

so far disturbed the original deposits that nothing satisfactory could be obtained, except one corpse, which was found in a sitting posture, with the knees drawn up to the face. With this corpse was also found the nearly entire skeleton, very much decayed, of an elk or large sized deer.—(From the *Missouri Republican*.)

Sleeplessness.—Thousands suffer from wakefulness who are otherwise in good health. To some of them this becomes a habit, and too often a growing one. Some resort to soporific drugs, and this is how the opium crave is often initiated. Others find wine or spirit occasionally effectual, and are thus induced to take alcohol every night, and not a few, it is to be feared, have in this way laid the foundation of intemperance. There have, however, never been wanting people who have found a way of going to sleep without resort to such measures. The mesmerists at one time were popular, and from them a host of people learnt that looking at any fixed point steadily would often succeed in inducing sleep. In the dark, however, this is not so easy; but this difficulty was not felt in Braidism, which consisted merely in closing the eyes and trying to think they were watching attentively the stream of air entering and leaving the nostrils. It was asserted that whoever would will to see this stream as if it were visible would infallibly soon fall asleep. We have known the plan succeed, and it is evidently the same in principle as fixing the attention on any single visible object. Another plan has just reached us proposed by an American physician. Dr. Cooke, who tells us that in numerous cases of sleeplessness it is only necessary to breathe very slowly and quietly for a few minutes to secure refreshing sleep. He thinks that most cases depend on hyperæmia of the brain, and that in this slow breathing the blood-supply is lessened sufficiently to make an impression. Certainly, when the mind is uncontrollably active, and so preventing sleep, we have ascertained from patients, whose observation was worth trusting, that the breathing was quick and short, and they have found they became more disposed to sleep by breathing slowly. This supports Dr. Cooke's practice, but at other times his plan quite failed. It is certainly worth anyone's while who is occasionally sleepless to give it a trial. In doing so they should breathe very quietly, rather deeply, and at long intervals, but not long enough to cause the least feelings of uneasiness. In fine, they should imitate a person sleeping, and do it steadily for several minutes.

The value of light in the nursery.—Vegetables and animals grow very poorly in the dark. The element of sunlight gives heat, moisture and air their efficacy in developing plant-life, and the genial light of the sun promotes absorption of the air by the skin, and thus enriches the blood and contributes to the health of all the tissues. Therefore, nurseries and family rooms, should be the sunniest in the house, while shady rooms should be avoided, as having a bad influence upon the bodies of infancy, and as containing too often the germs of disease. If dampness be added to darkness, we have fruitful sources of severe disease. Let, then, infants bask in the life-giving rays of the great source of life and health. If feeble and sick, do not deprive them of its strength-giving power. The genial rays of that force, that gives colour and vigour to the vegetal world, also gives health and strength to the animal. Air for respiration is a necessity, and the sunny light increases the peculiar forces of it. Dark and damp places are the favorite gardens of disease, whose germs the dry and warm rays of the sun scatter at once, or rather forbid their entrance. So we see, that a warm room and pure air have the same influence upon plants and animals. Any one can observe, that both plants and animals make a less vigorous growth and a less healthy development, when they are kept in sunless rooms. A well ventilated nursery, an abundance of pure air, and the life-giving forces of the sunny rays will do more towards restoring the feeble, the convalescing, and even the sick, than all the stimulants, or tonics, in the wide world. We beseech mothers to expose their infants to the invigorating rays of the great source of all health and life. Medicines are expensive luxuries. The sun's rays cost nothing, you may have them without money, without price, and still thousands of infants are kept in the dark rooms of death instead of the sunny rooms of life.

Open your windows and doors—It is a common error to suppose that a room can be ventilated by opening a window a little at the top. There must be an inlet and an outlet for the air. It is another mistake to suppose that foul air goes to the

top of a room. It is the heated air that goes to the top, while the chief impurity, carbonic acid, falls to the bottom. It is the lower stratum of air that needs to be removed. If the window only be open, the cold air, being heavier, pours down into the room, causing draughts; if the door be open or ajar, the same things occurs. The perfection of ventilation may be obtained in a room with a fire place by simply providing proper inlets for the air, on a level with the floor, and carried vertically upward into the room for about four or five feet.

Effect of Cold on Children.—We condense the following from a seasonable and practical article on this subject in this *British Medical Journal*. The old and young, whose health and existence depend very much, if not entirely, upon others, are the chief sufferers at this period of the year. It is important, therefore, that those who have the care of either young or old should consider their responsibilities, and endeavour to carry out judiciously such precautions as may oppose the dangers of our winter season. The English mother has a love of hardy children, and thinks fresh air, or even the atmosphere of London streets, is of vital importance to their health. The idea of having no fire in the bedroom is another of her favorite maxims: and among the wealthier classes the luxury of seeing the arms, neck, and legs of those just beginning to walk seems to be particularly delightful. We do not certainly desire to see the system of swaddling introduced into England which prevails in France, not that our young ones should, like those of Northern Europe, resemble little round bundles of clothes more than anything else. But we seriously think that many lives are sacrificed to ignorance and erroneous ideas. Among the poor the scantiness of children's clothing is quite remarkable. Winter and summer are not distinguished by any change of dress; short sleeves, bare necks and legs, are not the exception, they are the rule; cotton or thin stuffs are not changed for woollen or flannel, and so on in all other respects; beyond a shawl or some such addition, there is very little difference between their clothing in summer and winter. And yet this system is not the result of carelessness. It has become a custom, and one that has many supporters. There is no doubt that, if used to test the character of the child, very much as we see a boy holding up a terrier by its tail or its ear to show its pluck by its silence, it has certain advantages.

It does not occur to most people that the air inside their houses, if they are properly ventilated, is as pure as the air outside. We should say that no child too young to walk or run should be taken out when the external temperature is below fifty degrees; that the rooms in which they live and sleep should never be below fifty-eight degrees; and the day room should be three or four degrees warmer. The practice of wheeling children about in perambulators, sitting or reclining in one position without exercise, is particularly harmful. We would earnestly appeal to mothers to put aside all feelings of vanity, or what is sometimes miscalled natural pride, and cover the arms, neck, and legs of their children as a simple sanitary precaution. High frocks, long sleeves, and warm stockings should be worn out of doors; hats which cover the head, and boots which keep the feet as dry and warm as possible. On coming in from our streets, nearly always damp, both boots and stockings should be changed; and if the feet be cold, a warm foot-bath should be used for a few minutes. The exquisite pains of chilblains could be saved to many children by this use of hot water for hands and feet. We see that flannel has yielded to merino, chiefly on account of the greater convenience of ready-made under clothing; but there is nothing equal to flannel in the property of preserving warmth.

There is one important point which is the question of the day with mother and nurse, and that is the morning bath. Let the room be well warmed before the child is taken out of bed, and let those who think a cold bath an absolute necessity remember that on a summer morning their children enjoy it; and if they keep the temperature of the water the same all the year round, that is, about fifty-five or sixty degrees, they may obtain all the benefits possible. Let them think how unreasonable it is to take water not much above freezing point and attack the nervous system, already depressed, by a shock which is followed by a reaction which requires the whole morning to recover from. We have no hesitation in recommending a warm bath early in the day, followed by a simple douche of cold water, as far preferable to the cold bath; or a warm bath at night for the sake of cleanliness, and none at all in the morning. It may be taken as a rule that, in the case of