

In cases of severe freezing, when a person is apparently frozen to death, great caution is needed. Keep the body in a cold place, handle

it carefully, and rub it with cold water or snow for fifteen or twenty minutes. When the surface is red, wipe it perfectly dry and rub it with bare warm hands. The person should then be wrapped in a blanket and breathing restored in the same way as with those apparently drowned as given in the next paragraph. It may be necessary to continue the treatment energetically for several hours. A little lukewarm water or ginger tea is recommended for the patient to swallow as soon as possible.

TO RESTORE THE APPARENTLY DROWNED.

Efforts to resuscitate should not cease for twelve hours, if not previously successful. Life has been known to return after many hours of failure to respond. The following method is the most successful:

1.—Remove the froth and mucus from the mouth and nostrils, and the mud, too, if any has been drawn in. Hold the body for a few seconds with the head sloping downwards, so that the water may run out of the lungs and windpipe.

2.—Place the patient on his back with a roll made of a coat or other firm support under his shoulders. Grasp the arms by the elbows and draw them upwards until the hands are carried above the head and kept in this position until one, two, three can be slowly counted. This movement elevates the ribs, expands the chest and creates a vacuum in the lungs into which the air rushes, or in other words, the movement produces inspiration. The elbows are then slowly carried downward, placed by the sides and pressed inward against the chest, thereby diminishing the size of the latter and producing expiration. These movements should be repeated about fifteen times during each minute.

3.—As soon as natural breathing is fully established, discontinue the artificial means, and apply friction and hot applications to the body, leaving the head free access to the air.

4.—As soon as the patient can swallow, give warm milk, beef tea, or other warm, nourishing drink; or inject it by means of a stomach pump.

5.—Put the patient in a warm bed with hot water bottles to his feet, and encourage sleep. But he should be watched, and at the first indication of relapse, friction and stimulants and even the artificial respiration, must be employed.

WHEN ONE FALLS INTO THE WATER.

If a person who cannot swim falls into deep water, it is still possible in many instances for him to save his own life if he can keep his wits about him. Remember that one always rises to the surface at once after falling into deep water, and that the person must not raise his arms or hands above the water unless there is something to take hold of, for the weight thus raised will sink the head below the point of safety. Motions of the hands under water, however, will do no harm, for in quiet water, with the head thrown back a little, the face will float above the surface unless heavy boots and clothing drag the person down. The slow motion of the legs as if walking up stairs, keeping as nearly perpendicular as possible, will help to keep one afloat until aid comes.

CHOKING.

A child will often fill his mouth too full, and swallow food or other hastily, causing him to choke. Feel with the finger if the substance is within reach. If it is food, force it down, so as to liberate the breathing; if this is impossible, give one or two sudden blows with the flat of the hand on the back or chest. If on the chest, first place the child between your knees sidewise, so that the abdomen will be compressed, otherwise the effect of the blow on the respiratory processes will be lost by a yielding of the diaphragm. If this does not take effect, tickle the throat with your finger, so as to induce immediate vomiting.

SWALLOWING PINS, ETC.

If a child has swallowed a pin, a bit of broken glass, or other sharp substance, do not give purgatives, as the action of the bowels would then be likely to force the sharp article into the mucous mem-

brane, tearing it and causing ulceration if nothing more serious. Instead, give solid, farinaceous food, such as rice, that the foreign substance may be well enveloped in the other contents of the intestines; when it will usually pass without difficulty.

FOREIGN BODIES IN THE EYE OR EAR.

Sometimes a bit of quicklime enters the eye, causing intense pain. Remove, by means of a camel's hair brush or a paper spill, any particle adhering to the eyeball or lashes, and then bathe the eye for a quarter of an hour with vinegar and water, using one part vinegar to three of water. After doing this, bathe it for another quarter of an hour with warm water, and finally drop into the eye two or three drops of pure olive oil. Make an eye-shade of three thicknesses of linen covered with green silk. This should be worn until the eye has fully recovered. Prompt and careful attention to these directions is of the utmost importance, for otherwise the patient may lose his eyesight.

For removing cinders, grit, etc., in fact, any ordinary substance, from the eye, the flaxseed treatment is best, as described in "Care of the Eyes," but when the substance is burning quicklime, there is no time to be lost, and the above treatment is necessary.

FOREIGN BODIES IN THE EAR.

A few drops of olive oil inserted with a teaspoon is likely to remove the offending substance. If it is a living insect, it has been found that holding a lighted candle near the ear would cause the insect to leave the cavity. The patient should be in the dark when this is done.

STUNNED FROM A FALL.

When a child falls upon his head and is stunned, he will look deadly pale, much as if he had fainted. Consciousness usually soon returns, but sometimes, if the brain has been injured, sickness follows.

Quickly loosen his collar and tie, lay him flat upon his back, and sprinkle cold water upon his face, wetting the scalp also. Open the

windows to admit plenty of fresh air. Should there be any after ill effects, it would be well to consult a physician.

SUN STROKE.

Hot and cold water to the head. Place feet in hot water. then in cold. Alternate for ten minutes.

ESCAPE FROM FIRE.

These are a few of the most important things to remember in escaping from a burning building:

1.—Keep doors closed as much as possible. Smoke follows drafts, and fire follows smoke.

2.—There is always eight to twelve inches of pure air close to the floor. In thick smoke, when it is impossible to walk erect, drop to the hands and knees with the face close to the floor.

3.—A wet flannel, or wet silk handkerchief bound over the mouth, helps to keep smoke out, while it permits breathing.

4.—A woolen blanket or shawl wrapped about one, will help to keep off flames.

5.—If other escape from an upper story is cut off, tie the sheets and bed covers together, attach one end of this improvised rope to some heavy article of furniture, drop the other end from the window, and go down hand over hand. Never jump from an upper window unless the firemen urge it and have a net spread ready to break the fall. Of course children or helpless invalids must be rescued first.

CLOTHING ON FIRE.

Let one whose skirts have caught fire, instantly lie down on the floor or ground, and try to smother the flames by rolling over and over. The upright position should not be kept, as it lets the flames spread and increases danger from inhaling. A woolen rug, blanket, or garment should be wrapped quickly about the sufferer. If a child, he should be kept from running about, and enveloped quickly with whatever woolen is nearest, and saturated with water.

BURNS AND THEIR TREATMENT.

Common cooking soda, as found in every kitchen, is a convenient remedy for burns and scalds. Moisten the injured part and then sprinkle with dry soda so as to cover it entirely and loosely wrap it with a wet linen cloth.

The stinging pain of a superficial burn may be instantly allayed by painting with flexible collodion, white of egg, or mucilage. If the skin is broken apply a dressing of boracic acid ointment, lard or vaseline.

In burns from gunpowder, where the powder has been deeply imbedded in the skin, a large poultice made of common molasses and wheat flour, applied over the burnt surface, is the very best thing that can be used, as it seems to draw the powder to the surface, and keeps the parts so soft that the formation of a scar does not occur. It should be removed twice a day, and the part washed with a shaving brush and warm water before applying the fresh poultice. The poultice should be made sufficiently soft to admit of its being readily spread on a piece of cotton. In cases in which the skin and muscles have been completely filled with the burnt powder we have seen the parts heal perfectly without leaving the slightest mark to indicate the position or nature of the injury.

To relieve a scald on the interior of the mouth from taking hot liquids, gargle with a solution of borax, and then hold in the mouth a mucilage of slippery elm, swallowing it slowly if the throat also has been scalded. The slippery elm may be mixed with olive oil.

CHAPTER XLIV.

HYGIENE IN THE HOME.

Home the Woman's Pride—"Planning to Neglect"—Keeping Work Within Strength—Order is a Time-Saver—Look After Cellars—Beware of the Drains!—Woman's Unending War Against Filth—Stoves Exhaust Oxygen as Fast as Twelve Men Do—Absorbents in Sleeping Rooms—Individual Beds—Preserve Your Nerve Force—Lengthen Your Honeymoon—Banish the Musty Odors—The Sick Room in Contagious Diseases—Isolation Necessary—Three Disinfectants—How to Fumigate—Non-Contagious Sickness—Watch the Water Supply—"Boil It"—Planning the Meals.

IT IS the pride of every true woman to have a dainty, well-kept home, whether it be a cottage, a palace or a three-room flat. But the young housewife must not be discouraged by mistakes; neither should she, if she is wise, attempt to follow grandmother's example of mercilessly overtaxing her own strength that a certain quantity of work be gone through, thus robbing her own children of their heritage of vitality. This would be the worst mistake of all.

Rather let the ambitious home-maker survey her field calmly, gauge her own strength, and then adopt the plan of one wise woman who made a list of her various household duties and deliberately planned to neglect a few of the least essential of them each week, but arranged that no two successive weeks should find the *same* ones neglected. In this way she kept her work well within her strength; nothing suffered long; and you may be sure that among the neglected matters were never found those which would affect the health of any member of her family.

Dirt and disorder are the reverse of health-producers. The dirt is disease-breeding, while the disorder is a constant source of racked nerves, irritated tempers and lost time. Order is a great time-saver.

Important to the utmost degree is cleanliness in the care of sinks, refrigerators, cellars, etc., the disposal of garbage and the right condi-

tion of drains. Many households are poisoned by bad sanitary conditions. It is a safe rule that wherever offensive odors exist, there is an enemy to health that should be fairly met and put to rout. If such an odor comes from sinks, basins or cellar, something is wrong. Send for the plumber, if the matter is not easily remedied without. Flush the drains daily with hot water containing a little ammonia, washing soda, chloride of lime, or potash; or pour some clear lye in them over night, and flush in the morning. Burn all the garbage, or else remove it to a remote dumping ground. Stores of fruit and vegetables should be examined from time to time, that any decaying may be removed. Refrigerators should be emptied and scalded out, at regular intervals, and the same treatment given the bread and cake receptacles, that no mould may collect. Precautions such as these are of much more importance than shining faucets, polished range, and pans scoured till they are like mirrors—however alluring may be the pictures drawn by the advertisers of scouring soaps! Let the cleanliness come first, and the polish afterwards.

