THE TELEGRAPHIC DISEASE.

Some of the most skilful women telegraph operators become afflicted with what is called the telegraphic disease. It is a form of nervous exhaustion caused by close confinement, unvarying attention, insufficient air and exercise, too close-fitting clothing. The most skilful operators suffer most. Telegraph operating is not a very healthful occupation, and all who follow that business should spend considerable time out of doors and at some physical exercise every day. Above all, the diet should be nourishing, easy digested, and plenty of oatmeal and cracked wheat may profitably enter into the daily food; all stimulating drinks had better be avoided. Tea is especially bad in such cases. It seems strange that young women will seek positions so dangerous to the health without thoroughly acquainting themselves with the best methods of avoiding the evils to which they are exposed. We cannot omit on this point to censure employers who overwork and often underpay their help, and work them like animals. They ought to insist on obedience to the laws of health as far as possible. Many employers really murder those they employ, and this is especially true of great corporations, which are said truly to have no souls. A case in point is that of a certain factory for the manufacture of lead paint near New York. The law does not require any sanitary thoughtfulness on the part of the company, and so they employ men at most hazardous work, without sanitary care, till they are used up, and then they send others to their places without giving them the slightest warning of the danger they run, or taking the slightest care themselves to prevent it. No board of health or sanitary law can reach such cases, and so public sentiment must be educated up to a point which will recognize these evils. In France there are laws which prohibit a company from endangering the lives and health of those who work in lead factories and other dangerous employments without such precautions as will limit as far as possible the danger. Similar laws might be useful in this country, and applied to many occupations not heretofore included, such as telegraph operating.

REST AND DIGESTION.

If the full and proper digestion of our food is not secured, the system is not and cannot be nourished. That such digestion may proceed normally, it is needful that the stomach may be in order and healthy, as well as the body as a whole, one important condition being rest. This rest, just before the meal, is as important as that afterward, both needful that the powers of the stomach &c. may be ready for their appropriate labors. It is a question whether sleep before or after a meal is of any real value, since this implies quiet and relative inactivity; and yet the rest secured by such an act is always serviceable. It is true that ordinary laborers, those whose duties do not specially tax either body or mind, who have not the feeling of exhaustion, may come to the meal with no special preparation, while the toiler, the brain-worker, whose blood and vital forces are centred in the brain temporarily, demand at least a half-hour of quiet, though the brain-worker may properly spend half of this in vigorous exercise, that the brain-charged victim may divert some of the blood to the small vessels of the surface and to the limbs. Some may feel that there is not time for such rest, and yet there is time for the performance, ordinarily, of all duties, and if the time is not properly taken, it will be devoted to sickness.

"Haste makes waste," and in no way is this made more manifest than in the hot haste to reach the table and in hotter haste at that table, in the Yankee style of "bolting" food, instead of chewing and swallowing it in a civilized and Christianized manner. As a result of such haste, the organs of digestion are unprepared for their labor, really crippled, the food is but imperfectly chewed, —washed down with hot tea or coffee,—and of course but imperfectly mixed with the solvent, saliva, reaching the stomach in a very crude state. The stomach is weakened by unusual toil, does its work imperfectly, the assimilating organs appropriating but a fraction of the nourishment; in which circumstances the over-taxed brain is under-fed, the whole system robbed of its stimulus by needless haste, a haste that always leaves its sting behind. Hence such brain-toilers and others who feel that they have insufficient time for their meals, for rest and sleep, are often dyspeptics, morose, irritable and unhappy and making others so, living in an "awful world."—*Watchman.*

A NEW REMEDY FOR SCURVY.

A most important discovery, and one which seems likely to prove of inestimable service—particularly to those engaged in Arctic exploration—has been made during Professor Nordenskjold's recent successful voyage in the "Vega," in search of the North-East Passage. Among the ailments to which sailors generally—and those voyaging in the North Polar regions especially—are subject, none is more dreaded than scurvy; and hitherto lime-juice and certain other anti-scorbutics have alone been relied upon to combat it. Another excellent remedy has, however, now been found by the naturalists who accompanied Professor Nordenskjold, and this consists of a peculiar little berry, produced by a plant which is said to have a brief existence amid the snow and ice during the short Arctic summer. The plant seems to yield the berries in great abundance, the latter forming a fruit which is in great request among some of the natives of the coasts where it is found; and, except that it is rather more acid, its flavor is not unlike that of our own raspberry. When used on board the "Vega," the berries were prepared by first being dried, then preserved in the milk of reindeer, and afterward allowed to freeze—in which condition they can be kept for a very considerable time. As a proof of their efficacy, it is stated that there was not a single case of scurvy during the entire voyage of the "Vega," though there were nearly thirty persons on board.

