

Health and Home.

SOME HINTS IN REGARD TO DIET.

In Dr. Hall's *Journal of Health*, a few years ago, the following statement of the amount of nutriment in various articles of food was given :

"Raw apples, 10 p. c.; boiled beans, 87 p. c.; roasted beef, 26 p. c.; baked bread, 80 p. c.; butter, 96 p. c.; boiled cabbage, 7 p. c.; raw cucumbers, 2 p. c.; boiled fish, 20 p. c.; fresh milk, 7 p. c.; roasted mutton, 30 p. c.; roasted pork, 24 p. c.; roasted poultry, 27 p. c.; boiled potatoes, 13 p. c.; boiled rice, 88 p. c.; sugar, 96 p. c.; boiled turnips, 4 p. c.; roasted veal, 25 p. c.; and boiled venison, 22 p. c."

From this statement of Dr. Hall's a correspondent of the *New York Sun* makes the following deductions :

"The cheapest articles of food, except butter, are the most nourishing. A pint of white beans, costing a few cents, contain the same amount of nutriment as $\frac{3}{4}$ pounds of prime roasting beef, which is twelve times as expensive. Furthermore, a pound of Indian meal will go as far as a pound of fine flour."

In alluding to the above, the *Boston Journal of Chemistry* says :

"We call it a loose statement, and so are all the statements made in various books in regard to the comparative nourishing qualities of various kinds of food, as they are all based on some false premise; some, for instance, on the percentage of nitrogen in the food, others on the amount of water in it, &c. The result is an erroneous comparison, and the deductions drawn must be false. Thus in the above table, sugar is 96 p. c., and turnips 4 p. c., making 24 pounds of turnips equivalent to one pound of sugar; rice 88 p. c., and roasted beef 26 p. c., making one pound of roasted beef not much more nourishing than four ounces of boiled rice. The whole assertion is simply absurd and the table worthless, as every one will maintain who properly attends to the duty of selecting his food judiciously in regard to the wants he feels."

"We deliberately call it a duty to be careful in selecting our food; we even go further, and call it a crime not to feed well, or to be negligent in our selection, eating or drinking things we dislike, or what is worse than all, eating when we have no appetite, simply because it is time for meals."

In speaking of a corn diet the same paper remarks :

"Very few constitutions can stand a corn diet. In most cases corn has a tendency to sour on the stomach, and by its continued use chronic dyspepsia and premature death result."

"Man, and especially civilized man, needs a variety of food. The man who does a great deal of brain work requires different food than the man who only works with his muscles, as the one consumes more nervous material, and the other more muscular; and as different as the chemical composition of the brain and nerves is from that of the muscles, equally different must be the character of the food needed to supply the waste."

KISSING PETS A CAUSE OF SORE THROAT.

A writer in the *British Medical Journal*, in a communication to the editor in regard to the possible cause of the recent outbreak of an epidemic of sore throat at Darmstadt, says: "It is well known that women and children are in the habit of kissing pet cats and dogs, especially when these favorites are ill with discharge from the nose, cough, and sore throat, and even use their pocket handkerchiefs to wipe away the secretion. I have seen this done frequently. As such mistaken sympathy is exceedingly dangerous, I think a notice in the *Journal* to this effect would tend to its discouragement. It is a common saying that, 'There! the cat has got a cold; now it will go through the house;' and, as this remark has been repeatedly verified, it shows how careful people should be to avoid contact with such a mode of contagion. I do not affirm that this was the way in which the disease was contracted, either within or without the palace walls, but I feel sure the habit of kissing pets is a source of danger that should be widely known and prevented."

