

Health Department.

Solid Hygienic Thoughts for Women.

In the series of able articles entitled, "How to Win," contributed by Miss Frances E. Willard to the *Chautauquan*, we find the following wise remarks on the subject of hygiene, with special reference to its relations to woman's success or failure in life, which we most heartily commend to the earnest consideration of our fair readers:—

"I believe the day is not far off when the symbolism of human features shall be so based on scientific research, that a rogue can by no means palm himself off as a saint, and the wolf in sheep's clothing will be a physical impossibility. We write our own hieroglyphics on our own faces as plainly as ever etchings are traced by artists. Perfect unity with God's laws written in our members, obedience to the decalogue of natural law, and the ritual of this body which was meant to be the temple of the Holy Ghost, would have made us all beautiful to start with; would have endowed us by inheritance with the fascinating grace of Hebe and Apollo,

"But generations of pinched waists and feet, of the cerebellum overheated by its wad of hair, the vital organs cramped, the free step impeded, and the gracious human form bandaged and dwarfed,—all these exact from every new-born child the penalty of law inexorable—law outraged and trampled under foot through many generations. When I note the mincing gait of fashionable girlhood, the betwisted ringlets, compressed waist, and overlying draperies; when I contemplate the fact that the editors of the theater and the demi-monde, from which come the 'latest styles,' have deprived us of watch pockets, and burdened us with bustles, I am more nearly disheartened about women than anything else can make me. Like an irate physician of New York, 'I wish since those wasp-waists are so nearly asunder, I had a pair of scissors that the work might be completed.' A heathen woman in China, on seeing our abominable current fashion plates, exclaimed: 'You say we do wrong to bind up the foot, but you Christians kill God's life, when you bind up a woman's waist.' The grave-yards are full of victims of diseases that come of tight-lacing, and the hospitals groan with their degenerate offspring; while the puny physique and the delicate health of American women is a reproach among the nations; but I have yet to see a single one of our species who will admit that her corset is 'the least bit tight,' and no one seems to perceive that this claim proves her to be a downright monstrosity in form, since the ample and stately Venus of Milo is an acknowledged standard.

"But when women, now old, tell me of the brass stomachers, and terrific high heels worn by their grandmothers, and that in their own youth they 'strung their corsets' by making a fulcrum of the bed-post and pulling with all their might and main, I 'breathe freer,' metaphorically speaking, and think some women, at least, are coming to their senses, and keep urging the introduction of hygiene as a special study in all branches of the public schools. We need this as women hardly less than do our brothers; for I verily believe, and shamefacedly confess, that the corset habit among women is as difficult to break as the alcohol and tobacco habit among men. If the laws of God that seek the health of the body, were obeyed by but a single generation, the next one would be physically beautiful. I am always glad when one of our 'society girls' says to me, 'Coffee and tea hurt my complexion, so I have left off drinking them;' or, 'Greasy food coarsens one's looks, and I can't afford to eat it;' or, 'Buckwheat cakes and sausage make my 'face break out.' Though I love them dearly I they have been put aside."

"The motive might be higher. It should be grounded in a reverent purpose to know and do the will of God at the table where grace is so often said over most graceless food; but untold good will come from the simpler and more wholesome diet, no matter what is its procuring cause."

Exercise Necessary for Aged Persons.

M. Bouchardat, Professor of Hygiene at the Paris Faculty of Medicine, protested in strong terms at a recent lecture against the advice given by some hygienists who re-

commend almost complete rest to the aged, in the following terms: "I protest against the oft-repeated adage that old age is the age of rest. This sentence has led to a very great error in hygiene. The regular general exercise of all the organs of nutrition and of locomotion is necessary to persons of all ages. The greatest attention on this point is all the more necessary that the tendency to rest brings on a gradual diminution of the strength. If the old man does not resist, his strength will visibly and progressively diminish, and the few days he may have to live may be transformed into just so many hours. In proof that regular daily exercise is beneficial to the aged one has only to observe the results in some of the handsomest old men, who take little or no rest. Moderate exercise, particularly walking, should be the leading precept of the hygiene of the aged, without which longevity is well nigh impossible." Professor Bouchardat also recommends that old people should maintain their intellectual faculties, or otherwise they will get into a state of incurable torpor. This is best accomplished by having some steady intellectual pursuit, and by taking an active interest in the events and progress of the day. In our boyhood we remember a very old man, who told us he kept in as perfect health as an old man can be by chopping wood for an hour or two every day. This he regarded as sufficient exercise for him. Another old man we know finds his health very greatly benefited by sawing wood with the ordinary buck saw.—*Herald of Health.*

Causes of Erysipelas.

