

## THE FAMILY CIRCLE

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### HEALTH AND DISEASE.

#### Barricaded Against Fresh Air.

In some parts of the country, particularly in the New England States, the houses of most of the wealthier classes are furnished with double windows, and every other device for the purpose of keeping out the cold air of winter. Apartments are made as nearly air-tight as possible; and in these close, unventilated rooms, hermetically sealed up, thousands of persons annually spend several months of the year, regardless of the fact that with the air which they respire day and night, they are inhaling debility, disease, and death. The life-giving oxygen, which a beneficent Creator has supplied in lavish abundance "without money and without price" to all, moans anxiously around these sealed-up houses, seeking in vain for even one small crevice through which to find entrance, carrying life, energy, and purification to the suffocating inmates.

Let a person from the pure, crisp, outer air, enter one of these magnificent dens of disease. A beautiful carpet covers the floors, fine works of art adorn the walls, luxurious furniture abounds in every room, and no luxury that wealth can buy is wanting; but oh! what a smell! One is tempted to protect his olfactories with a handkerchief, and beat a hasty retreat; but courtesy demands that he should suffer martyrdom, and so he sits down with as much complacency as possible, but involuntarily turns wistfully toward the window now and then, hoping to discover some little crack or crevice through which one breath of pure, unpoisoned air may enter. But in vain. In each breath his keen sense of smell discovers ancient smells from the kitchen, odors of decomposition from the cellar, moldy dust from the carpet, and, worst of all, the foul exhalations from half a dozen human bodies, lungs, skins, stomachs, decaying teeth, etc. On all the outer walls the same sort of condensation of fetid matter is taking place, but is rendered invisible by absorption by the porous paper and plaster, where it undergoes putrefactive changes, sending out foul and putrescent gases to add still further to the contamination of the poison-laden atmosphere of those close and musty rooms.

Better by far, from a hygienic stand-point, was the old-fashioned log house, with its huge fire-place and its capacious throat, breathing up great volumes of air, and here and there

a chink between the logs, with loosely-fitting window sash, and door jambs too large for the doors, extending an invitation for God's pure, life-giving oxygen to come in with its energizing, vitalizing, purifying, beautifying, health-giving potencies. If every house were provided with an efficient, automatic, ventilating apparatus, double windows would be no disadvantage to health. But when windows are the chief means for the admission of fresh air as well as of light, in the majority of houses, they may well be looked upon as dangerous, and deserving of the most vigorous condemnation.

#### Boil Doubtful Milk.

It is with the following words that Dr. Pichon closes his account of the epizootic of 1879-80: "Most authors are silent as to the quality of the milk yielded by cattle during the prevalence of epizootics. It is possible that experience has not yet supplied sufficient ground for its condemnation, and it is true that while a diminution of milk secretion is usually an early symptom in almost all diseases of the cow, complete suppression of that secretion accompanies any aggravation or prolongation of disease. The source of danger is thus removed to the question of natural causes, and the discussion is narrowed to the question whether milk secreted at the very onset may not have acquired hurtful properties. In this state of uncertainty, which has not been cleared up by any authority on hygiene, the precaution of boiling the milk should be adopted. Boiling destroys any infective germs that it may contain."

#### How to Treat a Poisoned Person.

If a person swallows any poison whatever, or has fallen into convulsions from having overloaded the stomach, an instantaneous remedy, most efficient and applicable in a large number of cases, is a heaping teaspoonful of common salt and as much ground mustard, stirred rapidly in a teacupful of water, warm or cold, and swallowed instantly. It is scarcely down before it begins to come up, bringing with it the remaining contents of the stomach. And lest there be any remnant of the poison, however small, let the white of an egg or a teaspoonful of strong coffee be swallowed as soon as the stomach is quiet; because these very common articles nullify a large number of virulent poisons.

**HURRIED DINNERS.**—It is a mistake to eat quickly. Mastication performed in haste must be imperfect even with the best of teeth, and due admixture of the salivary secretion with the food cannot take place. When a crude mass of inadequately crushed muscular fibre, or undivided solid material of any description, is thrown into the stomach, it acts as a mechanical irritant, and sets up a condition in the mucous membrane lining of that organ which greatly impedes, if it does not altogether prevent, the process of digestion. When the practice of eating quickly and filling the stomach with unprepared food is habitual, the digestive organ is rendered incapable of performing its proper functions. Either a much larger quantity of food than would be necessary under natural conditions is required, or the system suffers from lack of nourishment. Those animals which were intended to feed hurriedly were either gifted with the power of rumination or provided with gizzards. Man is not so furnished, and it is fair to assume that he was intended to eat slowly.

#### ✕ Variety in Your Food.

There is no standard for food applicable to all persons, whether as to kind of food or quantity. Our tastes are more or less a matter of education. A taste educated in one direction revolts at a taste educated in another. Tomatoes, now almost universally used in this country, were rejected with loathing a generation ago.

The French, who led off in eating frog-flesh, are now eating horse-flesh—their taste for the latter having been developed during the exigencies of the siege of Paris. The English have, heretofore, turned with disgust from corn (maize), which is the very staff of life in the Western States, and, in some of its forms of cooking, a delicious favorite.

It might be well for men generally to have their tastes broadened. Some persons are altogether too nice and narrow in their preferences for food. It should be remembered that