HEALTH AND DISEASE.

Mens sana in corpore sano.

Flesh Meat as Food.

The majority of people who give advice, gratuitously or otherwise, to persons suffering from mal-nutrition, or "general debility," prescribe first and foremost a generous meat diet,—"good, tender beef and mutton." Occasionally, when a physician of eminence is consulted, he will say nothing about meat, but will prescribe all the milk one can swallow —say four quarts a day—with picked salt codfish, freshened in cold water and cooked in the usual way, with milk thickened with flour or corn-starch; this three or four times a week to neutralize the constipating effect of milk. And for any one who can assimilate milk, this diet will make a "new man of you" with far greater rapidity and satisfaction than any quantity of the best meat to be had.

Of course there are many intelligent persons who understand that meat is not necessary for either health or strength, while there are others who do not eat beef or pork for fear of eating diseased meat; as in various districts where pleuro-pneumonia prevails among cattle, when cows first show signs of illness they are hurried off to the butchers who ship meat to Philadelphia and New York and other like points.

To illustrate the superiority of beef-eating races, the English are most frequently alluded to as men of fine physique, which is true; but the English peasantry as a class are of more robust and stalwart physique than the nobility, and they do not have meat in either quanity or quality to the same extent as the latter; while the Irish peasantry, which produces more giants, probably, than any other race, has very little meat to eat. Porters in the south of Europe, famed for their strength, I have been informed, eat meat but at stated times—on holidays or fete days.

However good or bad meat may be for adults—it being a matter which they can by experiment best decide for themselves—it is unquestionably an unwholesome diet for children and many are the feeble little people one sees whose parents stuff them with rich meats in order to make them strong.

Several years ago, Dr. James R Deaming, the distinguished New York specialist, was called to take charge of the health of an Orphan's Home, where were one hundred and ten children between two and four years of age. The first year there were five deaths; this was considered a "good year," as there had been as many as nine deaths in one year's report. Dr. Leaming then placed the home on a dietary, giving the children under seven no animal food except milk, but allowing them vegetables and fruits suited to their wants, with farinaceous food in variety. The children over seven and under fourteen, were given some form of flesh meat three times weekly, vegetables, fruit, and farinaceous food. There was one exception to the milk diet in hot weather—all the children were allowed picked-up cod twice weekly. The result of this dietary was to reduce the mortality to one in two years, and at one time there was but one death in the home for six years. This simple dietary was put into practice in the home about 1859, and had been adhered to since that time, with admirable results. Dr. Leaming also gives it as his belief that the results of simple diet have been equally as good in private practice. The most healthy, strong, and finely developed child that I know at five years of age, has been reared without meat.

The London *Lancet* says: "Nervous diseases and weaknesses increase in a country as the population comes to live on the flesh of the warm-blooded animals. Meat is highly stimulating, and supplies proportionally more exciting than actually nourishing pabulum to the nervous system. The meat-eater lives at high pressure, and is, or ought to be, a peculiarly active organization, like a predatory animal, always on the alert, walking rapidly, and consuming large quantities of oxygen. In practice we find that the meat-eater does not live up to the level of his food, and as a consequence he cannot or does not take in enough oxygen to satisfy the exigencies of his mode of life. Thereupon follow many, if not most, of the ills to which highly civilized and luxurious meat-eating classes are liable." If one wishes to draw a conclusion, he has but to consider the sedentary habits of American women, their nervous diseases, and their propensity for meat-eating.

In this country, with its abundance of delicious vegetables in great variety, there is little excuse for such excessive meat-eating as prevails, except that it requires much more skill and labor to prepare and cook a variety of vegetables well. I remember hearing a poet who lived much in hotels say that he was obliged to eat meat at nearly every meal because of the wretched way in which the vegetables were prepared. But if people, and especially mothers, realized the advantage to be gained by a simple, natural diet for their growing boys and girls, it would not be difficult to get into the habit of providing plenty of good vegetables. Although to preserve health is never a matter of so much importance as to restore it, still people will do for their children what they neglect to do for themselves; and it has come to be a maxim, I believe, that everybody is interested in knowing what pertains to health, even if not given to practice its precepts.—*Mary Wager-Fisher, in Christian Union.*

Breathe through the Nose.

Dr. Ward, Physician to the Metropolitan Throat Hospital, in an article on singers' throat troubles, in the *Musical Critic*, treats of the various kinds of catarrhal troubles experienced by public singers, and repeats the well known fact that the nose is the only channel through which the air should pass during ordinary breathing, the mouth being intended only as an accessory agent when, on certain occasions—as for instance, running—the lungs demand a rapid supply of air. The air, in passing through the nostrils, is warmed and sifted of its harmful ingredients, and thus prepared for its reception into the delicate structures below. If it passes directly into the mouth without the above preparations, it will frequently cause irritation and inflammation of the mucous membrane lining the mouth and throat, by being, in the first place, too cold, in the second place by containing irritating particles of dust and other matter.

Hunger and Appetite.

Dr. Fournic, the French physiologist, distinguishes between hunger and appetite by describing the former as a general desire for food, no matter of what kind, while appetite is the feeling of pleasure which results from the gratification of that desire. This is proved by the fact that often, when we are not hungry, appetite comes while we are eating or at the mere sight and smell of some favorite dish. The question as to where the seat of feeling of hunger is has been much discussed by physiologists. Leven asserts that it is not known at all, while Longet and Schiff believe that it is diffused through the whole body; but this latter view is disproved by the fact that in some diseases people waste away without ever having the slightest feelings of hunger. Dr. Fournic's theory is this: When meal-time arrives the glands of the stomach become filled and distended, and ready to accomplish that function of digesting the food. But if food is not introduced they remain in this distended condition, and the result is the uneasy feeling we call hunger. Excellent proof of this theory is afforded by the habit of some Indians of eating clay to appease hunger. The introduction of the clay is followed by the discharge of the glands, and the sensation of hunger is arrested.

Rules for Bathing.

1. Never bathe when exhausted or within three hours after eating, unless the bath be confined to a very small portion of the body.

2. Never bathe when cooling off after profuse sweating, as reaction will then often be deficient.

3. Always wet the head before taking any form of bath, to prevent determination of blood to the head.

4 If the bath be a warm one, always conclude it with an application of water which is a few degrees cooler than the bodily temperature.

5. Be careful to thoroughly dry the patient after his bath, rubbing vigorously, to prevent chilling.

6. The most favorable time for taking a bath is between the hours of ten and twelve in the forenoon.

7. The temperature of the room should be at about 85° or 90° F.

8. Baths should usually be of a temperature which will be the most agreeable to the patient. Cold baths are seldom required. Too much hot bathing is debilitating.