

THE ERUPTIVE FEVERS.

DISEASE—SCARLET FEVER (SCARLATINA.)

Period of Incubation.—Four to seven days, or shorter.

Mode of Onset.—Sudden; very often at night; sore throat; vomiting; convulsions in severe cases; high fever.

Eruption Appears.—At the end of the first or during the course of the second day.

Eruption Fades.—In three to five days disappearing first where it first appears.

Danger of Contagion.—So long as desquamation continues, or a purulent discharge from the ear or an abscess keeps up; indefinitely in clothing, toys, books, etc., which have not been disinfected.

DISEASE—MEASLES (MORBILLI RUBEOLA.)

Period of Incubation.—Eight to ten days.

Mode of Onset.—Rather sudden; catarrhal symptoms; moderate fever.

Eruption Appears.—Fourth day; less commonly on the third or fifth.

Eruption Fades.—In about four days.

Danger of Contagion.—So long as the fine, branny, desquamation lasts.

DISEASE—ROTHELN.

(Rubella, German or French Measles.)
Period of Incubation.—Two or three weeks.

Mode of Onset.—Gradual, fever slight and transient, sometimes absent.

Eruption Appears.—The eruption usually the first symptom.

Eruption Fades.—Irregularly; in about four to six days, without desquamation.

Danger of Contagion.—The duration of the liability to communicate the disease is not known.

DISEASE—SMALLPOX (Variola.)

Period of Incubation.—Ten to fourteen days.

Mode of Onset.—Sudden; chill; high fever; headache; pain in loins, etc.

Eruption Appears.—On the third or fourth day; typical evolution, about the sixth day or the ninth of the disease characteristic pustules fully formed.

Eruption Fades.—Desiccation at end of second week, crusts slowly separate, leaving marked and enduring cicatrices.

Danger of Contagion.—So long as crusts reform; indefinitely in fomites, etc.

DISEASE—VARIOLOID (MODIFIED SMALLPOX).

Period of Incubation.—Ten to fourteen days.

Mode of Onset.—Sudden; chill, high fever; headache; pain in loins, etc.

Eruption Appears.—On the third or fourth day; typical evolution about the sixth day or the ninth of the disease characteristic pustules fully formed.

Eruption Fades.—Pocks do not go on to suppuration, but begin to dry up from the vesicular stage, i. e., the sixth or eighth day of the disease.

Danger of Contagion.—So long as crusts reform; indefinitely in fomites, etc.

DISEASE — CHICKEN-POX (VARICELLA.)

Period of Incubation.—About two weeks.

Mode of Onset.—Sudden.

Eruption Appears.—At once, and often in successive crops.

Eruption Fades.—In a few days, desiccating, as a rule, without suppuration.

Danger of Contagion.—Duration of danger of contagion ends with the shedding of the dried crusts.

A SERMON ON EATING.

(By Ella Wheeler Wilcox.)

If you are suffering from physical ills ask yourself if it is not your own fault.

There is scarcely one person in one hundred who does not overeat or drink.

I know an entire family who complain of gastric troubles, yet who keep the coffee pot continually on the range and drink large quantities of that beverage at least twice a day.

No one can be well who does that. Almost every human ailment can be traced to foolish diet.

Eat only two meals in twenty-four hours. If you are not engaged in active physical labor, make it one meal.

You will thrive upon it, and you will not miss the other two meals after the first week.

And your ailments will gradually disappear.

Meantime, if you are self-supporting, your bank account will increase.

Think of the waste of money which goes into indigestible food! It is appalling when you consider it. Heaven speed the time when men and women find out how little money it requires to sustain the body in good health and keep the brain clear and the eye bright.

The heavy drinker is to-day looked upon with pity and scorn. The time will come when the heavy eater will be similarly regarded.

Once find the delight of a simple diet, the benefit to the body and mind and purse, and life will assume new interest, and toil will be robbed of its drudgery, for it will cease to be a mere matter of toiling for a bare existence.—Chicago American.