STOVES ARE OXYGEN-CONSUMERS.

Ventilation and heating arrangements should be well looked after. Stoves are not a very desirable method of heating a room. A fire burning in a stove uses up the oxygen in the air as fast as twelve men would use it in breathing; and it emits impure gases besides. The fireplace, or open grate, is best for heating and ventilation combined. These do not make the house so warm as stoves, steam heat or hot air furnaces, but it is better to dress a little more warmly than to suffer from the diseased conditions sure to arise from overheated houses and lack of pure air.

SLEEPING ROOMS.

The windows of sleeping rooms during the night, even in winter, should be opened at top and bottom, an inch for every occupant. Charcoal or unslaked lime, a small quantity, may be kept in the room to advantage. These substances purify the air by absorbing poisonous

gases, as is more fully explained in the chapter on "A Breath of Air." Did you ever stop to consider that one-third of every normal human being's life is spent in bed? This fact makes the wholesome furnishing of the sleeping room exceedingly important. Uncarpeted floors are by far the best. If the floor is soft wood, it may be stained and oiled. The wall paper and rugs should be harmonious and restful in tone; window shades and draperies soften the light, and there should be in a bedroom but few ornaments of the kind that harbor dust. Rather, let the necessary furnishings themselves be tasteful and well chosen, and the whole effect will be pleasing and restful. The beds should be separate in every instance unless in the guest chamber. That might be supplied with a double bed, to satisfy old-time prejudices, but the family sleeping rooms should have a bed for each member. Sleeping alone is the only healthful method of resting, and there will be invalids as long as it is not made the rule. Let me make it clear why this is so.

WASTING THE NERVE FORCES.

Some persons are so constituted that they are continually giving out nervous energy; others are more likely to absorb it. In the "Laws of Life," a paragraph states: "There is nothing that will so derange the nervous system of a person who is eliminative in nervous force, as to lie all night in bed with another person who is absorbent in nervous force. The absorber will go to sleep and rest all night; while the eliminator will be tumbling and tossing, restless and nervous, and wake up in the morning, fretful, peevish, fault-finding and discouraged. No two persons, no matter who they are, should habitually sleep together. One will thrive, and the other will lose. This is the law, and in married life it is defied almost universally."

WHY THE HONEYMOON WANES.

Not only nervous, but magnetic force is thus given out and absorbed. Dr. E. B. Foote, Sr., says: "Married people make a great mistake in allowing themselves to sleep together. This practice, in a measure, leads to uncongeniality. From five to eight hours bodily

contact in every twenty-four, with one person, not only causes an equalization of those magnetic elements which, when diverse in quantity and quality, produce physical attraction and passional love, but it promotes uncongeniality by making the pair grow physically alike." And in my chapter on "Limitation of Offspring," still further reasons are shown why single beds should be given the preference.

Mattresses should be of husks and cotton, hair and cotton, or hair and wool. Feathers are not advisable. The mattress should be brushed and aired regularly; bed coverings should be light, and always such as can be easily laundered. Sheets, blankets and lightweight comfortables covered with cheesecloth supply a bed satisfactorily. Air the beds at least an hour, preferably two, before making them up. Both windows and beds should be thrown wide open, and shades raised as high as they will go, during the airing, that the sun's rays may have free course, for they help to destroy disease germs.

KEEP VESSELS COVERED.

No custom is more common than that of allowing a vessel containing urine to stand uncovered in the sleeping-room all night. This should never be done. The poisonous gases arising from urine always vitiate the air, and saturate the bedding or whatever is near, with impurities. Keep the vessel covered. To prevent any unpleasant rattling of crockery, it is a good idea to slip over the lid one of the easily made, easily washed open crocheted covers, which will effectually stifle the sound. Any little girl who can crochet a plain line of stitches, can make these. They are made of coarse crochet or darning cotton, a straight chain of a length so that with the ends joined, it forms a cord ring a little smaller than the part of the lid that touches the rim of the vessel; then successive rows of open scallops made by chains of six or eight stitches each, hooked into the foundation chain first and continued several times around; the last row drawn up with a crocheted cord and tied around the knob or handle. They are a great convenience, to save the rattling.

Rugs and draperies should be taken outdoors and thoroughly shaken and aired, twice a month, even in the rooms not much used. This, together with making the sunlight a welcome visitor, helps to keep the air of the rooms free from the musty odor often observable in rooms left shut up for weeks at a time.

DANGER IN DAMP SHEETS.

Among the dangers which beset travelers in strange hotels and elsewhere is the really great peril of sleeping in damp sheets. It is hard enough to secure the proper airing of linen and clothes at home. Unless each article is unfolded and its position changed until all the moisture has been driven out of it, it is really not fully dried. As a matter of fact heavy articles, such as sheets, are scarcely ever thoroughly dry, and when delicate persons, perhaps fatigued by a journey, seek rest in a bed made of them, they risk rheumatism and other mischief. In case of doubt it is better to remove the sheets from the bed and sleep in the blankets until assured that the linen is thoroughly dry.

THE SICK ROOM IN CONTAGIOUS DISEASES.

In spite of the additional labor that it makes, the ideal place for a sick room in a private house is as far from the ground as possible. To be of any service at all, isolation must be real and complete. A room should be selected in the topmost story, the door kept closed, a fire, large or small, according to the weather, kept burning, and the windows open as much as possible. Even in the winter this can be done without danger under most circumstances by lowering the upper sash and breaking the draft by a blind or screen. The staircase and hall windows should be kept open day and night. The other inmates of the house should keep their own rooms thoroughly ventilated. The persons nursing the patient should on no account mix with other members of the family, or, if that cannot be helped, they should take off their dresses in the sick room, and after washing their hands and faces, put on other dresses kept hanging outside the room, or in an adjoining apartment.

All dishes used in the room should be washed separately, and not with others in the kitchen. The room itself, except in cases of measles and whooping cough, the poison of which does not retain its vitality for any length of time, should be as scantily furnished as possible, containing nothing which can retain infection. All woolen carpets, curtains and bedhangings should be removed, and only wooden or cane-bottomed chairs retained. There should be no sofa, and iron bedsteads are better than wood. A straw mattress of little value, which may be destroyed afterward, is better than a hair one, which can be disinfected, but feather beds and such furnishings should be absolutely forbidden.

DISINFECTANTS.

Three different preparations are to be commended for use to make the purifying of a house, where infection has been, complete. The first is ordinary roll sulphur or brimstone, for fumigation; the second is a copperas solution, made by dissolving sulphate of iron (copperas) in water in the proportion of one and one-half pints to one gallon, for soil, sewers, etc.; the third is a zinc solution, made by dissolving sulphate of zinc and common salt together in water in the proportion of four ounces of the sulphate and two ounces of the salt to one gallon, for the clothing, bed-linen, etc.

In the sick-room, the most valuable agents are fresh air and cleanliness. The clothing, towels, bed linens, etc., should, on removal from the patient, and before they are taken from the room, be placed in a pail or tub of the zinc solution, boiling hot if possible. All discharges should either be received in vessels containing the copperas solution, or, when this is impracticable, should be immediately covered with the solution. All vessels used about the patient should be cleansed or rinsed with the same. 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, as next explained.

FUMIGATION.

Fumigation with sulphur is the method used for disinfecting the house. For this reason the rooms to be disinfected should be vacated. Heavy clothing, blankets, bedding and other articles which cannot be treated with the zinc solution, should be opened and exposed during fumigation, as next directed. Close the rooms tightly as possible, place the sulphur in iron pans supported on bricks placed in wash tubs containing a little water; set the sulphur on fire with hot coals or with the aid of a spoonful of alcohol, and allow the room to remain closed twenty-four hours. For a room about ten feet square at least two pounds of sulphur should be used; for larger rooms proportionally increased quantities.

Cellars, stables, yards, gutters, privies, cesspools, water closets, drains, sewers, etc., should be frequently and liberally treated with the copperas solution. The copperas solution is easily prepared by hanging a basket containing about sixty pounds of copperas in a barrel of water. (This would be about one and one-half pounds to the gallon. It should all be dissolved before use.)

THE SICK-ROOM IN NON-CONTAGIOUS DISEASES.

When there is sickness that is not contagious, the care of the patient's room is still important. A sunny exposure, an open fire, and in summer an open fireplace, are the greatest aids. Under all circumstances, keep the air pure in the sick-room. Cut flowers should not be allowed to remain any length of time; as soon as their first freshness is gone, remove them. The presence of carbon in the room, due to the wick of a lamp being turned too low, or to any cause whatever, is to be avoided as a deadly poison. It is well to use the "door-fan" occasionally, as directed in the chapter on "A Breath of Air."

Place the bed where all danger from drafts may be avoided, and always protect the patient's eyes from the direct rays of sun, or lamp, or other light. It is of the utmost importance that all bed-linen and clothing should be changed very frequently; it should be washed and

sunned thoroughly, previous to using. Sweep the floor with a damp broom, to prevent dust rising, or remove dust with a damp cloth.

GUARD YOUR WATER SUPPLY.

Pure water is essential. If any doubt exists, boil it—the water, not the doubt!—as the boiling process eliminates all impurities, if continued long enough. If it be urged that boiling makes the water "flat" and insipid, there are many refreshing drinks that can be made, as described in the chapter on "Dishes for Invalids."

