

## The Magic of the Violin-IV.



JOACHIM.

[Conclusion of the Series.]

Emboldened by the example of those fiddlers who, with a quick ear, pick out the popular songs which they play to their uncritical audiences with a certain gay assurance, the dotting parent often urges the small pupil to see what he can do by himself. That small pupil is liable, at a later period, to rue the day when he was left to his own devices. Bad habits with the violin are more easily acquired than eradicated.

Again, the short-sighted parent is not careful enough in the choice of a teacher, being swayed by motives of economy to consider that it makes little difference with the early lessons if a less expensive (and less experienced) teacher be engaged. It is apt to be expensive economy, as many will testify who have acquired a labored bowing and a distorted position through many aches and pains, who, in the fear of acquiring the dreaded "fiddlers' elbow," have gone to the other extreme and have tied the bow-arm loosely, or practiced with books under the arm; who, awakening to the knowledge that they have achieved awkwardness instead of grace and that, through a faulty method, some bowings will be persistent stumbling blocks in their way, begin, with sorrow, to unlearn what they have spent precious time in acquiring, and start again handicapped by bad habits. Better a poor violin than a poor teacher.

Granted that the teacher's method is above reproach, the character of the child may bias the choice. An irritable, exacting teacher will so influence some sensitive children as to fairly paralyze all effort, while others they may but spur to greater diligence. Some children need encouragement to lure them along the tollsome road; some need a judicious curbing of their egotism. The child who learns with the "fatal facility" that demands little effort, and the child who patiently labors for each onward step, need different treatment. The ideal teacher will be able to be "all things to all men" and fortunate is the child who is intrusted to the charge of such an one.

The earliest exercises should be upon the open strings that work with the left hand may not distract the attention from more important matters. The amount of care necessary to secure the proper holding of the bow alone is astonishing, but it is care well expended. Then the pupil must learn to draw the bow across the strings in such a manner that it will be parallel with the bridge throughout its length. "Ho! anybody can do that," he thinks until he tries it and develops a surprising tendency to saw around his shoulder. Then follow exercises to render the wrist flexible and to give control of the bow—all simple in appearance but warranted to afford occupation for some time.

Right here is the place to advocate practicing before a mirror. As the pupil cannot be continuously under the teacher's eye, it is well to be under his own and if he is observant he will forestall many bad habits. As he adds work for the left hand to that upon the open strings, he should be encouraged to memorize his exercises so that his eyes may be freed to take observations in the mirror. There is no fear that this practice will plant the seeds of vanity.

As soon as possible the child should be taught to be critical of himself. When this stage is reached practice will cease to be drudgery and, instead

of working mechanically with an anxious eye upon the clock, time will fly with unexpected rapidity. His practice will become more definite and his progress surprising to himself. Both eye and ear should be enlisted in this service. The pupil will soon perceive the justice of his teacher's criticisms. His angular bow-arm will gradually become graceful, his figure well poised. He will watch for the tightening muscles that defeat his purpose; he will listen for ragged and slipshod playing; notes will be given their proper value; his legato will be smooth and flowing, his staccato clear-cut and incisive. His daily work upon scales and chords will be a challenge to his ear to which it will respond, and, as his intonation becomes more accurate, his ear will become more critical. Knowing his weak points, he invents exercises for strengthening them aside from those he finds in his instruction books. Gradually the roughness of his tones wears away and they become mellow. The bow, which has so long seen his master, is at last reduced to subjection. Finally, he ceases to play mere notes and begins to make music.

If the violinist has the opportunity, or can make one, for ensemble work, let him seize it by all means. Accustomed to reign supreme, he must now learn to join his forces to those of others in such a manner as to produce a harmonious whole. He learns valuable lessons in self-control; his somewhat elastic mode of playing must now be put into a straight-jacket; variations in tempo are now carefully calculated and not left to the impulse of the moment; if his ear has been unfaithful to its duty, or he has been heedless of its warning, he now suffers the penalty. In entering this fascinating new field of the trio and the quartet, he will probably gain valuable experience in sight reading. Certainly, his musical education will be greatly advanced by his acquaintance with the beautiful works which, except in large cities and music centers, are rarely heard.

