

Health Department.

Babies and Hot Weather.

Babies often suffer intolerably in the hot months, either from too much or too little clothing. We remember one dear baby we once saw clothed in a double woolen dressing-gown and with woolen socks on his feet a hot July day. The drops of perspiration stood thickly over his little head, and what wonder that he cried from sheer discomfort! The little feet needed no covering, and the woolen wrap should have been replaced by a thin cotton or linen garment during the warm portion of the day, the dressing-gown being at hand to slip on as soon as the air grew cold at night. Underclothing planned tightly about us in warm weather would be insufferable. Why should we suppose it is easier for baby to endure it? Physicians are advising giving babies cold water at least once an hour, or rather offering it for their acceptance. A bit of ice picked from a lump with a pin may be put on baby's hot gums with good results, and best perhaps of all, when the little creatures grow peevish and fussy, when they are a burden to themselves and everybody else, is the plan adopted by wise mothers, big sisters, and aunts, of partially undressing the little body, wiping away the heat and dust with a soft, cool sponge or cloth, in a cool, shaded room, and with pleasant cheerful talk soothing away the "tired" and coaxing the pilgrim to take a nap by the way. "Come now, you've got to have a nap," will rouse rebellion in almost any baby soul, but to be induced into something nice before one knows it, ah, how we big folks enjoy it, and why shouldn't baby!

There is another than a hot side to the baby question, however. It is the taking cold. Colds are left in draughts; baby is left asleep in a room where windows are open; the wind changes and nobody remembers the helpless little victim of our caprices and thoughtlessness. There is one case on record where a baby was forgotten and left out on a piazza through a heavy thunderstorm, but there are few houses where that could happen, happily. There are homes, however, where baby really suffers from lack of clothing. The infant mortality in a mountain town, where there was always a chill in the air night and morning, was something frightful. Long-sleeved dresses (which most babies now wear), with the feet and bowels kept warm, might have saved some of these precious lives. The babies' illness took the form of bowel trouble, sometimes the result of a summer cold. There is nothing, everybody knows, that will relieve the stomach of bowel pain like a hot application. Indeed, some people who have a tendency to such complaints, are seldom without their flannel bandage, and in case of any disturbance of the organs mentioned know that the flannel bag with smartweed or tansy quilted into its fold will act as a charm. Some physicians say everybody should wear flannel next to the skin the year round; others say flannel should never touch the skin. The truth will be found to lie between the two extremes; wear flannel when it is needed, leave it off when it does harm. To be well, however, a person must be warm. If not warm naturally there is probably something wrong in the person's system, but until a natural circulation and warmth can be secured artificial means must be used. Of one thing be sure, babies' feet, arms, and bowels must be taken care of, and the care of the outer part of the stomach is quite as important as attention to the inner wants. In conclusion, let us say no garment worn during the day should be worn at night by old or young. Cleanliness, if not splendor, is possible to all necessary to health.

How to Disinfect.

Clothing which requires disinfecting should be submitted for about three hours to a temperature of 250 degrees in a chamber charged with sulphur fumes from a large quantity of sulphur. The chamber should be so constructed as to prevent the fumes from passing off. No germs can stand this.

After a room has been used by a person sick with any contagious disease, it becomes necessary to disinfect it before it is used again. This is done by removing and burning the paper on the wall, removing the bedstead and other furniture, and exposing them to air and wind, and giving them a fresh coat of varnish; by having the mattresses made over now and the hair boiled;

by burning in the room three pounds of sulphur, and by whitewashing, painting and papering the room anew.

Now that it is generally conceded that consumption is caused by germs which multiply in the lungs, a method of disinfecting them, which shall be harmless has been sought for, but as yet without avail. The vapor of creosote, the oil of the eucalyptus and carbolic acid have been tried, and, to some extent, they may paralyze or stun the germs and prevent their rapid increase; but as the passages of the lungs are delicate, and the vapor cannot be brought very near to them without injury, the good effects are slight. But there is one method which cannot fail to prove beneficial, and that is the inhalation of large quantities of fresh pure air. This is worth more than any disinfectant for the lungs, and can do no harm.

Hot Water Remedies.

There is no remedy of such general application, and none so easily attainable, as water, and yet nine persons out of ten will pass by it in an emergency to seek for something of less efficiency.

There are but few cases of illness where water should not occupy the highest place as a remedial agent.