Water that has stood long is unfit to drink, as it absorbs the impurities of the atmosphere. That which remains in the pipes all night should be allowed to run off quite largely, before any is used. The less ice-water drank, the better, as it checks the natural flow of the gastric juice and is apt to cause irritation of the bowels; sometimes even fatal inflammations.

The nature of the water supply should be one of the first things considered in choosing a location for a home. When a good and wholesome water cannot be obtained from springs or rivers, as in malarial districts, and when there is reasonable ground for thinking that the ordinary sources are contaminated by epidemics, it is well to fall back on the rainfall for drinking purposes, with special care that it is collected in a cleanly manner.

Surface wells are always to be viewed with suspicion when they are in the vicinity of stables and cesspools, farm yards, cemeteries, and anywhere in the towns. The filtration of the water through the soil removes the suspended matters, so that it may be clear enough to the eye, but it has no power to remove impurities actually dissolved. The eye cannot be trusted to judge the impurities of drinking water. Water which appears absolutely clear may be unwholesome in the extreme, and water with sediment floating in it may be in no way unwholesome. Nothing but an analysis of the water can settle this with absolute certainty. Deep wells and artesian wells which penetrate the surface strata are likely to be safe. Marsh waters carry

malaria, and should never be drunk without boiling. Indeed, suspicious water of all sorts may be made safe by boiling, although it is not sufficient always to merely bring it to a boil. Thirty minutes above the boiling point is a safe rule to follow.

Best of all is distilled water. That can be relied on as absolutely pure. Typhoid, diphtheria, dysentery, cholera, diarrhea, and other dangerous diseases are caused by impure water, either by suspended mineral matters acting as irritants, by suspended animal and vegetable matters, or by dissolved animal impurities. Sewer gases dissolved in water, in addition to these diseases, cause sore throats, boils and other ailments.

It must not be forgotten that water closets, stable yards, manure piles, decaying kitchen slops and all sorts of filth are responsible for many of the most serious diseases, either by draining into the well, and so contaminating the water supply, or by direct breeding of disease-germs carried as dust and inhaled. Health is one of the rewards for household cleanliness of the most careful kind.

FOOD PREPARATION.

The nutritive value of different foods, and the preparation of them, are among the most necessary things for the housewife to understand. The health and temper of the whole family depend largely upon the cooking. Unwholesome or ill-cooked food causes dyspepsia or indigestion, which expresses itself in irritability long before the stage of recognized illness is reached. In our temperate climate, very little meat should be served in the summer, as it is heating to the blood. The hints given in the "Beauty Diet" chapters, including the advantages of much fruit and little meat, will serve as a guide, very largely, in planning the family meals.

When meats are used, which should be mainly in the winter, the best are beef, veal, mutton, lamb and poultry, eaten in moderation.

CHAPTER XLV.

DISHES FOR INVALIDS.

Care Necessary—Milk—Fruits—Gruels—Porridge—Jellies—Custards and Creams—Blanc Mange—Meats, Soups and Broths—Eggs—Oysters—Soups Without Meat—Panadas—Mushes—Rice—Entire Wheat Bread—Grains—Zweiback—Toasts—Beverages—Tonics—Fruit Combinations.

DURING recovery from sickness, of whatever kind, the diet is important. It should be light, yet nourishing; should be made attractive and appetizing; but when, after eating any article of food, ill effects are felt in the form of headache, pains in the stomach or bowels, nausea, flatulence, or an abnormally quickened pulse, it is an indication that such article is injurious.

MILK.

Almost invariably easy of digestion, and useful in many ways, this article of diet may be given at all times during sickness and convalescence, as well as in health. (See "Beauty Diet.") Warm milk is particularly good. For patients suffering from diarrhœa, dysentery, etc., it should be boiled; and nursing mothers who have insufficient milk in the breasts will be greatly benefited by drinking at least a pint of new milk one or two hours before breakfast. Add one-tenth water, and heat to a temperature of 110 or 120 degrees. The warm water prevents the formation of curds, and the milk at that temperature, uncurdled, will be taken up by the absorbents of the system and conveyed directly to the blood without going through the usual digestive process. Commenting on the effectiveness of this plan, Dr. R. P. Harris says:

"Those who with ordinary food invariably fail to nurse longer than a few weeks, are capable by this diet of becoming not only good nurses, but also of gaining flesh while secreting the milk in abundance.

When a delicate mother of 86 pounds weight, who had failed after a month with each of three infants, is enabled by it to nurse a child eighteen months and gain at the same time nineteen pounds, the diet must be an effective one."

When the flow of milk is excessive, avoid salt and liquid foods.

Boiled rice is another food easily digested. Beef tea, mutton broth and chicken are useful in convalescence, though less nourishing in proportion to their digestibility than is the warm milk.

FRUITS.

These are sometimes of great benefit, but should not be given to patients indiscriminately. The juice of ripe oranges is good in fever, but the pulp should be discarded. Grapes, minus their seeds and skin; lemon juice, and the juice pressed out of strawberries and strained, are all refreshing and permissible in fevers. For convenience, I here give a classified list of some of the foods most useful and desirable in sickness and during recovery, while the patient is still weak:

GRUELS.

The way to make a palatable gruel is to mix smooth two large tablespoonfuls of cornmeal or oatmeal in enough cold water to make a thin paste; pour a quart of hot water into a clean granite saucepan over a brisk fire; when it boils add a small lump of butter and when the butter is melted, stir in the paste of meal; stir for about half an hour; then add a teacupful of sweet milk, and when it boils again, throw in the upper crust of a loaf of hard baked bread cut into small pieces; let it boil still longer and add a little black pepper, a little salt, a pinch of grated nutmeg and a little more butter. The butter and spices, however, should be omitted when the illness is serious.

BARLEY GRUEL.

Take one ounce of pearl barley, boil it a few moments to cleanse it; pour off the water, add a quart of cold water, a half teaspoonful of salt; let simmer slowly till reduced to half the quantity, and strain. Excellent in fevers and gastric inflammation.

RICE GRUEL.

Two tablespoonfuls rice, one quart cold water; steep slowly one hour; strain and add a little salt and cream.

BRAN GRUEL.

One pint bran of white wheat, three pints water; boil half an hour; strain and add a little salt. Good gruel for fevers and inflammations.

CORNMEAL GRUEL No. 2.

This is a simpler method than the one first given. One tablespoonful finely sifted cornmeal mixed in cold water to a thin paste; have one quart boiling water over the fire; dip a spoonful of the paste into the hot water, stir, let it boil up, then add another spoonful and so on until of the right consistence. Boil briskly for half an hour. Salt to taste. Cornmeal is too heating to be advisable where there is fever.

Graham Gruel is made in the same way as the cornmeal, given above. It can be strained or not, as preferred.

OATMEAL GRUEL No. 2.

Two tablespoonfuls coarse oatmeal stirred directly into one quart boiling water. Boil one hour; strain; serve with milk or cream.

ARROWROOT GRUEL.

One tablespoonful arrowroot mixed to a paste in cold water; stir this into half a pint of boiling water; when smooth, add half a pint of milk, boil all together for three minutes; salt or sweeten to taste.

FARINA GRUEL.

One tablespoonful farina, one teaspoonful salt, one cup boiling water, cooked all together for fifteen minutes or until it thickens; then add one cup milk and boil again. Farina is one of the many wholesome preparations of wheat.

CORNMEAL GRUEL No. 3.

Two tablespoonfuls cornmeal, one teaspoonful flour, one teaspoonful salt, one quart boiling water. Mix the flour, meal and salt into a

thin paste with cold water; stir the paste into the boiling water; boil half an hour, stirring frequently. Thin with milk or cream.

CRACKER GRUEL.

Four tablespoonfuls powdered Uneeda Biscuit or other good cracker; one cupful boiling water, one cup milk, and a little salt. Boil up once and serve fresh.

EGG GRUEL.

The yolk of one egg well beaten, one teaspoonful sugar, one cup hot milk, the white of the egg beaten to a foam. Flavor with lemon or nutmeg. Good for a cold, if taken very hot before retiring.

MILK PORRIDGE.

One tablespoonful flour, two cups milk, two dozen raisins quartered and seeded. Boil raisins in water twenty minutes. Allow the water to boil away; then add the milk. When it boils, add the flour rubbed to a thin paste with a little cold milk. Boil ten minutes and season with a little salt. The beaten white of one egg, added after the porridge comes from the fire, improves it.

JELLIES.

When not too sweet, jellies are usually a welcome part of the invalid's meal. Those made from, or flavored with the acid fruits, are usually relished best.

LEMON JELLY.

Two lemons, two tablespoonfuls cornstarch, one pint boiling water, one-third cup sugar. Wet the cornstarch to a paste in cold water; stir this into the boiling water; add the sugar, the juice of the lemons, and a little of the lemon-peel grated in. Pour into moulds to cool.

LEMON JELLY No. 2.

One ounce gelatine, one quart water, three lemons, one cup sugar. Soak the gelatine in the water; when dissolved, pour into a saucepan and let come to a boil. Add the juice of the lemons, a little grated peel, and the sugar. Strain through cheesecloth, pour into moulds and cool on ice.

SAGO JELLY.

Five tablespoonfuls sago, half a pint cold water, one cup sugar, two tablespoonfuls lemon juice. Soak the sago in the cold water half an hour, then add the sugar and lemon juice. Pour into this three cups boiling water; boil the whole in a farina boiler one hour; pour into moulds. When cold turn out and serve with fruit juice.

RICE JELLY.

Two tablespoonfuls rice; cook in water one hour, or until dissolved. Salt, sugar, and lemon juice to taste; strain into a mould. Serve cold, with sugar and cream. Good in diarrhœa and dysentery.

