

*What is in the Bed-Room?*—If two persons are to occupy a bed-room during the night, let them step on a weighing scale as they retire, and then again in the morning, and they will find their actual weight is at least a pound less in the morning. Frequently there will be a loss of two or more pounds, and the average loss throughout the year will be a pound of matter, which has gone off from their bodies, partly from the lungs, and partly through the pores of the skin. The escaped matter is carbonic acid and decayed animal matter or poisonous exhalation. This is diffused through the air in part, and part absorbed by the bed-clothes. If a single ounce of wood cotton be burned in a room, it will so completely saturate the air with smoke that one can hardly breathe, though there can only be one ounce of foreign matter in the air. If an ounce of cotton be burned every half hour during the night, the air will be kept continually saturated with smoke, unless there be an open window or door for it to escape. Now the sixteen ounces of smoke thus formed is far less poisonous than the sixteen ounces of exhalations from the lungs and bodies of two persons who have lost a pound in weight during the eight hours of sleeping; for, while the dry smoke is mainly taken into the lungs, the damp odours from the body are absorbed both into the lungs and into the pores of the whole body. Need more be said to show the importance of having bed-rooms well ventilated, and of thoroughly airing the sheets, coverlids, and mattresses in the morning, before packing them up in the form of a neatly-made bed?

*The Back Ache.*—The small of the back is the weak or strong point of every person. It is the centre of voluntary motion. Nearly three hundred muscles are directly or indirectly connected with the motions of which the back is the pivotal centre.

One very prominent cause of weak backs and crooked spines is, the unhygienic and unanatomical seats and benches of our school houses, and churches and halls; nor are seats and benches provided on steamboats, railroad cars, or at stations or ferry houses any better. It is impossible for any person to occupy these seats long without being forced out of shape. And when school-children are confined to them for several hours a day for months and years, their backs will inevitably be more or less weakened, with corresponding deformity of body, for life. If we go into private families, even into the palaces of the opulent, we find the seats made more for show than for use. Girls suffer much more by using such seats than boys, for the reason that boys are taught to run, jump and exercise themselves all over and all through, while girls are expected to keep still and be pretty. It is certainly one of the strange problems of the nineteenth century that no parent, teacher or mechanic will give any attention to anatomy or physiology in the construction of seats for the human body. Must our chairs, and sofas, and settees, and divans, and têtes-à-têtes, and pews forever be dictated by fashion, and never conformed to nature? Must our tortured bodies forever be compelled to shape themselves to the seats, instead of the seats being adapted to our bodies. Go through all the great chair-factories of the country, and you will not find a single article that is not put together in gross violation of the rules of health and comfort. If some Cooper, or Peabody, or Stewart, or Vanderbilt, or Astor, would invest a little million of dollars in establishing an immense chair-factory "on strictly hygienic principles," he would do more to improve human health, promote longevity and remedy the backache, than any medical college in the land.—*Science of health.*

*Halls and School Rooms.*—While sulphurous acid, chloride of lime and carbolate of lime cannot be used without inconvenience, on account of their unpleasant odor, in frequented rooms, chemical science has recently brought out a disinfectant apparently more effective than either, which can be safely and conveniently used anywhere, since it is free from odor, and when properly diluted does no harm to the color or texture of carpets or furniture. This is bromo-chloralum. Would it not be worth while, as a sanitary measure occasionally to sprinkle the floors of our school rooms, churches and other assembly rooms with it? If this were done at the close of a session, the air, instead of being kept in its foul condition until the next gathering, would be cleansed of its impurities. If the sprinkling were repeated just before the pupils assemble, there would be a tendency to lessen the accumulation of unhealthiness in the atmosphere of the room. No thoughtful person can doubt that the question: How may we secure the best sanitary condition of our school rooms and public halls? is worthy of more attention than it has generally received.—*Professor M. C. Stebbins, in Scientific American.*

