

herself. Constant headache, the querulousness of temper attendant upon restraint and pain, and the thousand ills of indigestion, are part of the harvest of evils which follows tight lacing, and in which many an unhappy husband has been forced to share. For a woman to have constant headaches who has produced them by her own wilful folly might be regarded as a merited punishment, but for the fact that the punishment falls as much upon her husband as herself. Probably, however, he reaps a deserved punishment for having been foolish enough to marry a girl given up to tight lacing, or for having been weak enough to let his wife fall into the habit. Perhaps if it were well understood that our marrying young men—looking forward to their future domestic comfort—were disposed to keep clear of girls devoted to the ruinous practice of tight-lacing, the insect waist would disappear, and there would be an end to coffin-corsets.

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**FEEDING THE SICK.**—In the majority of cases, when a person is taken sick, his friends are in great dread that he will die of starvation. He is continually asked what he would like to eat; and great exertions are made to work up "fancy articles" of food to tempt his dormant appetite; a most mischievous habit. His aversion to food is nature's protest against this stuffing. The stomach wants rest, not soups, gruels, cakes or sweetmeats. When the system has had time to remove obstructions, and get in good working order, then there will be a demand for food, and then food will be serviceable. Abstinence from food for a day or two is often the best remedy for an acute disease. The cases where food has to be given against the appetite are so few that they may safely be left for the physician to discover.

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**EVAPORATING WATER ON STOVES.**—This is one of the popular errors. If the air of a room be heated over 70°, certain impressions on the body are produced, which are most conveniently expressed by the term *dry*; and for the removal thereof it is customary to evaporate water in a pan on the stove or furnace. Hot air, filled with steam, is no more comfortable nor healthy than hot air without steam. The right remedy is to lower the temperature, and ventilate the room. A temperature of 65° is proper, and contains all the moisture necessary for health or comfort.