A strip of flannel or napkin folded lengthwise and dipped in hot water and wrung out and then applied around the neck of a child that has the croup will usually bring relief in ten minutes.

A towel folded several times and dipped in hot water and quickly wrung and applied over the seat of pain in toothache or neuralgia will generally afford prompt relief. This treatment in colic works like magic. I have seen cases that have resisted other treatment for hours yield to this in ten minutes. There is nothing that so promptly cuts short, a congestion of the lungs, sore throat or rheumatism as hot water when applied promptly and thoroughly.

Pieces of cotton batting dipped in hot water and kept applied to all sores or new cuts, bruises, and sprains is the treatment now generally adopted in hospitals. I have seen a sprained ankle cured in an hour by showering it with hot water poured from a height of three feet.

Tepid water acts promptly as an emetic, and hot water taken freely half an hour before bedtime is the best of cathartics in the case of constipation, while it has a more soothing effect on the stomach and bowels. This treatment continued a few months, with proper attention to diet, will cure any curable case of dyspepsia.

Headache almost always yields to the simultaneous application of hot water to the feet and back of the neck.

It is an excellent plan to record facts like these in a note-book, which should be always at hand when wanted. In the anxiety caused by accidents or sudden illness in the family one becomes confused and is not apt to remember quickly what should be done; hence there may be prolonged and unnecessary suffering before proper remedies are applied.

For Ear Ache.

At this season of the year ear ache is particularly common, due to colds and influenza, affecting the nasal cavity, the inflammation of which extends up through the Eustachian tube into the drum of the ear. It is important that these inflammations of the ear should receive careful and thorough attention, as the hearing is frequently greatly impaired or entirely destroyed as the result of neglect. When pain is first experienced, do not delay, hoping that it will wear off, but apply hot fomentations at once, or take a hot ear douche. If the fomentation is employed, the patient should lie with the head resting upon the wall ear, the affected ear being first filled with warm water as hot as can be borne. After this, apply a fomentation by means of flannels wrung out of hot water as hot as can be borne without giving the ear discomfort. Filling the ear with water conducts the heat of fomentation to the point where the disease is located.

If the hot douche is used, and this is even more effective than the fomentation, a syphon or fountain syringe should be employed. The water should be at a temperature of 120° to 130°, as hot as the patient can bear. It should be allowed to run into the ear, the water being raised above the head. Be sure that the stream is directed so as to reach the inner end of the external canal of the ear. The fomentation

or hot douche should be repeated every hour or two, as, if persisted in, it will be pretty sure to give the patient comfort, and prevent serious injury of the ear from inflammation. The ear douches should be continued until the ear is free from pain and hearing restored. After the pain has subsided, once or twice a day is sufficient often to give the douche.

Fast Steamers.

The rage for fast passages still continues, and coal, oil, and firemen's wages are not allowed to enter into the problem. The author of "Merchant Shipping" vigorously decried 10 years ago against what he called "the almost insane desire for increased speed in locomotion by land and by sea," by persons who were not aware, or who did not consider, that high speed involved increased danger, and accordingly increased cost in navigation. It is no doubt true, as he observed, that high speed can only be maintained by high power, and that high speed and high power require stronger parts in everything—in the material of which the ship is built, as well as additional firemen and expenditure of fuel. All this is well understood by shipbuilders, who can strengthen the vessels they turn out to any speed that is required, leaving the extra expenditure entirely to the owners for which they are intended. As to the extra danger, so far as has yet been experienced, traveling by a fast boat is no more risky than traveling by a fast train, and authorities on railway matters generally agree as to the fact that express trains are the safest. The vessel that is the shortest time at sea is the shortest time in danger if the system of insurance is considered, and the vessel that can go 20 miles an hour in clear weather can lay to for hours in thick weather or fog; while, as admitted by the Chairman of the Cunard Company at the last meeting, the full capital of a single fast Atlantic liner is saved in a year by the maintenance of special services with a boat less. When the Collins Line was competing with the Cunard Mr. Bayard, one of the management, in speaking on behalf of his proposal to "run the Cunarders off the Atlantic," said: "We must have speed, extraordinary speed—a speed with which our vessels can overtake any vessel they pursue, and escape from any vessel they wish to avoid." The Cunard Company gained in the struggle, partly through good fortune and partly through superior management, though not as regards speed. But Mr. Bayard's ideas are entirely recaptured at the present time, when high-class merchant vessels are selected to act as armed cruisers on the mere rumor of war as the best for pursuit or avoidance of the enemy at most remunerative rates. In actual warfare vessels could run the Atlantic blockade, while it would be unsafe to allow slow vessels to put to sea, for their capture would be certain, and they would only serve to replenish the coal bunkers of the enemy's fast cruisers. Commercial men are naturally in favor of comfortable and fast Atlantic steamers, and declaim against slow ships as vehemently as they would against a railway Parliamentary train. They may be found in their usual corner of a London city restaurant on the first day of the month, and at the same table on the last day will be able to tell you what they had for dinner in Dalmenico's, New York, or in the chief restaurants of the Western towns, as well as on board the vessel out and home in the interim.