NUTRINA, OR BRAN JELLY.

Dr. M. Augusta Fairchild gives this recipe, which makes an excellent dish for nursing mothers, for children when first weaned, and for all invalids requiring a nerve nutritive:

"1st. Go to the mill yourself and watch the miller while he gives you clean wheat bran.

"2d. Have a kettle of boiling soft water on the stove. Sift with one hand, stirring briskly all the while with a wooden spoon or paddle, held in the other, until the mass is about the consistency of a thick gruel. Let this boil slowly about two hours. Place a sieve over the top of a pan and pour this gruel into it to drain. When well drained place the pan on the stove and allow it to come to a boil. Mix with cold water a spoonful or so of sifted graham flour, enough to bring the boiling gruel to about the consistency of a smooth gravy or thick gruel.

"Dip into moulds—coffee cups are nice for this—and allow to become cold, when, if right, it will be a trembling, delicate jelly. Perhaps it will be necessary to experiment a little, as the first trial may not be entirely successful, but depend upon it, the outcome is well worth painstaking.

"Nutrina accompanied with various sauces makes a welcome des-

sert. People who use milk or cream would like nutrina with a cream sauce. Nutrina cannot be too highly recommended, for it suits so wide a range of conditions."

TAPIOCA RASPBERRY JELLY.

One-fourth cup pearl tapioca, one pint cold water, one-half cup raspberry jam, one heaping tablespoonful sugar, salt to taste. Pick over and wash the tapioca, add the cold water, and cook in a double boiler until entirely dissolved. Then add the salt, jam, and sugar. Turn into a mould; and when cold, serve with sugar or cream.

SAGO CRANBERRY JELLY.

Soak five tablespoonfuls sago in cold water one hour; strain off the water; add a half pint strained cranberry juice; boil slowly fifteen minutes, stirring occasionally; then add a half cup of sugar. Pour into moulds; serve the following day without sauce.

IRISH MOSS JELLY.

One-half cup Irish moss, one lemon, one-third cup sugar. Soak the moss in cold water until soft, pick over and wash again, then put into the boiling water and simmer until dissolved. Add the lemon juice and sugar and strain into a mould. Especially good in rheumatic diseases.

FIG JELLY.

Make the Irish Moss Jelly as above described, but steep four or five figs with the moss; omitting the lemon, or not, as preferred.

JELLY AND ICE.

Chip a half cup of ice fine. Mix with it currant, barberry, blackberry, cherry or lemon jelly. Excellent in fevers.

CUSTARDS, CREAMS, ETC.

Some of the delicate dishes made with milk and eggs are digestible by weak stomachs; others are not. When properly made, the dainty custards, creams, blanc manges, etc., are both nourishing and tempting. Ice cream, eaten slowly in small quantities, is excellent.

The well-known plain boiled cornstarch custard is good; also baked custard; and baked milk alone prepared according to Mrs. Owen's directions:

BAKED MILK.

Put half a gallon of milk in a jar and tie over it writing paper. Let it stand in a moderate oven eight or ten hours. It will be like cream, and is good for consumptives and invalids generally.

SNOW BALLS.

Two cups rice, two quarts boiling water, one pint boiling milk; cook two hours in double boiler without stirring. Pour into small moulds, and serve with boiled custard.

BUTTERMILK POP.

One quart buttermilk, two tablespoonfuls flour, one teaspoonful cold milk. Heat the buttermilk in the double boiler; when nearly boiling, thicken with the flour, which has first been wet to a paste with the cold milk. Stir until boiling. Excellent for nervous dyspepsia, and of great value in heartburn and nausea during pregnancy.

FRUIT BLANC MANGE.

Four tablespoonfuls cornstarch wet in cold water; one quart fruit juice (blackberries, grapes, cherries or strawberries, etc.); one cup water; two tablespoonfuls sugar. Put the fruit juice and water on to boil; when boiling add the sugar and cornstarch; let boil five minutes; then pour into moulds. Serve with cream or boiled custard. If lemons be the fruit chosen, use more water. This dish is especially valuable in pregnancy and for convalescents where the stomach will not bear solid food.

MEATS, SOUPS AND BROTHS.

When used at all for the sick, meats must have every particle of fat, skin and membrane removed. Beef, mutton and chicken are the meats best adapted, and here are a few of the best recipes:

BROILED BEEF PULP.

Scrape raw beef to a pulp, make into small cakes and broil as steak. Season with salt and a little cayenne pepper. Serve hot.

MUTTON BROTH.

A quick method is to chop one pound of lean juicy mutton very fine; pour over it one pint of cold water; let it stand until the water is red; then heat slowly, and let simmer ten minutes, strain, season, and either add two tablespoonfuls of soft boiled rice, or thicken a little with rice flour wet with cold water. Serve warm.

BEEF TEA.

Cut one pound of lean beef into fine pieces; put it into a bottle without a drop of water; cork tightly and set the bottle in a kettle of cold water. Heat gradually, to a boil, and let boil steadily for three or four hours, until the meat is like rags, its juice all extracted. Pour out, salt to taste, and give a teaspoonful at a time.

Beef tea, it is now known, is more of a stimulant than a food, and is much less valuable from a nutritive standpoint than was once supposed. It should not be given in fevers or inflammations. In such cases bran or oatmeal gruel is far better.

BARLEY SOUP.

One tablespoonful barley, one pound of neck of mutton, one pint of cold water. Wash the barley well. Remove the fat and bones from the mutton, cut it into slices, add the barley and the water, and heat slowly. Let simmer two hours. Put the bones into a cup of cold water, boil slowly half an hour, and strain into the meat and barley. Season with salt; skim off the fat and serve with whole wheat or graham wafers.

CHICKEN BROTH, No. 1.

Clean and disjoint a small chicken; cut the meat into half inch pieces. Remove all fat; break or pound the bones. Dip the feet in boiling water and scald till the skin and nails peel off. The feet contain gelatine, and well cleaned may be used for jelly. Cover the meat, feet and bones with cold water, heat very slowly, and simmer till the meat is tender. Strain, and when cool, remove the fat. Season with

salt, pepper and lemon to taste, and add the white of one egg. Place over the fire, stir well, and boil five minutes. Skim, and strain through a fine napkin. Serve warm; or if intended for jelly, pour into small moulds to cool.

CHICKEN BROTH, No. 2.

Select the dark meat only, from half a chicken; boil it in one quart of water with a tablespoonful of rice or barley; skim off the fat and serve as soon as the rice is well done. A little lightly browned toast is nice served with the broth.

POACHED EGGS.

If cooked for ten minutes at a temperature of 165 degrees, eggs will be much more digestible and delicious than by boiling. An egg either in its shell or out of it, should never be boiled. To poach them, place muffin rings in a skillet of salted boiling water; break the eggs in these and let them stand ten minutes without boiling. Remove the rings and the eggs will be nicely molded and evenly cooked.

EGGS POACHED IN MILK FOR NERVOUS HEADACHE.

For six eggs, take one cup milk, one-half cup water; heat to boiling point, then break in the eggs. Cook slowly and serve on toast. A case is recorded of a lady curing herself completely of nervous headaches by eating an egg every morning cooked in this way.

OYSTERS, RAW AND BROILED.

Eaten raw, oysters are more digestible than when cooked. This is because a fat oyster is half liver; the diastase in the liver causes the oyster, when taken raw, to digest easily, but this diastase is destroyed in cooking. Raw oysters are therefore valuable in nervous dyspepsia and in the early months of pregnancy.

Convalescents will often find the following dish agreeable: Select large oysters, hold over hot coals on a wire toaster until heated through; serve on toast moistened with cream. Oysters will sometimes prove useful by increasing the flow of milk in nursing mothers.

SOUPS WITHOUT MEAT.

Delicious and nourishing soups may be made without meat. Here are a few:

TOMATO SOUP.

Place one pint of tomatoes and one quart of water in a granite kettle. Let it come to a boil; thicken with three tablespoonfuls graham flour wet to a paste with cold water. Add one quart milk, and stir until it boils. This prevents curdling. Season to taste.

MACARONI SOUP.

Break a handful of macaroni into inch pieces. Place this in a quart of boiling water, then add two cups of strained stewed tomato, and just before serving pour in one-half cup cream.

PEA SOUP.

One pint stewed or canned green peas; one quart milk; flour or cornstarch enough to thicken, and seasoning to taste. While the milk is coming to a boil, rub the peas through a colander; stir them into the hot milk, and when it reaches the boiling point, thicken with flour or cornstarch wet to a paste with cold milk. Add the salt, butter and pepper and set back. This soup is good if made with part water instead of all milk.

SPLIT PEA SOUP.

Soak one cup of split peas over night. Put on in cold water, and boil slowly for two hours. Rub through the colander. Stir two tablespoonfuls graham flour into a cup of sweet cream, with a pinch of salt; heat this by itself in the kettle, and when it thickens, return the peas to the kettle and stir all together. Then set back.

CHICKEN PANADA.

Pound to a paste one cup of cold roasted or boiled chicken. Add one-half cup of stale bread crumbs, and enough boiling chicken liquor to make a quart. Serve hot a cup at a time.

EGG AND RAISIN PANADA.

Two eggs, one cup bread crumbs or two slices toasted bread, one tablespoonful of sugar, one cup of stoned raisins, one quart water. Boil the raisins one hour, skim them out, add the bread to the boiling water; boil fifteen minutes, stirring well. Beat the eggs, adding the sugar; pour the panada over them, stirring constantly.

CRACKER PANADA.

One tablespoonful cracker crumbs boiled five minutes in one cup water slightly sweetened, and flavored with lemon or strawberry.

