

ally strong enough for any sustained effort, and after a brilliant childhood they exhaust themselves and become commonplace.

These children should be made to lead physical lives, every effort being directed to form a good constitution. A country life is almost a necessity in their case, and the mental development should be made as gradual as possible.

### Lumbago

This distressingly painful affection is muscular rheumatism located in the large muscles of the loin.

The attack usually comes on quite suddenly, sometimes seizing the sufferer in the middle of a walk without the slightest premonition. The pain is intense, and is increased by the slightest motion of the body.

The victim of lumbago or any other form of muscular rheumatism becomes painfully aware of the fact, which perhaps he had not before realized, of the great flexibility of the body and of the intimate relation between the different parts of the body; for it seems impossible for him to make any motion whatever, of the head or of the arms, without feeling a sharp twinge in the back. He dare not turn in bed, lift his head or even raise his arms, for every movement seems to be originated and performed by the sore back muscles.

There may be a little swelling of the affected region, but usually there is no external sign of the great well of misery lying just beneath the skin. The pain lasts a few days or a week, and may then disappear as rapidly as it came, although there is often considerable soreness or an occasional twinge for a day or two.

Lumbago may be distinguished from pain in the back due to other causes by the fact that the agony is extreme whenever the slightest movement is made and is absent, or at least, bearable when the patient lies perfectly quiet in bed, and also that the muscles are tender when gently squeezed. The affection is more common in men than in women and attacks adults chiefly, the muscular rheumatism of children taking the form usually of wryneck. Why this should be so it is difficult to say.

Lumbago occurs more frequently in gouty persons, although that is no explanation, since we do not know why the loins should suffer in gouty individuals more than the muscles of the neck.

In mild cases the drinking of an abundance of water, to which some baking-soda is added, may give a measure of relief. Gentle rubbing of the parts with a cloth dipped in ammonia and hot water will often mitigate the suffering, and after the rubbing with a cloth wet with this solution may be laid on the parts and covered with a hot-water bottle.

The diet should be light, without meat or highly seasoned food, and especially without beef tea or meat broths of any kind. The bowels should be kept open.

One who is subject to lumbago should be careful to avoid a chill, and should live, frugally, avoiding the use of much meat or highly seasoned food in his diet, and drinking only plain water or milk.

Sometimes the attacks are prevented or made less frequent by the wearing of a broad flannel belt over the underclothing.

### Blushing

Blushing is a curious phenomenon, often very disagreeable to the sufferer. It is due to a sudden relaxation of the walls of the minute blood-vessels of the surface of the body, and is classed by physicians among nervous affections of the circulation.

Self-consciousness is usually the exciting cause or habitual blushing, which occurs more commonly in bashful children, and in girls more frequently than in boys. Those who blush easily are generally of a sensitive, nervous, temperament, and as contact with the world modifies this somewhat, the habit gradually disappears with age.

The face is the part where blushing more commonly occurs, although any other part of the body may show the same change. One who watches the

blushes of a painfully embarrassed person may see a faint pink flush spread over the ears and throat, as well as the cheeks. It is said that among uncivilized tribes, where much of the body is habitually exposed, blushing, when it occurs at all, may involve all the uncovered parts. It is probably because the face is the part by which one is identified—that which personifies the individual—that it is the recognized seat of the blush.

Sudden attacks of general blushing without any apparent reason may affect those who are somewhat advanced in life, and constitute a most disagreeable symptom.

Children who blush easily should be trained to overcome self-consciousness or bashfulness. They should be persuaded—not forced—to take a prominent position among their playmates, rather than to hold back and speak only when they are spoken to. Undue timidity should be overcome, because it injures the chance of success in business or the social world. The "speaking of pieces" in school, if the child can be persuaded it will be good for him, will go far to cure morbid blushing.

The spontaneous blushing or flushing of adults may be benefited by tonics, remedies to aid digestion, a generous but simple diet, cool bathing, and plenty of exercise in the open air.

fell last year—putting out three alternate leaf stalks, from six to ten inches in length. In a word, the plant of the second year generally emerges from the ground as a stubby stem, which puts forth three long leaf-stalks, each of which bears at its tip three light-green leaves. These triple leaves rise to about the same height and spread themselves rather symmetrically outwards.

Ivy poisoning manifests itself first in a tiny, watery pimple, usually accompanied by slight itching. Soon smaller pimples form around or near the first. If not checked, the poisoned area spreads, and the itching and burning increase.

Ivy poisoning is usually not difficult to control if not over severe, and if taken in time. The poison is contained in an oil secreted by the plant, and which does not penetrate the skin very rapidly. If one thinks he has been exposed he should wash the exposed parts with salt and water or hot water and soap and afterwards bathe thoroughly with alcohol or listerine. These are preventive measures to be used before the poison has taken effect.

When the blisters have begun to form ichthyol spread freely upon the blisters and covered with a soft cloth is a good remedy. Listerine and hydrogen peroxide are also good. But the following prescription given by a physician where the surrounding woods was filled with

pectation of life than males. The greater arduousness of a man's life, the greater risks he takes by his greater adventurousness, his lesser resistance to the temptations of the flesh, the perils of pioneering, the toil of war, the sea and emigration, dangerous and exhausting industries—all of these help to swell that discrepancy whose terms, in plain mathematics, are eighteen women to seventeen men.