*Paralysis.*—Speaking of a certain home for incurables, *Hall's Journal of Health* says: It is worthy of notice that by far the greater number, in fact three times the number, of any other ailment in the institution, is hemiplegia, that is, a paralysis of half the body,

arising from some form of inflammation of the brain, or derangement of the nervous system. Nervous diseases are becoming alarmingly more frequent among all classes of persons, especially since the war. It takes so much more to make a fortune nowadays. A man, to have a fortune, must possess at least three times as much as twenty years since; it requires three times the energy to make a living, and men in their hurry and struggles, their desperation to bring about their ends, so tax their bodies and their brains, as to overdraw on their vitality, and as a result, in thousands of cases, they are stricken down in a moment with a paralysis of some portion of the body, to be an affliction for life. The best means for avoiding any form of paralysis is to live temperately, regularly; obtain abundant sleep; "let your moderation be known unto all men; curb excesses in living—the appetites and passions of our nature; in whatever business you may be engaged, pursue it calmly, steadily; repress all false, all worldly ambition, which impels you to efforts beyond your strength; in doing these things, you will find a blessing away.

*The Key to the Mystery.*—To most people the mind of a child is an unsolved riddle, to some people a riddle unsolvable. Most of the bad management of children comes from a lack of understanding. The people who are cruel to children, and the people who spoil children, are generally those who know nothing about them. And it avails little to tell people to endeavor to know children. They do not know how to begin to know them. A man cannot set himself to study a child as an intellectual problem. Childhood will not be deciphered like a problem in algebra. The man who would investigate a child in a coldly intellectual way, will find that the child yields no result to all his patient thinking. Not by that door can he enter. The one word that solves the enigma is sympathy. We all have precious bits of childhood left in our natures, and by holding to these threads we penetrate the labyrinth and make a map of it. It is only by trying to feel like a child that we are able to understand him. It is only the man who can play with children that ever comes to comprehend them. The people who pat them on the back and call them "little dears," are not the people who know anything about the little dears, or indeed who are likely to find out anything about them. The kind person who says "My dear children" at the beginning of his address very often understands nothing at all about what is going on under the curly locks of the little blue-eyed boy who is pinching his neighbor or chewing a spitball. But if the dominie had cherished his own sympathy for children, if he would even yet spend half an hour of each evening in an edifying romp with his own or somebody's children, he would not find it so hard to understand his audience. If the father who does not know what to do with his unruly little boy would play jack stones with him on the cellar-door he would soon find out. For there is one key, and but one key, to the mystery of childhood, and that is sympathy. And it is not knowledge alone that is gained by sympathy, but influence. By the quickest intuition the child detects sympathy. People may love and do love children without sympathy. It is sympathy that brings return. Love for childhood without sympathy is like the passion of a dumb man.—*Hearth and Home.*

*Treatment of Hydrophobia.*—Something to cut out and keep.—A correspondent of the *Detroit Tribune* gives an account of the treatment pursued in the recent case of hydrophobia at Flint, Michigan: The subject of so much discussion, Burt True, was bit by a rabid dog last May. The dog had bitten him in the center of the right hand. Being in the country at the time, it was some twelve hours before he reached a surgeon, who cauterised the wound with nitrate of silver. The wound healed and remained so until it became irritable and broke out again. Soon the first marked symptoms of hydrophobia showed themselves, convulsions, "barking like a dog," frothing at the mouth, and making strenuous exertions to bite everything that came near. During his convulsions the patient would seize the pillows from his bed in his teeth, and shake and rend them with all the ferocity of an angry dog.

An intense dread of water also exhibited itself, the sight of which threw him into the most terrible convulsions, at these times requiring the united strength of five men to keep him under subjection; in fact, every symptom of hydrophobia made itself conspicuous. The patient was attacked on Friday evening, January 19th. On Saturday evening, his physician, Dr. Axford, reached him, and at once was convinced of the terrible nature of the disease. Having had a case similar seven or eight years since, where the patient recovered under his treatment, and has remained well ever since, after consulting the physician present, Dr. McCall, it was decided to place the patient under the same treatment which had been successful in this former case, which, for the aid it may be to others who suffer from this disease, we here give as follows: The injection under the skin of