GRAHAM CRACKER PANADA.

This requires no actual cooking. Split two fresh graham crackers; put them into a bowl, sprinkle with a little sugar and cover with boiling water. Slip them out and serve with a little cream.

MUSHES.

These semi-solid foods are useful and may be made palatable when correctly cooked.

GRAHAM MUSH.

Wet one-half cup graham flour with enough cold water to make a thin, smooth paste. Add one-half teaspoonful salt. Stir into one pint of boiling water and cook twenty minutes, stirring frequently. Serve with cream.

RYE MUSH.

Make like the above, using rye flour, and serve with sugar and cream.

OATMEAL MUSH.

One cup granulated oatmeal, a pinch of salt, one scant quart boiling water. Put meal and salt into a double boiler, pour over them boiling water, and cook two or three hours. Remove the cover just before serving and stir slightly with a fork, allowing steam to escape. Serve with sugar and cream. Baked apples, apple sauce, and apple jelly are

delicious eaten with the oatmeal. They should be eaten with the mush, the cream being poured over both mush and fruit.

WHEAT MUSH.

Use the rolled or cracked wheat, or if this is not easily procured, crack the wheat in an ordinary coffee mill. Stir one pint of the wheat into two quarts of boiling water in a double boiler. Add a half teaspoonful salt, and cook three hours without further stirring. Serve hot or cold, with cream and sugar or fruit juice. If to be eaten cold, it should be poured into moulds. This is one of the best foods in constipation or biliousness.

CORNMEAL MUSH.

Mix one cup of fine cornmeal with one cup of cold water, adding a little salt. Stir gradually into boiling water. Cook three-quarters of an hour in a double boiler, stirring frequently.

BRAIN FOOD.

One cup entire wheat flour, one quart boiling water, salt to taste. Wet the flour in a little cold water, and stir it into the salted boiling water. Cook over brisk fire one hour and a half. Serve hot or cold, with sugar and cream.

BOILED RICE.

This is one of the most valuable foods in sickness, as it is easily digested and assimilated. It is especially useful in diarrhœa or dysentery. Two cups of rice to three pints of water, with a half tablespoonful of salt; cook slowly, tightly covered in a double boiler, three to four hours. Do not stir it until nearly done; then remove cover to let steam escape, and stir lightly with a fork.

BROWNED RICE.

Brown or parch rice slowly in the oven, then steep it in milk for two hours. The rice alone or the milk alone is excellent in summer complaint.

BREADS FOR INVALIDS.

Those made from graham or entire wheat flour are best, and they should usually be served in the form of toast, granula or zweiback.

ENTIRE WHEAT BREAD.

To three pints of water add a small cake of yeast and a teaspoonful of salt. Mix with this a sufficient quantity of entire wheat flour to make a soft dough, and mold into baking pans. Let it rise about half as much as is usual with other breads before baking. Allowing bread to rise but once increases its nutrition. As the flour is very coarse, making the dough soft allows for swelling. Bake in a hot oven the same as other bread, with the exception that it should be baked a trifle longer.

GRANULA.

Mix equal parts of graham flour, cornmeal, and fine oatmeal, with cold water, making a batter thick enough to cling to the spoon. Bake in thin cakes in a quick oven. When baked, break into small pieces and dry in a slow oven, until crisp. Then roll into fine crumbs. Served in milk, this is delicious and nourishing. It may be prepared from cold gems or corn bread by re-baking and crumbling as described.

ZWEIBACK.

Cut slices of bread into thin strips and dry in the oven. Serve with soups.

GRAHAM AND OATMEAL GEMS.

Equal parts graham flour and fine oatmeal; add equal parts milk and water sufficient to make a thick batter. Have the gem pans very hot, fill with the above mixture, and bake in a quick oven.

CREAM TOAST.

Heat three slices of bread in the oven; toast an even brown over coals. Boil a half pint of milk and three tablespoonfuls of cream; thicken with cornstarch, salt to taste and pour over the toast. Serve hot.

TOMATO TOAST.

One quart stewed tomatoes; season with one tablespoonful sugar and one-half teaspoonful of salt; pour over graham bread or gems toasted.

RHUBARB TOAST.

Two pounds rhubarb (pieplant), one pint water, one-half cup sugar. Cut the rhubarb into small pieces and stew until done. When cold, pour over hot graham toast. Those who dislike rhubarb will be surprised to find how different it tastes prepared in this way.

OYSTER TOAST.

Stew the oysters and pour over toasted bread or gems.

GEM TOAST.

Graham gems may be split, and toasted like bread; then served with the same dressing as ordinary toast. They make, in fact, a better toast than bread.

BEVERAGES.

These for invalids are quite as important as foods. Many times they must serve as both food and drink. Alcoholic drinks do not benefit the patient as much as they harm. I cannot emphasize this too strongly. They give no nourishment, and the brief stimulating effect is followed by a reaction. In no case will wine or other alcoholic stimulants revive a patient as effectually as would a glass of hot milk.

ORANGE WHEY.

An excellent drink after confinement is made as follows: Add the juice of one orange to a pint of sweet milk. Heat slowly until the curds begin to form. Strain, and cool.

BUTTERMILK.

In diabetes, it has been found of great advantage to make buttermilk a chief article of diet; and in dyspepsia it will often be relished and retained when the stomach refuses almost everything else. Corpulent people will find it of benefit, and in serious cases of fever when

nourishment becomes a problem, it is sometimes the best food that can be given. It should be either served fresh from the churn, or put in clean bottles and canned or sealed as in preserving fruit. The taste for it can be cultivated.

OATMEAL TEA.

Two tablespoonfuls raw oatmeal to a quart of cold water; let stand two hours in a cool place, then drain off as wanted. Nourishing in convalescence, and unequalled as refreshment for harvesters. etc.

EGG LEMONADE.

Beat together the juice of one lemon, the white of one egg, one tablespoonful of pulverized sugar, one glass water. Excellent in inflammation of the lungs, stomach, or bowels.

FLAXSEED LEMONADE.

Two tablespoonfuls whole flaxseed to a pint of boiling water; let it stand until cool, then strain and add the juice of two lemons and two tablespoonfuls honey. For coughs and suppression of urine, this is invaluable.

APPLE AND FIG JUICE.

Six figs, two apples, two quarts of boiling water. Cut the apples and figs into small pieces; pour over them the boiling water, and boil all together twenty minutes. Cool and strain when wanted. The figs and apples may be eaten with a little boiled rice.

EGG TONIC No. 1.

Beat one egg very light; add the juice of one lemon and a very little sugar. To be taken before breakfast while the egg is still light. Better than any alcoholic stimulant known.

EGG TONIC No. 2.

Same as No. 1, except that a half glass of new milk is substituted for the lemon juice. Good for nursing mothers, delicate children and all weak persons.

TAPIOCA MILK.

Soak three tablespoonfuls tapioca in a cup of cold water for one hour; add three cups boiling milk, sweeten, and flavor to taste. Simmer slowly a half hour; serve warm.

GUM WATER.

One ounce clean gum arabic, one-half ounce sugar, one pint boiling water, juice of one lemon. Add the lemon juice after the other articles are dissolved, and strain. Soothing in inflammation of the mucous membrane.

RICE OR CORN COFFEE.

One cup rice or dried sweet corn; pound or grind fine, and brown. Add one pint cold water, and steep one hour. Strain and serve with cream and sugar.

BARLEY, WHEAT, OR OAT COFFEE.

Thoroughly brown the grain, then grind. Mix three tablespoonfuls with the white of an egg; pour over it one quart of boiling water. Let come to a boil, then set back and steep slowly fifteen minutes. Serve with cream and sugar.

SLIPPERY ELM TEA.

Pour one cup hot water over one teaspoonful powdered slippery elm bark, or over a piece of the fresh bark. Cool, strain and flavor with a very little lemon and sugar. Good for inflamed mucous surfaces.

CRUST OR TOAST COFFEE.

Pour one pint boiling water over two slices browned crust or toasted bread. Steep ten minutes and strain. Serve with sugar and cream.

IRISH MOSS LEMONADE.

One cup Irish moss, one pint boiling water. Soak, pick over and wash the moss; add the boiling water. Let it stand at the boiling point for a half hour, without actually boiling. Strain, add the juice of one lemon, and sugar to taste.

ACID FRUIT BEVERAGES.

Pour boiling water on mashed cherries, cranberries or other acid fruits. Cool, strain and sweeten. Or stir a tablespoonful of any acid jelly or fruit syrup into a glass of ice water.

FRUIT RELISHES.

The possible combinations of fruits with other dishes are as endless as they are delicious. Baked apples, apple sauce, berries of various kinds, are all good served with rice or other mushes. Here is an improvement on the ordinary apple sauce:

APPLE CREAM.

Pare, slice and stew apples as for apple sauce. Pass through a colander, and stir into it the white of an egg beaten to a stiff froth.

BAKED APPLES.

Wash and core several tart apples; fill the openings with sugar; pour a little water in the bottom of the baking tin, and bake until soft.

FRUIT ICE.

Grate apples, pears, quinces or other fruits fine; sweeten and freeze. Very refreshing in fever or inflammation.

PIE FOR DYSPEPTICS.

Dr. Holbrook gives the following recipe, which will be welcomed by every lineal descendant of the immortal Jack Horner:

Four tablespoons of oatmeal, one pint of water; let stand for a few hours, or till the meal is swelled. Then add two large apples, pared and sliced, a little salt, one cup of sugar, one tablespoon of flour. Mix all well together and bake in a buttered dish; makes a most delicious pie, which can be eaten with safety by the sick or well. Berries or other fruit may be substituted for the apples.

CHAPTER XLVI.

MATERIA MEDICA.