HOW TO APPLY A FOMENTATION.

Good Health says: "One of the best remedies known for bruises, sprains, boils, neuralgias, rheumatism, gout, colic, and a host of maladies we might name, is fomentation; but it must be applied thoroughly. The first thing requisite is a soft flannel of a sufficient size to well cover the part to which it is to be applied after being folded four thicknesses. Fold as to be applied, and then dip in very hot water, lifting it out by the corner and placing it in the middle of a towel. Roll up quickly lengthwise of the towel, and wring nearly as dry as possible by twisting the ends of the towel. In this way the fomentation can be wrung out much hotter than with the hands. Of course it will be too hot to apply to the bare flesh; but do not waste heat by letting it cool. Protect the skin by one or more thicknesses of flannel and apply at once, covering with another dry flannel. The fomentation will gradually warm through, and will retain its heat two or three times as long as when applied in the ordinary way.

"When heat is required a long time, a bag of hot meal, hot salt, or sand, a hot brick or bottle, or, best of all, a rubber bag filled with hot water may be used, being covered with moist flannel when moist heat is necessary.

DANGER FROM BAD EGGS.

At this season of the year it is often difficult to obtain eggs that are fresh unless they are procured from some farmer who will guarantee their freshness. During warm weather eggs speedily undergo changes akin to putrefaction. The shell but partially protects its contents from the destructive action of germs, unless it is rendered impervious by the application of some substance capable of filling the pores so that the air cannot pass through. An Englishman who has investigated the subject quite thoroughly, finds, upon a careful microscopical examination, that stale eggs often contain certain peculiar cells of a fungoid character. These seem to be developed from the yolk of the egg, that portion which should furnish the material to form the flesh and bones of the chick which the egg would have produced by development under favorable conditions. Eggs containing these cells produced a poisonous effect upon dogs to which they were fed. We knew a case in which a whole family were seized with violent purging in consequence of the use of stale eggs; at least the difficulty could be assigned to no other cause.

Eggs grow lighter as they grow older, by the evaporation of their fluid contents, causing the internal portion to shrink. This leaves a small air space at one end, which becomes larger as the egg is older, and if it is very stale it will float when placed in water. Such eggs should be discarded as unfit for food.—*Good Health.*

SUGAR FROM RAGS.—To the eye of the chemist all things are clean; and there is now in Germany a manufactory which turns out daily 1,000 pounds of pure grape-sugar made from old linen. An understanding of the process helps somewhat to dispel the unpleasant feelings we experience on hearing of the fact. Clean old linen is pure vegetable fibrine, and when treated with sulphuric acid it is converted into dextrine. This is washed with lime-water, then treated with more acid, and it changes almost immediately and crystallizes into glucose, or grape-sugar, which is so highly valued in the making of rich preserves and jellies. The process is said to be economical, and the sugar is found to be chemically the same as that of the grape; nevertheless, a popular outcry has, we believe, been raised against the rag-sugar factory in Germany, and it is in danger of being put down. Regarded in a scientific spirit there is, perhaps, little difference between the transmutation of rags into sugar in the laboratory, and of manure into grapes by the vine; but, unfortunately, the association of its origin will cling about the artificial product in spite of ourselves.

PROPAGATION OF DISEASE.—Professor Tyndall asserts that diseases are propagated not by effluvia, or sewer-gas, but by solid particles discharged into the atmosphere by currents of air or gas. This he proved by the following experiment: He cut up a piece of steak, steeped it in water, heated it at a little above the temperature of the blood, then strained off the liquid. In a short time this liquid became turbid, and when examined through a microscope was found to be swarming with living organisms. By the application of heat these were killed, and when the solution was filtered, he obtained a perfectly pure liquid, which if kept perfectly free from particles of dust, would remain pure for an unlimited period; but if a fly were to dip its leg in *fluid* containing living organisms and then into the pure liquid, the whole would be swarming with animalcula in forty-eight hours.

THE DUST OF THE STREET.—The dust of the street would seem a worthless thing to most people; but, nevertheless, the man of science detects something valuable even here. Signor Parnetti, a Forentine experimentalist, has for some time past been analyzing the dust, not only of his native town but of Paris, and finds to his satisfaction that the *debris* of the Paris carriage-ways uniformly yields some 35 per cent. of iron abraded from the horses' shoes; while that of the foot-ways may be made to return a regular average of 30 per cent. of glue.