It will be strange indeed if, with the study of the violin, the pupil is not stimulated to further musical study. Some knowledge of musical form he will find essential, and other branches of music study will come in his wake. And, finally, whether the violinist employs his skill as a means of livelihood, or uses it only as a never-failing source of pleasure to himself and to other music lovers, he will look back upon the long and toilsome road with no feeling of regret. Discouragement and fatigue are forgotten—or, if remembered, are considered but a small price to pay for the joy of achievement. [Con Sordino.]

Joachim—What a strong, true, earnest face he has, the "king of violinists," for such is the title he has nobly earned by cultivating a great natural gift to the highest degree. Many of the notable qualities of other great violin masters meet in him, yet it is as an interpreter of classical music that he excels. Joseph Joachim was born in Kitzsee, Hungary, in 1831. At the age of five he began to study the violin and now is director of the Hochschule für Musik in Berlin, which he organized. He has simple, unaffected manners and a young and struggling student finds him not only accessible, but ready to encourage.

To Postpone Old Age. A London doctor is trying an electrical process upon Sir Henry Irving, the actor, and other patients. He applies electricity to the base of the brain. The doctor (Althaus by name) explains that the hardening of the walls of the arteries—the first symptom of old age—is followed by a disintegration of the brain-cells, which gradually invades the whole organ, and extends to the medulla oblongata, near the base of the brain. This process produces the mental characteristics of old age. The medulla oblongata is the spot to which rejuvenating treatment can best be applied. It is claimed that not alone does this treatment devised by Dr. Althaus restore the feeling of youth but produces the appearance of it. The London Lancet, probably the foremost medical journal in the world, gives a description of the treatment.

My father takes F & H and likes it real well. I am going to a barber school in Omaha this winter and after I learn my trade I will work in a barber shop.—[Young Stuff.]

## Midsummer Solace.

## SUMMER DANGERS TO BABIES.

[Written for Farm and Home.]

The commonest diseases of summer, the disorders of stomach and bowels, come like a thunderbolt out of a clear sky, suddenly, unexpectedly, without cause which the mother can discover. Nor does the average mother realize the danger which they bring.

Intense heat is partly responsible for these bowel disorders, but the fault lies chiefly, in the feeding. On no hygienic subject is there greater ignorance and more stupid obstinacy than on this. Mothers and grandmothers will insist that because they were brought up on condensed milk or "one cow's milk" or began to eat the regular food of the family table at a year and a half old, therefore the present baby must have the same treatment. It doesn't follow, at all. A great many people to-day are living examples of the survival of the strongest. They lived in spite of their parents' mistakes. Most mothers will admit that it is reasonable to suppose that human milk, being supplied by nature for the baby's nourishment, is the proper food for it. Of course this presupposes that the milk is normal, that is, not changed in quality by illness or improper diet, or some physiological peculiarity in the woman. Now normal human milk has a fairly definite composition—certain proportions of fat, proteid (or albuminous material), sugar and water. For the average baby this definite proportion is absolutely necessary for healthy growth. And yet mothers wean their babies early for various reasons, necessary and otherwise, and feed them on foods of entirely different composition.

Probably the favorite substitutes for human milk are fresh cow's milk and condensed milk. Now notice how cow's milk differs from human milk. The figures represent parts in one hundred.

	Fat	Proteid	Sugar
Human milk.....	4	1.5	7
Cow's milk.....	3.5	4	4.3

Change the average baby from his normal food to one containing nearly three times as much proteid, only three-fifths as much sugar and a little less fat, and usually he vomits or has griping pain or diarrhea, and even if he shows no severe outward symptoms of digestive disturbance, he is apt to get puny and weak. There is not space here to explain how different from human milk are condensed milk and most of the other popular substitutes, nor to show how a food very similar to human milk can be made by the proper combination of cream, milk, sugar and water. Perhaps that will be told in a future article. But a few hints on general care in avoiding digestive troubles will be timely. I assume that many of you mothers are feeding your babies on cow's milk, clear or diluted. Some of these babies are probably doing well on it; many, doubtless, are not, for cow's milk is not a proper food, even when diluted. But I must take conditions as they are.