List of Mild, Yet Powerful Remedies—Forms in which They Are Prepared—Doses—Frequency in Chronic Cases—In Acute Cases—Strength of Preparation—Effect Can Be Gauged Beforehand—Advantages of Refined Remedies—Reaching the Nervous System and Spiritual Energies—Analogies with Nature's Other Forces—The Family Medicine Chest—Eighty Leading Remedies—Covering a Wide Scope—Where Obtained—Plain Directions—The Pulse—Exercises—Flexibility of Body at 62—Mental Therapeutics—Costless Mental Treatment—The Principle which Underlies It—The Power of Auto-Suggestion—The Harmony of All Nature.

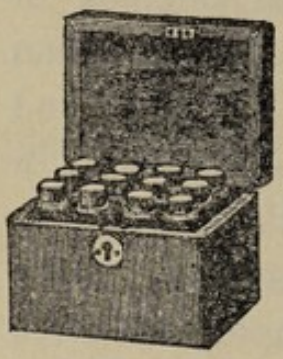
HOMEOPATHIC remedies are now prepared in the form of pills, powders, disks, tablets and liquids, differing in degrees of strength. A dose, when prepared as a powder, is an amount that can be held on a dime; when prepared as pills, five or six every hour, and in the form of a liquid, five or six drops in half a glass of water. In the latter case, give one teaspoonful every twenty to thirty minutes. The frequency with which medicine is administered depends entirely on existing conditions. In chronic diseases, give from one to three doses a day. In acute diseases, remedies are given more frequently, every thirty or sixty minutes, or every two hours, according to the severity of the case. In regard to the strength of the medicine, the third attenuation is generally preferred of the vegetable remedies. Of the mineral compounds, such as iron, arsenicum, phosphates, silica, sulphur, carbonates of lime, phosphates of lime, mercury, bromides, etc., the sixth attenuation is preferable.

Homeopathic remedies act on all temperaments through their physiological action, and in a most satisfactory way. The effect of their application is known beforehand, and can be gauged with absolute certainty. Refined remedies are more powerful than those which are coarse or crude; their points of advantage are such as the follow-

ing: 1st. They are more swift and penetrating. 2nd. In the process of cure they reach the nervous system and spiritual energies, and thus prove upbuilding to the mind as well as the body, embracing as they do those basic principles of power which underlie all others. 3rd. Acting as they do fundamentally they are more enduring in their effect. 4th. They are more safe. 5th. They are more pleasant. 6th. They are more easily acquired.

The swiftness and penetrating power of the fine forces may be seen by the following: Steam is more potent than water, or ice; electricity is still more swift and powerful; sunlight starts the whole vegetable world into life; gravitation sways all worlds, and Spirit, the most refined principle of the universe, is the positive law of all power.

Minerals and other solids are the weakest of all elements.



HOMEOPATHIC FAMILY MEDICINE CHEST.

THE MEDICINE CHEST.

Homeopathic cases are specially adapted to the requirements of families and travelers. These cases contain the most valued remedies used in Homeopathic medical practice, expressly prepared at a potency or strength suitable for home treatment; also a Medical Index and Chart of the most frequently occurring diseases, by reference to which any intelligent person can scientifically treat the ailments therein designated.

The following list comprises remedies most used in Homeopathy, and embracing a wide sphere of curative action. It is a wise economy, and one very generally practiced at the present time, for families to supply themselves with these cases or chests. The remedies can also be procured separately, at small expense; the bottles come in quarter-ounce, half-ounce, ounce, two-ounce and four-ounce sizes:

MATERIA MEDICA.

In this we have mentioned only the most prominent uses of each remedy, but in most instances have given the particular symptoms

and general conditions under which the remedy proves curative.

No drugs, medicines, patent medicines, or coffee should be taken while using these remedies, as they may interfere with or defeat their proper action.

Aconite.—Useful in the beginning of all inflammatory conditions, and especially if arising from exposure to cold, dry winds. For colds, catarrhal fever, croup, bronchitis, pleurisy, pneumonia, inflammatory rheumatism, simple fevers, hard, dry, croupy coughs, etc. When aconite is indicated the patient is restless, anxious and fearful. This remedy is used in the first stage of fevers and colds, also for restlessness, hysteria, vertigo, fulness in the head, and early stages of inflammation of the eyes.

Antimonium Crud.—Useful in derangements due to overloading the stomach; bilious headaches; milky-white coating on the tongue; nausea; weakness of the stomach; vomiting and diarrhœa; particularly in old people.

Apis Mellifica.—Erysipelas with considerable swelling. Eruptions resembling bee-stings, hives, nettle-rash. Dropsy following scarlet fevers. Dropsy without thirst, with dark-colored, scanty urine. Involuntary emissions of urine while coughing and sneezing. Is particularly indicated by a puffy swelling under the eyes, retention of urine and burning or stinging pains in the affected part. Carbuncles.

Arnica Montana.—Useful in bad effects (whether external or internal) from mechanical injuries, sore, aching pains, as if from a bruise. A succession of small boils. Gout, sprains, clergymen's sore throat.

Arsenicum Alb.—Disorders of the stomach or bowels from drinking ice-water, or from eating ice cream or fruit, especially when accompanied by sudden and rapid prostration, and attended with violent thirst, the patient drinking often, but little at a time; burning pains in the stomach and bowels. Catarrhal discharge of a watery nature from the nose, with burning feeling. Cankered sore mouth. Scaly eruptions, with itching and burning. Diarrhœa, with watery burning

discharge. Asthma, with burning in the chest. *Warm applications relieve.* In catarrhal affections Arsenic iod. is preferred by many.

Aurum. Met.—Of great value in old catarrhs, melancholy with tendency to suicide, falling out of the hair, chronic swelling of the testicles, styes.

Baptisia.—In gastric or typhoid fever, given early in the attack, it will frequently break the fever and produce perspiration. Useful in all stages of typhoid when there is a confusion of ideas, dull, stupefying headache; patient's hands feel too large, and he feels *scattered about.* Useful also in diphtheria and dysentery with similar symptoms.

Belladonna.—Throbbing headache, periodical nervous headache. Diphtheria, throat red and shining, face flushed. Bleeding of the nose when menses should appear. Sore throat, tonsilitis, scarlet fever, convulsions in infants; wetting the bed in little children; sleeplessness, the patient feeling drowsy but unable to sleep; erysipelas, with smooth, shining shin, not much swelling; inflammation of the eye, with intolerance of light. Preventive in scarlet fever. Uterine congestions, in which pains appear suddenly and disappear just as suddenly. Symptoms aggravated by noise, light and motion.

Bryonia.—Rheumatism, lumbago, pleurisy and gout; when these diseases are aggravated by the least motion and relieved by perfect rest; in bronchitis affecting large tubes only; cold on chest, with dry cough. Chronic constipation with torpor of the bowels; biliousness, congestion and rheumatic headache. Frontal headaches that are worse on stooping.

Cactus Grandiflora.—For all troubles of the throat. Sensation of constriction of the heart as if an iron band prevents its normal movements, very acute stitches in the heart, palpitation of the heart, congestion of the chest which prevents lying, pains in apex of heart, shooting pains in the left arm to the fingers, spasmodic cough with mucus expectoration, oppression of breathing, worse on motion; the patient has an inclination to weep, and is irritable and melancholy; there is irregularity of heart's action.

Tincture 6 drops in glass of water, tablespoonful every hour.

Calcarea Carb.—Best adapted to the diseases of women and children, i. e., scrofulous, tuberculous and rachitic conditions; difficult teething, retarded development of the bones in children who sweat a great deal about the head. Diarrhœa of children during teething, and of consumptives. Premature and profuse menstruation, leucorrhœa, burning and itching.

Calendula.—Used locally in the form of a cerate, or aqueous extract (Fluid Calendula), in open, ragged or torn wounds, jagged cuts, sores, bed sores, old ulcers, to heal boils, burns, scalds, stings and bites of insects.

Camphor.—As a preventive in the beginning of catarrh, colds and diarrhœa. Useful in sudden prostration, from any cause. A palliative in hay-fever, collapse stage; also early stage of cholera or cholera-morbus, with prostration, blue lips, cold sweat and cramps.

Cannabis Sativa.—Gonorrhœa in all stages; relieves the pain and shortens the duration of disease. Chordee.

Cantharis.—Acute inflammation of the bladder or kidneys. Constant desire to urinate but only a few drops each time, with more or less burning. Urine is generally high colored and scanty but is often bloody.

Capsicum or Red Pepper.—Is an excellent stimulant in stomach troubles by stimulating the mucous membrane of stomach to increase its vitality to digest food; it is also a remedy for fat, lazy, uncleanly, clumsy, awkward, peevish, easily offended people, with blue eyes and light hair.

Carbo Veg.—Is useful in flatulency, acidity of the stomach, and heart-burn, accompanied by distressing oppression. "The sufferer wants to be fanned." Ailments after the abuse of mercury.

Caulophyllum.—Threatened miscarriage, with cramps and hemorrhages. Painful menstruation, leucorrhoea in child, suppression of menses, with menstrual colic.

Causticum.—Wetting the bed in children. Paralysis of the blad-

der, paralysis of the vocal cords, rawness and soreness of the larynx and trachea, with loss of voice, particularly in speakers and singers.

Chamomilla.—A good remedy for cross, teething children. Teething diarrhœa, stools green, watery and corroding, smelling like rotten eggs and containing white particles; child wants to be carried all the time; one cheek red, the other pale; very nervous. Sleeplessness in children. Nervousness, palpitation, etc., from the use of coffee or tobacco. Nervous or biliary derangements from anger or vexation.