AUTOMATIC POSTAL INDICATOR.—At the recent Sanitary Congress held in Croydon, there was exhibited a simple self-acting contrivance for indicating on pillar letter-boxes the time when the next collection will be made. By this system—which has been in use for some time in both Manchester and Liverpool—a person is informed whether or not he is in time for the particular collection he desires his letter to go with. The indicator is worked by the postman in the act of closing the door of the box.—*Cassell's Magazine.*

THE CHICAGO *Medical Gazette* contains a few pungent paragraphs on the administration of chloroform, frequently resulting in death to the unfortunate patient. The writer calls attention to the admitted fact, that in every 2,000 inhalations of this drug, one person dies, making the chances of death about three times as great as at the battle of Gettysburg, where one was killed to every 6,000 cannon and musket balls discharged. He calls attention to the admitted fact that sulphuric ether is an anæsthetic, the use of which is almost absolutely free from danger.

PAPER SHEATHING FOR SHIPS.—Some time ago a vessel was undergoing repairs in the Portsmouth dry-dock, and it was then observed that no barnacles or sea-weeds had adhered to her bottom at a place on which a piece of paper was found sticking fast. Further experiments in pursuance of this hint have ended in a patent being taken out for sheathing ships in paper. As the latter can be easily impregnated with poison, it may also be made to act as a guard against boring worms as well as ordinary fouling.—*Cassell's Magazine.*

DOMESTIC.

BEEFSTEAK.—Have a very small piece of sirloin steak, rather thick. When everything is ready on the tray, put the steak over a clear coal fire to broil; cook eight minutes; season with salt; dish on a warm plate and serve immediately.

OATMEAL BREAD.—To one quart of cold oatmeal mush add a pint of water, and after beating smooth mix with white flour or wheat middlings to the consistency of a stiff batter; use a teacup scarcely full of yeast, let it rise over night; in the morning add white flour until it can be moulded nicely in the form of a loaf, and then let it rise and bake.

RICE SHAPES.—Pound half a pound of rice; put it into cold water and boil it until nearly soft; add a pint of sweet milk. Boil it, stirring all the time, until sufficiently thick. Sweeten and flavor to your taste. Dip your moulds (blanc-mange moulds) first in cold water. The shapes will turn out in half an hour. Dish it with boiled custard or syllabub, or preserves and cream are still nicer.

FRUIT GEMS.—I make Graham gems sometimes by mixing in stewed apple, part sweet and part sour, and use but little water. I have made baked puddings in the same way, except that I use more sour apple and mix them thinner. A good sauce can be made of the juice of sour boiled apple by putting in sugar and a little flour or corn-starch; then boil a few minutes.

CARROT SOUP.—The day before this soup is required boil three pounds of good soup beef in a gallon of water until reduced one-half; strain; when cold skim off all fat. The next day add a tablespoonful of salt and replace on the fire. Scrape young carrots and cut them into small dice; put these in the soup with cayenne pepper, a tablespoonful each of burned sugar, sharp vinegar and grated carrot. Boil until the carrots are tender and serve.

COOKED CELERY.—Those who know celery only in its raw state lose half the enjoyment of that excellent vegetable. Cut up in small pieces, boiled until tender and seasoned by adding milk, butter and salt to the water in which it is cooked, it makes a delicious dish—*toothsome* for anybody and especially good for people afflicted with weak nerves. The parts not sufficiently blanched or tender to eat raw may be utilized in this way.

STEAMSHIP DISH.—One pint of grated cheese, one pint bread crumbs, two well beaten eggs, half a grated nutmeg, one teaspoonful salt. Heat a pint of milk boiling hot, with a large spoonful of butter; pour this over the other ingredients and mix well. Cover and set back on the range for three or four hours, stirring occasionally. Half an hour before supper, butter a pie-plate, pour the mixture into it, set in the oven and brown. It should not cook while standing on the range but merely dissolve. Send to the table hot.

HAM GARNISHING AND ORNAMENTING.—The most usual way of garnishing a ham when it is not glazed is to draw off the skin, carefully dredge bread raspings all over the fat, and put the ham before the fire to become brown and crisp. Fasten a frill of white paper round the bone and garnish with parsley or hot vegetables. When served hot at a large dinner it should be glazed, or the rind, while warm, may be carved in any ornamental device. White paper must be placed round the knuckle. Aspic jelly is a favorite garnish for cold ham. If the skin is not ornamented it should be preserved to lay over the ham when it is put aside, as it is useful for keeping in the moisture.—*Caterer.*