A Persian Princess.

Lady Shiel, in her "Glimpses of life and Manners in Persia," says: "I went to see the Shah's half sister, a beautiful girl of 15, who lived with her mother in an obscure part of the ante-room neglected by the Shah, and consequently by every one else. She was really lovely, fair and with indelible eyes and—were only equalled by some of the chieftains of the Italian art. This is so very rare among Persians that she was one of the few persons I saw in the country with an appearance so good as a figure."

"She was dressed in the usual fashion of trousers on trousers, the last pair being of such stiff brocade that I put standing upright in the middle of the room there they would remain. Her hair was curled, not plaited, and she was literally covered with diamonds. She was quiet in her manners, and seemed dejected. She was most anxious to hear about European customs."

"And what seemed to surprise her most

was that we took the trouble to undress every night before going to bed—and she asked me was it true that we put on a long white dress to pass the night."

"All Persian women are astonished at this custom, and are quite unable to account for it. They never undress at night; they untie their thin mattress from its silk cover, draw it out from the place against the wall, and roll themselves up in the wadding quilts which forms their blanket. The only time they change their clothes is when they go to bathe. If they go out to visit they of course put on their best garments, and take them off at night; but generally they lie down just as they are, and even in cold weather they wear their 'chador,' or out-of-door veil, at night."

ANCIENT AXIOMS.

Excerpts from the Literature of the Arabians.

Rabbi Isidore Kallisch, who died recently, was one of the foremost scholars in ancient languages in America. His translations were accepted as authoritative by leading archaeological societies, and the unpublished manuscripts which his sons found after his demise are erudite productions embracing a wide field of interesting subjects. His principal delight seemed to be in deciphering inscriptions and collecting the apt sayings of ancient philosophers. His proficiency in the Arabic language and his familiarity with its literature enabled him to glean the wheat from the chaff and rescue from oblivion writings which attract attention in the present enlightened age. From the works of the Arabic poets and philosophers he collected the following sayings, a copy of which was found last week among his effects:

Do not despise a man because of his outward appearance; for the bee is surely a tiny creature, and nevertheless man gathers great stores from its hive.

Suffer the intrigues of envy, for your patience kills it, even as fire consumes itself if there is nothing to feed upon.

Humble yourself and you are like a star on high, that shines to the spectator from the depths of the waters; and he not like smoke, which the higher it ascends in the air the quicker it is dissipated.

Fortune is advantageous to the thoughtful and wise, but injurious to the heedless and fools. Thus daylight is good for the eyes of man, but dazzles the eyes of bats.

Only that man manages his affairs well who is heedful that his eye does not mistake the external for the thing itself.

Man is the sun of his own day. He is not the sun of yesterday. Honor does not grow out of the rotten bones of ancestors. Only he deserves it who gains it by his own deeds.

If your fortune is sinking fear your hope; but heed not your fear when your fortune is rising. Indeed, nothing is so useful that it does not change into disadvantage in adversity, and nothing is so injurious that it does not change and become useful in good fortune.

Destiny is so continually changing that while one person ascends another descends. If man stand on the pinnacle of good fortune they fall far and sink into nothingness.

I have observed that reason is of two kinds; one natural and the other acquired by education. The latter is of no use, if the natural is wanting, as the light of the sun remains useless where there is no eye-sight.

They once asked an Arabian shepherd: "How do you convince yourself of the existence of a God?" He answered: "Exactly as I convince myself of the existence of my sheep, by their footsteps."

He who would force a lion to throw water on his fire, will find himself in a state between the living and the dead.

The life of man is a dream, a shadow, a vision, a fleeting moment, a passing breeze, a fleeting spectre.

Men are like the stars, some are bright and some are dim, and some are hidden.

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