First, the milk must be absolutely fresh. No food contains more germs nor develops them more rapidly. Souring of milk is due to certain germs which, like all others, multiply most rapidly in hot weather. If there is any question about the freshness of the milk, don't use it. If you must use it, heat it almost to the boiling point. This at least prevents further change for about a day. Use milk from a herd of cows, if possible, not that of a single cow. The virtue of "one cow's milk" is a superstition. People forget that the "one cow" may eat some poisonous (to the milk) plant in the pasture, or may be chased and frightened by a boy or dog, which also alters the quality of the milk, whereas the mixed milk of a herd of cows is practically unvarying in quality, no matter what may happen to some one cow.

Now what is to be done if the baby begins vomiting and having diarrhea? First, stop feeding him entirely for at least 12 hours, and if the vomiting continues, starve him six hours longer. Cruel, you say? Well, how would you feel if you were deathly sick—vomiting every hour or so—and your friends kept forcing upon you the very food which made you ill? First, then, no food. Second, a teaspoonful, more or less, of castor oil to clear all the fermenting food out of the bowels. Third, when vomiting has stopped and you

must feed the baby, give him a greatly diluted food—If milk, with three, four, five or even more times its bulk of water, which has been boiled; or give strained barley-water or rice-water for 24 to 48 hours, either of them alone or with the white of raw eggs added. If he has much fever, sponge him all over with cool water every three hours or even oftener. Keep him in the coolest place available, where there is plenty of fresh air. There is no better place, in the country, than out of doors in the shade of trees.

Dress him as thinly as the day will allow; if he sweats, it means that he is dressed too heavily. A gauze shirt, a petticoat and a dress, each of them thin, are ample clothing, often too much. During a diarrheal attack a binder covering the abdomen is valuable to prevent chilling during sudden falls of temperature. Binders are usually too thick, too wide and wound around too many times. In brief, don't swaddle the baby like a mummy; dress him thinly and loosely. At night put on more clothing if necessary. Dress a sick (or well) baby, on a hot day, as you would like to be dressed. Give him plenty of water to drink—offer it to him often. Use only water which has been boiled and then cooled, but not ice water.

Don't try to treat the baby medicinally; leave that for the doctor. There are two very useful drugs, however, which can safely be used by any intelligent mother, and one of which ought to be used if there is going to be much delay before a doctor comes. This one is castor oil, for clearing out the bowels. The other is niter for reducing fever. Niter is useless unless fresh. It may be given in water every hour or two in doses of two to three drops to a six-months-old baby, five to 10 to a one-year-old, and to older children in proportion. Don't give paregoric or "soothing syrup," no matter whose name is attached to it. Stopping the discharges doesn't cure the disease; the diarrhea is nature's method of getting rid of the foul, fermenting stuff which is poisoning the child. How soon it needs checking is for your doctor to decide.

Some times in summer, and often in winter diarrhea follows "taking cold." And taking cold is due, ninety-nine times out of a hundred, to over-dressing and keeping in hot and badly ventilated rooms—almost never directly to too scanty clothing.

Many important matters can be only hinted at in the space allowed me here, but remember the chief points: Give pure food, don't overfeed, don't overdress, give lots of fresh air; and perhaps your baby will escape some sickness that might weaken him for life even if he recovered.—[Physician.]

Piles—People suffering from piles should keep the parts scrupulously clean, and the bowels should be kept open. For this purpose cascara sagrada is an excellent remedy. It can be used in a liquid or pill form. Some use with success, equal parts of confection of senna and confection of black pepper, one teaspoonful on rising. When there is external inflammation hot applications are beneficial; for internal inflammation injections of starch water to which one dram of laudanum has been added, are soothing.

The Hair—Silk hats and derby hats encourage baldness. Being hard, they exercise pressure upon the scalp, preventing the free circulation of blood to the nourishment of the hair bulbs. In the west, where soft hats are more generally used, baldness is less trouble, some than in the east. A little daily care of the hair one already has will be more practical than the endeavor to make it grow again after it has come out. It is probable that more harm than good is done by strong and caustic applications. A hair tonic excellent for practical results is made by adding one dram of quinine to a 14-ounce bottle of listerine. A tablespoonful of this mixture may be rubbed into the roots of the hair each morning. A good way to cleanse the hair without using soap or an alkali is to beat up an egg, rub it well into the scalp, and wash it out with diluted alcohol, rinsing thoroughly afterward.

Fretful Child: I want to look at the moon!

Weary Father: Well, why don't you? It's right up there in the sky. Look at it as much as you please.

Fretful Child: But I want to look at the other side of the moon now!