China.—Complaints of a periodical character. Physical weakness from loss of blood or animal fluids. Intermittent fever. Painless diarrhœa from eating fruit. Menstruation, too early and too profuse. Malaria.

Chinin Arsen.—Useful in affections accompanied by depressed, debilitated or malarial conditions of the system; when patient aches all over and complains of a tired, languid feeling. As in colds, neuralgias, malarial fevers, etc. Especially useful when there is a marked tendency toward periodical recurrence of attacks.

Cimicifuga.—Painful menstruation, with neuralgic pains or headache (top of head feels as though it would fly off). Suitable to person of neuralgic or rheumatic nature, or one troubled with uterine diseases.

Cina.—Worms in children. Child constantly picks the nose; very fretful, cries out at night, wets the bed; unnatural hunger. Cries for sweet things; has a peculiar pinched appearance; abdomen bloated; child grinds teeth at night. See Santonine.

Cocculus Ind.—Sick headache, diarrhœa or vomiting induced by riding on the cars, in carriages, or in boats. Sea-sickness.

Coffea Cruda.—Useful in sleeplessness, restlessness and nervous disorders of women, children and aged persons. Neuralgia of the right side of the head and face.

Colchicum.—Gout and gouty affections, with tearing and lacerating pains. Asthma and heart affections with paroxysms of gout.

Swelling, pain, heat, redness and lameness of the extremities. Useful in many complaints of gouty persons.

Colocynth.—Colic, with diarrhœa. Neuralgia of the face, chiefly on the right side. Sciatic rheumatism, darting down the leg from the hip to the foot. Dysenteric diarrhœa, colicky pains, passing a great deal of blood.

Collinsonia.—Bleeding piles, with constipation. Painful menstruation with piles. Obstinate constipation, with protruding piles. Itching of the vulva.

Crocus Sativus.—Excessive flow of the menses; the blood is blackish and clotted. Also rush of blood to the head with nose bleeding. Hysteria, with laughing-fits. Sensation as if something living were jumping about in the pit of the stomach, or abdomen.

Croton Tig.—Diarrhœa, with yellowish or greenish watery stools coming out in one gush. Diarrhœa worse after drinking; while nursing, while eating during summer. Intense itching and burning of the skin.

Cuprum Met.—Derangement of the nervous system, characterized by cramps, convulsive movements and spasms. St. Vitus' dance of the upper extremities, or of one side of the body. Epilepsy, hysteria, angina pectoris; spasmodic asthma, spasmodic cholera, and gastro-intestinal inflammations; also for wetting the bed at night, and scantiness or entire suppression of urine.

Digitalis.—Heart-disease and dropsy, with dizziness, faintness, shortness of breath, palpitation, slow, irregular and intermittent pulse, or quickened and feeble action of the heart. Dropsy of the kidneys and suppression of the urine.

Drosera.—Whooping-cough, paroxysmal, with hemorrhage from the mouth and nose, or ending with choking or vomiting.

Dulcamara.—Chronic muscular rheumatism, aggravated by cold weather; headache, earache or diarrhœa, caused by cold. Diseases brought on by exposure or cold.

Eupatorium Perf.—Useful in bilious intermittent fever with intol-

erable aching and soreness of the limbs. Severe colds with derangement of the liver; influenza; la grippe with chilliness, headache, nausea, biliousness, coryza and bodily soreness.

Ferrum Phos.—Anemia, headache, following loss of blood. First stages of catarrh; first stage of diphtheria. Articular rheumatism. Fever.

Gelsemium.—A valuable remedy in the first stages of many fevers, —as *Catarrhal* and *eruptive* fevers; malaria; bilious, remittent or intermittent fevers. Fevers without thirst, with chilly sensations along the spine, and goose flesh all over the body, cold extremities, head and face hot, dull headache, suffused eyes, etc. Useful in fresh colds, influenza or la grippe. Painful menstruation with sick headache. Many nervous disorders. Neuralgia of the left side of face. Headache with pain over right eye. Sunstroke. Diarrhœa produced by fear or fright, etc. Under Gelsemium the patient is drowsy when fever is high, thus distinguishing it from aconite.

Graphites.—For eruptions which contain a thick, honey-like fluid; unhealthy skin, cracks and excoriations. Constipation, with large, knotty stools, coexisting with a dry, harsh skin.

Glonoine.—Congestion of blood to the head; temples and top of head feel as if it would burst; violent, throbbing headaches, vertigo, fainting and headaches at change of life or during menses. Sunstroke.

Golden Seal.—Same as Hydrastis.

Hamamelis.—Varicose veins, bleeding piles, internal hemorrhage, painful menstruation and inflammation of the ovaries. Should be used locally (in the form of the *Distilled Extract of Witch Hazel*) as well as internally. Catarrh, particularly that form with nose-bleed. Sore eyes, scalds, burns, erysipelas, etc.

Helonias.—This remedy is peculiarly a female remedy, regulating and controlling the sexual organs, the womb and ovaries, where there are dragging, aching pains in lower part of back, excessive uterine hemorrhage, a sensation of weight and soreness of the womb, leucor-

rhea or whites, prolapsus, with ulceration, and a constant dark bloody fetid discharge.

Hepar Sulphur.—For glandular affections. Chronic glandular swellings, ulcers and scaly eruptions. Suppuration from any part in scrofulous persons. Hoarse cough, following measles. Membranous croup. Skin unhealthy, disposition to eruptions and boils—when every scratch festers. Painless diarrhœa, whitish and sour smelling. Patient longs for acids, wine and strong-tasting food.

Hydrastis.—Indigestion with sensation of weakness at pit of stomach. Chronic constipation, cankered sore mouth. Physical exhaustion as the result of or accompanied by indigestion or dyspepsia.

Hyoscyamus.—Spasms, with jerking and twitching of every muscle. Dry spasmodic cough, with tickling in the throat. Nightly sleeplessness. Delirium, with muttering and picking at the bed-clothes. Hysteria.

Ignatia.—Hysteria and other nervous disorders, sleeplessness and the consequences of fright and grief. Nervous headaches.

Ipecac.—Nausea, desire to vomit, accompanying diarrhœa; stools green with considerable griping. Mild forms of cholera-infantum. Menstruation too early and too profuse. Cough, with *rattling of phlegm* in throat and bronchials. Spasmodic asthma. Morning sickness. *Nausea and vomiting* with almost all ailments.

Iron.—See Ferrum Phos., the same as phosphate of iron.

Kali Bichrom.—For diphtheria, with *tough, stringy, ropy mucus.* Catarrh, with inflammation and ulceration of the nose, purulent and bloody discharge, sometimes coming in tough elastic plugs, green and fetid. Fetid smell from nose. Frontal headache. True, membranous croup. Chronic bronchitis, coughing up *tough, stringy* mucus.

Kali Iodatum or Iodide of Potassium.—Its main action is upon the lymphatic and glandular system. The best antidote to mercury; excellent in syphilitic diseases, scrofula, enlarged atrophied glands, deep-eating ulcers, chronic rheumatism, diseases and swelling of bones, contractions of muscles and tendons, stinging, burning, smarting, prick-

ling, itching of the skin, eruption like nettle rash over entire body, and hives.

Kali Muriaticum.—See Belladonna, which has the same influence.

Lachesis.—Diphtheria, beginning on the *left side* and extending to the right; throat is dark purplish in appearance. Particularly adapted to women during *the change of life.* Symptoms all worse after sleep. Patient cannot bear anything tight about the waist. Left side most affected.

Lobelia In.—Very valuable in spasmodic asthma, with sick headache, hacking cough, violent nausea, vomiting and great weakness.

Lycopodium.—Indigestion, water-brash, heart-burn. Flatulency in the intestines, with constipation. Kidney troubles; dark, scanty urine, deposits red, sandy sediment. Consumptive cough, with expectoration of large quantities of gray salty pus; fan-like motion of the nostrils.

Macrotin.—Same as Cimicifuga.

Mercurius Biniod.—Nasal catarrh which also affects back of mouth and throat, constant desire to hawk up phlegm, ulcerated sore throat and tonsilitis; alternate with Belladonna. Diphtheria and diphtheritic croup.

Mercurius Corr.—Very useful in *dysentery,* or cold in the bowels, mucus discharges; persistent desire to stool, with burning pains, and a peculiar feeling of misery in the rectum after stool. Catarrhal inflammation of the bowels.

Mercurius Sol.—Very similar in its action to Mercurius vivis; but preferred by many physicians.

Mercurius Viv.—Impoverished, pale, sallow and unhealthy appearance. Biliary or liver derangements. Impaired appetite. Cold in the head, sore throat, sensitiveness to cold and damp, with chilliness. Headache from catarrh. Rheumatic headache, bilious and syphilitic subjects. Diarrhœa, with much straining at stool. *Mercurius* patient's symptoms are worse at night and in damp, rainy weather. Profuse perspiration, with all complaints, but it affords no relief.

Natrum Mur.—Fever-blisters or cold sores about the mouth. Inter-

mittent fever after abuse of quinine. Chill about 10 a. m. Catarrh worse at the seaside.

Nitric Acid.—Ulceration, syphilitic or mercurial, of the mouth and throat, foul-smelling, and spreading rapidly. Secondary syphilis, and after abuse of mercury. Corns and bunions.

Nux Vomica.—Dyspepsia and constipation; suited to all affections of the nervous and digestive system due to depression, consequent on over-stimulation; as overstraining the nervous system by haste and worry in business, excessive study, anxiety, etc., by the abuse of alcoholic drinks, coffee and other stimulants.

Opium.—Constipation of children, stools resemble round, hard black balls. Useful in affections or diseases that originate from fright.