But Nature, who forgets nothing, remembers these drains on the male population. She gives us a send-off birth-rate of 1,040 boys to every 1,000 girls, a reserve that should cover all those extra hazards of the male existence and ensure an equipoise of the male and female population in adult life. But all the surplus is lost before the boys come to adolescence—it is wiped off by the mortality of male infants.

Does Nature intend all that mortality? Is she so purposeless as to indulge in futile creation doomed to fruitless extinction? Does she not rather step aside, saying, in effect, to the world: "I appoint and decree the proportions of your birth-rate—and that is my mystery that you may not solve; but I leave it to you to maintain those proportions—and that is for your intelligence and care to achieve."

There is a dictum that boy babies are more difficult to rear than girls. It is taken for granted with a sort of fatalism. Yet the boy baby is surely as lusty at birth as the girl, he has surely within him the germ of that virility that will some day make him the stronger animal, the seed of that stamina that will make him heavier in bone and muscle, more stubborn in physical endurance, more proof against wear and weather than his mate? What real weakness is inherent in him that should put upon him this handicap? How is it to be accounted that the extra mortality of male infants only commences after they are weaned and up to the age of four or five—dating, in fact, from the time when they commence to be fed, clothed and cared for according to the hard-and-fast immemorial tradition that treats both sexes in this matter alike?

A suggestion has recently reached me as to the greater incidence upon boys of infantile mortality. My correspondent declines to believe that boys are inherently more delicate than girls. Alternatively he urges that, if it be true that they are more delicate, a systematic and scientific inquiry is urgent to discover how that extra vulnerability can be guarded. His own theory—startlingly disturbing to the custom of centuries—is that there may be something amiss in the routine of feeding, clothing, and rearing boy infants in exactly the same way as girl infants. He argues that such custom is, after all, purely empirical—an inheritance from days when science and hygiene were unknown. He asks, in face of that unchanging waste of boy life—wastage of "workers" and "fighters" in the division of the sexes—of the manifold evils of an increasing majority of women, why should we accept as a ruling of Providence, that the boy babies must die?

Here is a suggestion that cuts into the root of many troubles. The problem of the eighteen women to the seventeen men is so hydra-headed that it is exacting the almost bored pre-occupation of all public thinkers. The militant Suffragettes are, of course, its most obvious symptom. But their agitation for the vote that they probably would not use if obtained is only froth on the surface of the real unrest of feminism. The real trouble, the increasing trouble, of woman is not that she has not enough opportunity in politics, but that she has not enough opportunity for her dearer sphere as the mistress of a home and the mother of children. The grievance written in invisible ink across the Suffragist propaganda is that there are eighteen women to every seventeen men.

Who—daring in streets, trains, and public places—can fail to notice what a writer, more vigorous than chivalrous, has described as the monstrous regiment of women? Women invade almost every department of man's work, but the existence of abounding female labor



G.T.P. Oil Plant and Docks, Vancouver, B.C.

### How to Deal with Poison Ivy

By Craig S Thoms

Those who camp by lakes and rivers, or even stroll occasionally in the woods, should know how to deal with poison ivy. While some are immune from its effects, others cannot touch it, or even be near it without getting poisoned, especially when they are warm and the pores of the skin open. Bad cases of poisoning sometimes run into chronic eczema.

Unless one is able to recognize the poison ivy plant on sight its leaves are the first to be picked for decorations in the autumn, as about the first of September its leaves turn a brilliant scarlet, and the plants bear clouded-white berries. Girls, ignorant of the plant, have been known to pot it and take it home for house decoration.

The plant may be easily recognized by noting carefully the following points:—

1. It is usually about one foot high. Sometimes an old plant in rich soil will grow two or three feet high, with many spreading branches. Immature or stunted plants may be only a few inches high, but the general height is about one foot.

2. Each leaf-stalk bears three rather light-green leaves about the size of the woodbine leaf. They must be carefully distinguished from the woodbine with its five rather dark-green leaves and from young box elder shoots with from three to five light-green and deeply serrated leaves, and from young ash shoots which bear from five to seven dark-green leaves.

3. Note the short, woody stem, only a few inches long—from which the leaves

ivy, and who was famous for curing those poisoned with it, the writer knows from experience to be unsurpassed: Powdered sugar of lead, three drams; tincture of opium, two ounces; water to make eight ounces. Apply four or five times a day.

This same physician advised to avoid water, not to rub, and to leave the affected part uncovered. When poisoned one should be careful not to get the blood heated.

### Why do Boys Die?

(By Twells Brex, in the "Daily Mail," London.)

In the United Kingdom ten hundred and forty males are born against every thousand females.

If the male death-rate were the same as the female death-rate there would be more men than women. Inasmuch as in this country we have no experience of the social and economical aspects of that condition it is mere theorising to dwell upon it. But we have enough present experience of the social and economical evils of a surplus of women to wish that the census figures could be altered to show at least an equal division of the sexes. Some of these evils are so pressing that I ask if it is not time for a wide and authoritative inquiry into one of the chief causes of this discrepancy. We are possessed of a fever for Royal Commissions upon all sorts of problems real or artificial. What delays a Royal Commission to discover "why the babies die?"

I am not forgetting that it is not only in infancy that females have greater ex-