

The Home Doctor.

Strictly Germ Proof.

The Antiseptic Baby and the Prophylactic Pup
Were playing in the garden when the Bunny gamboled up;
They looked upon the Creature with a loathing undisguised—
It wasn't Disinfected and it wasn't Sterilized.

They said it was a Microbe and a Hot-bed of Disease.
They steamed it in a vapor of a thousand odd degrees;
They froze it in a freezer that was cold as Banished Hope,
And washed it in permanganate with carbolated soap.

In sulphuretted hydrogen they steeped its wiggly ears;
They trimmed its frisky whiskers with a pair of hard-boiled shears;
They donned their rubber mittens and they took it by the hand
And lectured it a member of the Fumigated Band.

There's not a Micrococcus in the garden where they play;
They swim in pure Iodoform a dozen times a day;
And each imbibes his rations from a Hygienic Cup—
The Bunny and the Baby and the Prophylactic Pup.

Deep Breathing.

The best thing for developing the chest is deep breathing.

Stand erect, throw your shoulders back and inhale slowly, with your mouth shut, filling your lungs to their utmost capacity, and then exhale slowly.

Practice deep breathing every morning before an open window for three or four minutes; it expands the chest, stimulates and strengthens the lungs, and is a good preventive where there is a tendency to catch cold.

Deep breathing will stop a beginning cold if tried persistently four or five minutes at a time.

When tired from sitting, while sewing or writing steadily, change the air of the room, stand up and breathe slowly and deeply a few times, and it will rest you.

Insomnia is often overcome by deep breathing. When the brain is busy and sleep will not come, take long deep breaths very slowly. The circulation of the blood is stimulated, and as it leaves the brain and goes all over the body, warming the extremities, a delicious drowsy sensation rewards the effort, and one easily goes to sleep.

"Mr. Buggins," said the attending physician gravely, "I am afraid your wife's mind is gone." "Well, I'm not surprised," replied Mr. B. "She's been giving me a piece of it every day for twenty-three years, and she didn't have a whole lot to start on!"—Washington Life.

The Salt Bath.

An article much used in the bath room just now is salt. Nearly all physicians recommend its use in some form, with either hot, tepid or cold water, and, in many instances, without any water at all, except enough to just moisten the salt. With some, the coarsest salt possible to get (sea salt, preferably) is thrown into the bath water, and used as a sort of weak brine; the temperature of the water should be such as is ordinarily used for the bath, and only the best, if any, soap should be used. Another form of use is to complete the scrubbing process, then, taking large handfuls of moist salt, rub the whole body and limbs with this, following the "scour" with a rinsing off in cool, clear water. This is said to be very strengthening.

Another process is to take a small Turkish towel and dip it into a strong solution of salt and water, wring out and hang in the sunshine until dry; then, at night, in your room, give your whole body and limbs a "dry-rub" with this dry, salty towel. The

same towel may be used several times, then washed out, resalted and dried, and used again.

This is an excellent tonic for the skin, and certainly brings the blood to the surface. These applications of salt are just as well for a well person as for a sick one, and is claimed to be the most refreshing of all baths and rubs ever tried. Its effect upon the skin and complexion is magical. The application is so simple and easy, that any one can take these baths at home by simply putting a few pounds of coarse salt into a jar, pour just enough water on it to moisten it well, then, standing in a bath tub, or even on a piece of oil cloth, take up handfuls and rub briskly, but not so hard as to "scrape" the skin, over all parts of the body and limbs; then, take a thorough douching, or rinsing off with as cold water as can be comfortably borne, following this with a brisk rubbing.

Charcoal tablets relieve acidity of the stomach.

Fresh air in bedrooms is a necessity for good health.

A cup of strong black coffee will relieve a sick headache.

Put a little borax into hard water before washing face and hands.

A German professor of gymnastics advocates yawning to expand the lungs.

Tripe is one of the most easily digested foods, when it is carefully prepared.

For hoarseness, beat up the white of an egg with lemon and sugar and take a sip occasionally.

Celery, eaten freely, either cooked or raw, is capital food for some rheumatic conditions.

Onions are said to have a specific effect upon hydrophobia, when eaten in large quantities.

When digestion is slow, do not dilute the digestive secretions of the stomach by drinking water during meals.

A glass of hot water and a raw apple at bedtime and in the morning will, in many cases, relieve indigestion and constipation.

In these days of physical culture, there is much said about sitting as well as standing correctly. It is worth a great deal to a girl to have learned the art of sitting erect, the shoulders thrown back, and the lungs expanded, and yet to be perfectly comfortable and feel at ease.

A straight, high back chair, such as was used a generation or two ago, is just the thing for children, as it is necessary to sit straight in order to use the comfortable support for the back and shoulders afforded by it, and so the habit is formed unconsciously.

It is not exaggeration to say that in nearly every home one will find girls sitting in a bunch to sew or read, the back curved or twisted, the body bent forward, or one shoulder higher than the other. They find it more difficult to sit than to stand straight, because it is so much easier to lounge.

Dr. Lindsay, in an article in American Motherhood, makes the following wise suggestion: "When a child manifests uneasiness or complaints of discomfort in its garments, loosen the tight bands, fasten the loose shoulder strap of the apron, which is leading the little girl to elevate one shoulder, to keep the strap up, thus creating a tendency to spinal curvature. Lengthen the short seat of the trousers and discard the ill-fitting shoes. Protect the sensitive skin from rough clothing. You will be rewarded by better health, better temper, better forms, and improved mental, moral and physical vigor of the children."

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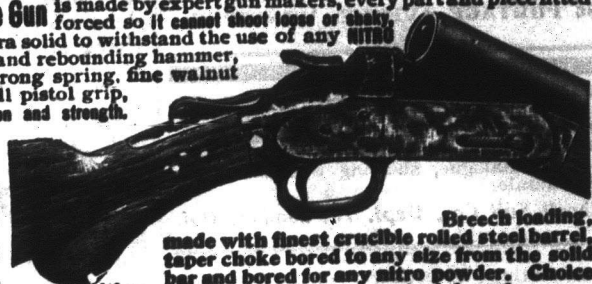
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