The causes which are usually said to produce erysipelas are both numerous and diverse. Certain individuals, and even certain families, appear to be more liable to suffer from the disease than others. What is the cause of this special susceptibility it is impossible even to conjecture. Erysipelas is common in newly-born children, but from the first to the twentieth year it is by no means common; after this period to the

fortieth year it is frequent as an acute disease; but in more advanced age it occurs chiefly as a chronic and less important malady. Gouty people have been found to suffer from it more frequently than others. Errors in diet, and especially eating certain indigestible substances, such as shell-fish and improperly smoked, salted, or preserved meats, are said to act as exciting causes. Violent mental emotions are also accused of being occasionally the cause, and it is said to have been brought on by anger and fear. Sometimes no cause can be assigned for its onset, but its occurrence is promoted by all circumstances that tend to debilitate the body—by intemperance, by previous disease, by low spirits and anxiety, by insufficient nourishment, and by foul air. Formerly, when less attention was paid to cleanliness and ventilation, it was much more common in hospitals and infirmaries than at present. Injuries to the skin, such as abrasions, scratches, wounds, burns, or blisters, wherever they are situated, may be the starting point of the inflammation. Sometimes even the presence of gout in a particular joint, or the irritation caused by diseased teeth in either the upper or lower jaw, may determine the seat of onset. It is probable that the most common cause of an attack of erysipelas is its communication from one person to another. In erysipelas the constitutional symptoms may precede the local, or redness of the skin may make its appearance before the fever commences. The former course is the more common.

The Hygienic Treatment of Pulmonary Consumption.

Dr. B. W. Richardson has revived, in his "Asclepiad," certain rules for the hygienic treatment of consumption, which he enunciated as far back as 1856. At that time they found very little favor, being regarded as the ideas of a dreamer—that the fatal disease could be prevented generally, and treated specially by hygienic measures. To-day, under a revival of the old animal-

cular speculations as to the origin of some diseases from living forms,—the entity doctrine in a new dress,—the conception of the hygienic treatment of pulmonary consumption has been accepted in name as well as practice, as if it were new in word and deed, the height of practical learning and skill. So ideas change, and the disfavored of one generation is the favored of another. But it matters not how or by whom it is borne, so long as the torchlight of truth makes its way.

1. A supply of pure air for respiration is the first indication in the treatment of the consumptive patient.

2. Active exercise is an essential element in the treatment of consumptives.

3. A uniform climate is an important element in the treatment of consumptives.

4. The dress of the consumptive patient should be adapted to equalize the temperature of the body, and so loose that it interferes in no way with the animal functions.

5. The hours of rest of the consumptive patient should be regulated mainly by the absence of the sun.

6. The occupation of the consumptive patient should be suspended if it is indoor or sedentary, but a certain amount of outdoor exercise may be advantageous.

7. Excessive mental exertion should be avoided by the consumptive.

8. Cleanliness of body is a special point in the treatment of consumptives.

9. Abstinence from all habits of gross sensual indulgence is an essential part, both in the prevention and the cure of consumptives.

10. The diet of consumptive patients should be ample, and should contain a larger proportion of the respiratory constituents of food than is required in health.

Whenever distinct evidences of phthisis have set in in an individual of either sex, the marriage of such a person is wrong; while the marriage of two persons, both victims of the disease, is opposed to reason and humanity.



ON HIS OWN GROUND.

Dr. Pillbury: SO YOU HAVE BEEN EATING TOO MUCH CANDY AGAIN. YOU WILL NEVER GET WELL AS LONG AS YOU DO THAT.

Emma (who has lately taken up physiology): OH, I GUESS I WILL! THE GHASTLY JUICE WILL CHYME IT INTO CHYLE WHEN THE AGITATION OF THE DIAPHRAGM WILL NATURALIZE THE INSPIRATION AND RESOLVE IT INTO SWEET BREA~ OR PAN-GREASE, WHICH MERELY ACTS AS A SUPERFIC,