REST FOR HEADACHES.—Dr. Day says, in a late lecture: "Whatever be the plan of treatment decided upon, rest is the first principle to inculcate in every severe headache. Rest, which the busy man and the anxious mother cannot obtain so long as they can manage to keep about, is one of the first remedies for every headache, and we should never cease to enforce it. The brain, when excited, as much needs quiet and repose as a fractured limb or an inflamed eye, and it is obvious that the chances of shorten-

ing the seizure and arresting the pain will depend on our power to have this carried out effectually. It is a practical lesson to be kept steadily in view, in that there may lurk behind a simple headache some lesion of unknown magnitude which may remain stationary if quietude can be maintained. There is a point worth attending to in the treatment of all headaches. See that the head is elevated at night, and the pillow hard; for, if it be soft, the head sinks into it and becomes hot, which with some people is enough to provoke an attack in the morning if sleep has been long and heavy."

THE MORNING COUGH.—The mucous rheum which calls out the morning cough is due to the changes of temperature to which the lining membrane of the air passages is exposed in cold and stormy weather. People pass rapidly from in-door to out-door temperatures, and then changes in the vascular supply of the mucous membrane of the air passages are set up. If everybody at all times only breathed through the nose, the inspired air would be warmed by passing over the coils of blood-heated plates which exist in the nose for that purpose, and would not affect the air passages behind the turbinated bones. But such is not the case; they probably commence to talk, and in doing so draw in by the mouth cold air, which, on mixing with the residual air in the chest, lowers its temperature, and then a fluxionary hyperæmia follows, and after it, in its train, a mucous rheum. The best plan for persons who are subject to colds and coughs to adopt, is to keep their mouths closed; talk as little as possible, and avoid stopping or standing still. If one out of doors keeps moving, and with his mouth constantly closed, there is very little danger of taking cold or contracting a catarrh.

HOT WATER vs. FEVER GERMS.—According to Dr. Richardson, hot water at 120° Fah. will kill typhus germs, and soap acts as a poison to them. The remedy against typhus, then, is to be found in every household, and more's the pity if it be not applied. Considering the deadly nature of this fever, and the fact that 50,000 typhus germs will thrive in a space no bigger than a pin's head, it is clear, the *Christian at Work* thinks, that in such a matter, a quart of prevention is worth several hogsheads of cure.

COMPRESSING THE BULK OF FLOUR.—A French chemist some few years ago conceived the idea that it would be practicable to compress flour so as to diminish the bulk and yet not injure its quality. An experiment was accordingly made. Flour subjected to a hydraulic pressure of 360 tons was reduced in volume more than 24 p. c. On close examination it was found to possess all the qualities it had, previously to its violent treatment. It was then put into zinc boxes and sealed up. At the same time other flour manufactured from the same wheat, but not compressed, was sealed up. About three months after several boxes containing both kinds of flour were opened and examined. The pressed was pronounced to be the best. Twelve months after this, another examination took place, and with the same result. The two kinds were kneaded into loaves and baked. The pressed flour made the best bread. In another year the boxes were opened and examined, and while the loose flour showed moldiness, the pressed was sweet, and retained all its qualities. Made into bread the same difference was observable.

HOW TO WASH SILKS.—Lay the silk smooth on a clean board, rub soap upon it, and brush it with a rather hard brush. The amount of brushing requisite will depend on the quantity of grease upon the silk. When it has been sufficiently brushed with the soap to cleanse it from grease and dirt, it should be well brushed both sides with clean cold water. A little alum infused in the last water with which the silk is brushed will prevent the colors from spreading. Should there be any patches of grease upon the silk, they should be removed as previously described, or by the application of a little camphine and alcohol. Folding or wringing silk when wet must be scrupulously avoided, as creases made in silk when wet will never disappear; and, in like manner, hot ruds must not be used for washing silks, as it will in most instances remove the colors.—*Cassell's Household Guide*.

ERRORS.—It is a popular sanitary error to think that the more a man eats the fatter and stronger he will become. To believe that the more hours children study, the faster they learn. To conclude that, if exercise is good, the more violent the more good is done. To imagine that every hour taken from sleep is an hour gained. To act on the presumption that the smallest room in the house is large enough to sleep in. To imagine that whatever remedy causes one to feel immediately better is good for the system, without regard to the ulterior effects. To eat without an appetite; or to continue after it has been satisfied, merely to gratify the taste.