Phosphoric Acid.—Nervous debility and prostration. Debility of male sexual organs. Chronic or painless diarrhœa. Diabetes. Involuntary seminal emissions. Typhoid fever, with debility, stupor, diarrhœa and indifference.

Phosphorus.—Inflammation of the lungs, consumption, pneumonia, hectic fever, paralysis, epilepsy and spinal paralysis from debilitating causes. Cough irritating, with rusty-colored or greenish expectorations, loss of voice, hoarseness, nightsweats. Suitable to tall, slender people. Pneumonia after febrile symptoms have partially subsided.

Phytolacca.—Diphtheria, ulcerated sore throat, enlarged tonsils. Inflammation of the breasts; nipples sore and cracked (*Phytolacca Cerate* should also be used locally). Syphilitic rheumatism. Chronic ulcers.

Podophyllum.—Biliousness and bilious diarrhœa, alternated with constipation. Gall-stone colic. Chronic inflammation of the liver. Morning diarrhœa. Podophyllin, the active principle of Podophyllum, is generally preferred.

Psorinum.—Acts especially upon the skin and mucous membrane, for troubles such as herpes, salt rheum, chilblain and seasickness; and also upon affections arising from anger, vexation, etc.

Pulsatilla.—Female derangements, suppressed or delayed menses,

painful menstruation from getting the feet wet; leucorrhœa from delayed menses. Nasal catarrh, with greenish or yellowish discharge, and a loss of taste and smell. Swelling of ovaries, or testicles. Measles, earache. Patients requiring Pulsatilla are usually of a mild, yielding disposition. Symptoms worse at night, in a warm room; dislike to fat, greasy food; patient craves air and acids.

Rhus Tox.—Rheumatism, lumbago, acute and chronic from getting wet or taking cold, or from checking perspiration. Indicated by increase of pain while at rest, while in bed, or on first moving around, relieved by continual motion and warmth. Valuable in strains, erysipelas with vesicles.

Sanguinaria.—Coughs that sound loose but in which expectoration is difficult. Sick headaches, the pain commencing at the back of the neck, spreading over the head and settling above the right eye, with nausea and vomiting. Menses too early or too profuse, with sick headaches.

Santonine.—See Cina. This is the active principle of Cina and should be used for worms in preference to Cina.

Secale Cor.—Menses too profuse and too long continued, discharge dark, liquid blood, increased by motion. Threatened abortion in later months. Uterine hemorrhages.

Sepia.—Periodical headaches, particularly of women suffering from uterine derangements. Yellow spots on the face, scanty menstruation and leucorrhœa. Constipation of pregnancy. Nasal catarrh, with discharge of solid pieces. Moth-spots on face; yellow bridge across the nose; pimples on the forehead near the hair.

Silicea.—Suitable to scrofulous persons suffering from eruptions. Often aborts boils if taken when they first appear. Catarrh, with ulcers in the nose, loss of smell, and itching of tip of nose.

Spigelia.—Periodical attacks of neuralgia affecting the left side of the face; toothache; faceache; palpitation. Pinworms (i. e., seat or thread worms) in weak, puny or scrofulous children.

Spongia.—A valuable remedy in croup (alternated with Aconite,

Hepar sulphur or Kali bichr.). The Spongia cough is dry, hoarse, hollow, rough and irritating. Useful also in chronic hoarseness, loss of voice, goitre, etc.

Staphysagria.—Often useful in affections of the eyelids; especially for styes, tumors, nodosities. For caries of the teeth when they turn black and crumble; and cankered sore mouth.

Strychnine.—Same as Nux Vomica.

Sulphur.—Diseases of the skin and mucus membrane. Ill-health of children and others, without definite cause. Scrofulous disorders. Useful in beginning the treatment of chronic diseases. Early morning diarrhœa. Pimples on the face. Chronic catarrh. Chronic constipation and piles. Unhealthy eruption in children.

Strychnine.—Same as Nux Vomica.

Tartar Emetic.—Cough, with rattling of mucus in throat and lungs, with inability to get it up. Skin eruption, resembling that in the small-pox and leaving pits. Cough and croup, with inclination to vomit.

Uranium Nitricum.—Its chief action is upon the kidneys; its chief therapeutic application is in the treatment of diabetes and Bright's disease; also in dropsy.

Veratrum Alb.—Asiatic cholera, with vomiting and purging. Cholera-morbus and cramps in the abdomen and legs. Cholera-infantum, with cold sweat on the forehead, worse after drinking; considerable thirst and great weakness.

Veratrum Veride.—Same as Veratrum Alb.

Viburnum Opulus.—This remedy exerts its most marked action upon the female generative organs for the treatment of congestions, neuralgia of the womb, painful menstruation, and threatened abortion.

Brain Food.—Unexcelled for conditions brought on by sexual debility, worry, grief, excessive study, mental strains from any cause, low spirits, nervousness, palpitation of the heart, groundless fears of financial ruin. This medicine is not the dish for invalids, page 552

Ostine No. 1.—A bone and nerve food for babies, and the sovereign remedy for the ills of the teething period. (See Chapter on Teething.)

Ostine No. 2.—A brain, nerve and bone food for boys and girls who are ailing from any source and also for those who appear well but are slow to grasp ideas, deficient in memory or backward in studies

Balm Palmetto Capsules.—These are non-narcotic and non-astringent. The process is called the absorption treatment, which applies the soothing, life-giving balm directly to the afflicted part, nature's own cure. Brings permanent relief and cure to all the female organs and surrounding parts. So far it is the only cure known for barrenness (sterility) and displacements of the womb, congestion, inflammation, ulceration, etc.

Tri-Cura Capsules.—Specific for all rectal diseases, chronic constipation, painful hemorrhoids, piles of all kinds, ulceration, fistula, prolapsus of the bowels; relieves nocturnal emissions, rejuvenates the sexual organs and restores vigor to body and mind.

Tokoine.—The purpose of Tokoine is to make the labor of confinement absolutely safe and practically painless. It does all of this without the least danger to the lives or health of either mother or child.

Homeopathic medicines are now sold in the following forms:

Dilutions, which are attenuated liquid potencies.

Pellets (globules), medicated with the dilutions.

Disks (cones), medicated with the dilutions.

Triturations, remedies in the powder form.

Tablets, triturations pressed into tablet form.

When not to be obtained locally, the remedies, including those specially compounded by the author, can be procured by mail, at slight expense, of Dr. Melendy, 3815 Ellis Avenue, Chicago, and also of any leading Homeopathic Pharmacists in New York, Philadelphia, Boston, San Francisco and other large cities, as well as in numerous smaller places the country over.

PLAIN DIRECTIONS FOR USE OF THESE REMEDIES IN THE WITHIN NAMED DISEASES.

Dose of Tinctures.—Four drops for adults; two drops for children;

one drop for infants, in a glass of water. A teaspoonful every twenty minutes and less often as the patient improves.

Dose of Pellets.—Six pellets for adults, four for children, two for infants. To be dissolved on the tongue.

Alternately—Means first a dose of one, and after a length of twenty minutes, a dose of the other.

Frequency of Dose.—This depends so largely upon the nature of the disease that specific directions are given in each instance. As a general rule, in chronic diseases, a dose should be given one-half hour before meals and on retiring; as improvement takes place, a dose night and morning will be sufficient.

In acute diseases of a painful character a dose may be given every fifteen to twenty minutes until relief is obtained; then every one, two or three hours according to the circumstances.

Ordinarily in acute diseases, a dose every one or two hours will be sufficient. Occasionally a disease may seem aggravated by the medicine; in homeopathy this is a good sign. It indicates that you have chosen the right remedy, but it is too strong and must be diluted with more water, or given less often. If the 2x was used try 3x; if a 3x caused the aggravation, use the 6x.

THE PULSE.

The average number of pulse beats per minute will be found as follows: First year, 125; second year, 110; third year, 95; fifth to eighth year, 58 to 90; near puberty, 80 to 85; adult life, 70 to 75; old age, 50 to 65. In females it averages 10 beats faster than in males. Each person has a normal number of beats per minute, from which there are only trifling and temporary variations, except in disease.

MENTAL THERAPEUTICS.

A costless cure for every ailment, to combine with physical exercises. This whole treatment, with but slight variations, is practiced among some of the Orientals, who thus dispel an attack of indigestion or any other attack including the "blues." After the exercise prac-

tice the breathing, inhaling and exhaling, counting 7 at each inhalation; continue breathing three minutes, then sit quietly in your room, freeing your mind of every care and worry and repeat audibly or inaudibly to yourself the following affirmations:

I now close myself to all outside influences, and open myself wide to the inflow of the divine spirit.

I am now filled with divine spirit.

I am now filled with divine love.

I am now filled with divine power.

I am now filled with divine knowledge and wisdom to control this power.

I am now filled with divine faith; faith in this infinite power, and in myself through it.

I am now filled with divine life and health.

I am now filled with divine success, prosperity and plenty.

And I radiate all these divine qualities to the whole world.

Repeat this exercise for a month once a day and observe the marvelous results. This costless treatment practiced ten minutes once a day does not in the least conflict with any remedy or treatment given in this book; on the contrary it aids and stimulates the action of them. I need not repeat what has already been explained in the chapters on Nervous Troubles, The Change of Life, Education in the Family, etc., but to sum up, here is the principle of mental treatment. Remember that the mind is the real self; that certain brain cells control the action of the subconscious mind, which takes its suggestions from the conscious mind; that these brain cells are the very ones most closely connected with the sympathetic nervous system, which controls all the vital processes; and you will see *why* auto-suggestion has this seemingly magical power to draw from both physical and spiritual forces to give new life and health to the body. All nature is harmonious, because divinely created; and the divine good flows without stint into every mind open to receive it.

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