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daily exercise as strength grows. She must have at least eight hours of sleep, and sleep in a room well ventilated, and be in the open as much as possible. If in the case of illness, a child should not be nursed, it may be given to a wet-nurse or nourished with artificial food or modified cow's milk. Wet nurses are unsatisfactory in most cases. They are, as a whole, unclean, careless, and ignorant. Though passing perfectly a physician's examination, they yet may be suffering from a communicable malady.

Smiling for Beauty By Ruth Cameron

I have heard a good deal lately about the philosophy of happiness, and the mental and moral and physical value of a smile.

But there is one argument for smiling that I don't remember to have heard much used, and that is the prettiness value of a smile.

Do the corners of your mouth naturally droop down?

If they do, go and stand in front of a mirror, and prop them up with your fingers ever so slightly, and see if your whole face does not become not only pleasanter, but prettier.

I think it will, for the prettiness value of a pleasant expression is not just in its temporary lighting up of a face—it is also the mould in which it leaves the face that counts the most.

The homeliest girl I know is one whose discontented disposition has drawn down the corners of her mouth, and whose habit of continual frowning has marked two sharp wrinkles between her eyes. In other details of appearance she is not particularly blessed, but without these disfigurements she would be simply ordinarily plain. With them she is—as I before remarked—the homeliest girl I know.

I have no doubt at all but that the majority of people more thoroughly enjoy gazing at a homely pleasant face, in which the corners of the mouth are turned up and there are no frown wrinkles, and where the sun of smiles often shines, than at a prettily featured face, marred by frown wrinkles and an unhappy mouth.

Surely a pleasant day in an ordinary locality is more beautiful than a drizzly rain in the loveliest spot on earth.

So don't be too serious—don't think pensiveness is pretty or pouting attractive. They are allowable to some slight extent, of course, but only in sufficient quantity to help us appreciate the smiles. There would be no high lights in the picture if there were no shadows—we would not half appreciate sunshine if there were no cloudy days.

Of course, you don't want to smile all the time, but I don't think there is any danger of that. I never knew but one girl who smiled too much, and I think she was feeble-minded.

Don't forget that pretty coloring and regular features make up only two-thirds of beauty—these are the body and mind of beauty. Its soul is expression.

And an attractive expression is not only that which reflects the animation of a lively mind, and mirrors the sweetness of a lovely soul, but that which often warms and gladdens us with the sunshine of smiles.

Infantile Scurvy

There is a form of scurvy, or scorbutus, to which has been given the name of "infantile scorbutus," and which is the consequence of error in the diet, just as is scurvy in the adult, although it is not yet quite clear what the error, or perhaps it is better to say, the lack, is. It is more apt to occur in children fed on artificial foods, and is therefore found among the rich rather than the poor, although there are cases in all classes and with all forms of feeding, even breast-fed children not being wholly exempt.

Oversterilized cow's milk is thought by many physicians to be answerable for a large percentage of the victims, and it is believed that actual and long-continued boiling—not simple Pasteurization—of the milk deprives it of some essential element of nutrition.

A child may have so mild a case of scurvy that it escapes notice. It may

cry when it is bathed, but so do many infants. It may be observed to hold one limb rigid or to scream when it is handled, and a thin blue line may be found along the border of the gums.

In the severe cases the symptoms will be more marked. The child screams if it is touched, the thighs and ankles are swollen and bruised-looking; if there are any teeth the gums will be swollen up round them like cushions, and if there are as yet no teeth, the gums will be spongy and of a bluish discoloration.

One of the distinctive symptoms of this disease is hemorrhage, sometimes in the form of nosebleed, but oftener in bleeding from the bowels or the kidneys. Most of these symptoms, especially the loss of blood, are characteristic of this disorder, and the diagnosis of a case should, therefore, be easy.

When the diagnosis has once been made, the cure should also be easy, because the treatment is so simple. It consists almost entirely in an immediate change in the food. It has been proved that properly modified raw, fresh cow's milk contains the antiscorbutic element needed, whatever that may be. In addition to this the child should take a teaspoonful of orange juice or lemonade every hour or two through the day. After a couple of weeks, less fruit juice should be given, but a small quantity of orange juice may be given daily for a time.

Sometimes a little raw beef juice or barely water may be given in alternation with the milk, but this is not necessary in the cases where the fruit juices are taken readily.

Drugs are nearly useless except in those cases where the anemia is very pronounced, the physician in charge may order small doses of some preparation of iron.

Dust Disease

This is the name given by a writer in one of the medical journals some time ago to a train of symptoms seemingly always excited by the breathing in of dust.

The symptoms sometimes resemble those of an ordinary cold, or they may be like rheumatic joint and muscle pains, malaria, a bilious attack or an acute indigestion.

That the disease is distinct from any of those which it resembles is thought to be shown by the fact that it always follows the inhalation of dust and not exposure to cold, sitting in a draft, indiscretion in diet, eye-strain, or other of the usual producers of similar symptoms.

In one instance this dust disease in the case of a certain physician always followed a season of pasting clippings in a scrap-book. The book he used for this purpose was an old ledger which had been kept for many years either in the cellar or in the attic—both places dry and dusty. This book was handled only when a number of clippings had accumulated and the doctor had a few leisure hours for pasting them in the scrap-book. After each of these times he always suffered from special train of symptoms. The musty odor of the book seemed to cause an immediate feeling of rawness in the nose and a bitter taste in the back of the throat. This was followed the next day by the signs of a slight cold in the head, nausea, loss of appetite, a coated tongue and a little fever, with muscular soreness and depression of spirits. These symptoms increased in severity for two or three days, and gradually wore away in the course of a week.

After suffering in this way a number of times the doctor did what he would have done at once for a patient under similar circumstances—he had the book thoroughly beaten and dusted, and the covers and edges wiped with a damp cloth moistened in a strong antiseptic solution. After that he could handle the book with impunity.

Such an experience is not uncommon, and the remedy is the one that was found effective in the case described. The lesson can be applied in many cases where it is necessary to have a great deal of old accumulated dust removed.

This dust should never be stirred up and inhaled by the persons who have to deal with it, but should always be attacked with damp cloths. It is just as easy to dampen the cloth with an antiseptic solution as with water. This renders innocuous the many kinds of germs that may be found in old dust.

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