



DESIGN OF POPPIES.



CHAIR-SCARF.

alterations in position, etc., will serve as a model for all the poppies in the group.

No. 3 is a completed chair-scarf of écreu scrim, one yard long and eleven inches wide between the drawn-work stripes, which space is decorated similarly, although the illustration shows a little different pattern. The flowers are embroidered, and the olive-brown branches have leaves of dark bluish green, and the birds are painted in gay water-

colors. Each end of the scarf is finished with a hem half an inch deep, and then with a fringe of écreu crochet cotton, No. 40. An edge is first crocheted on the hem made in loops of three chain-stitches each. Each strand of the fringe is made of five threads twenty inches long, doubled and drawn through a crocheted loop, then tied in a knot and finished with three similar knots at equal distances apart. The fringe when finished will be about eight inches deep.

## Sanitarian.

### Sins Against the Stomach.

#### III.

#### PHYSICAL SINS.—EXCESS AND HASTE.

**V**ERY oddly indeed, in ordinary conversation the word intemperance has come to mean, almost universally, over-indulgence in drink; no doubt because this vice is more rapidly proclaimed by results, and so fearful in its consequences. But those who are most energetic in decrying it, who are indeed among the noblest workers in the field of temperance, often sin to an equal extent, morally and physically, by excess in eating. Moralists, nowadays, rarely launch their thunders against gluttony, and social reformers appear to forget that it was included by St. Paul in his condemnatory epistles. But quite apart from its moral aspects, intemperance in food is a very prolific source of disease, and is in itself a decided sin against the stomach.

It is very difficult to lay down any definite rules with re-

gard to quantity, in the matter of food, for the reason that so very much depends upon individual requirement; and then, moreover, the question of comparative nourishments in edible articles is quite a difficult one, and the subject of dietetics forms in itself a distinct branch of study. Without trespassing upon the ground of the teacher, however, we may be permitted to speak with strong warning against over-indulgence in eating.

Appetite is one thing, while hunger is another. In a perfectly healthy condition of stomach, hunger with three meals a day is an impossibility: a gentle appetite leading to enjoyment of food at certain hours of the day, a readiness for meal-time, is all that is necessary or desirable. The leading question put by the family doctor, when called in for consultation, has so long been, "How is the appetite?" that parents have a vague sort of idea that unless all the children eat with equal zest and enjoyment, there must be something radically wrong. They ignore the fact that there are as many grades of appetite as there are individuals, and that the healthful condition is that in which

satisfaction in eating is dependent upon simple food. Whenever it is necessary to tempt a child to eat by stimulant or tonic, or an adult by mixed preparations of condiments, spices, or "pick-me-ups," it is certain that healthful conditions are not present.

But, on the other hand, it is equally true that as much disease is indicated by abnormal appetite as by its loss. Children who are hungry all the time are not necessarily "hearty," as parents think,—are often, indeed, far from being as satisfactorily well as those who betray no special anxiety about their meals, but simply are ready for them when the time comes; and this, which is true of children and young people who are still growing, is still more emphatically the case with older persons whose physical growth has stopped. Then it is that we learn to discriminate between those who eat to live, or only in accordance with the necessary calls of their individual organisms, and that unfortunately large class who appear to live to eat.

In this latter class of human beings, we must include even those impecunious mortals to whom the price of a good dinner is a real inconvenience, yet who spend more for the sake of spoiling their stomachs than for any other requirement. For them, caterers and restaurant cooks lie in wait, and the marvel is, not that by far the larger proportion of an adult population suffers from dyspepsia, but that any members of it are free from it. To begin with, they call upon their stomachs to do at one and the same time two totally different orders of work: to assimilate food that is boiling hot, and to accept a bath of ice-water. The number of victims of hot breads and cold summer drinks, forms an alarming proportion of patients at all sanitoriums. The strange part about it is that even well-educated people, living in a refined social atmosphere, having at their command hygienic books and a prolific dietetic literature, are as great sinners in this regard if not even greater, than the illiterate population living from hand to mouth in our city alleys. They would far rather pay a physician for medicines, pills, cathartics, and other atrocities to enable them to sin with impunity, than learn the laws of healthful diet, and, having learned them, live up to them.

Nothing is more amusing than the consternation of people at the great sanitoriums, which are springing up all over the country as a direct result of the folly of over-indulgence, at finding that "dieting" means the systematic consumption, at stated hours, of food properly prepared, not the enjoyment of unusual luxuries daintily prepared. They expect, if they are men, to have the doctor, as they say, "knock off cigars and wine"; and if they are women are not greatly surprised at an interdict on tea: but few, very few, are prepared for the strict dieting which excludes favorite articles of every-day consumption, and prohibits indiscriminate use of peppers, spices, and sauces.

Hand in hand with excess, as a sin against the stomach, goes haste. People with absolutely nothing to do with their time, idlers in every sense of the word, will literally "bolt" their food as if they had not a moment to live. After all, Dickens's pictures of the guests in boarding-houses rushing at the sound of the gong as if from a fire, and of the provisions flying as if before a horde of hungry locusts, were scarcely an exaggeration. Parents pay far too little heed to this matter, in the case of children. Boys and girls at school rush home for dinner, eat rapidly, very often most indigestible food, and fly off again to study, expecting the stomach to act the part of a mere machine, accept all they choose to put into it, assimilate it without more ado, and be all ready in due time for the next meal, if, indeed, they do not outrage it still further by stuffing it between whiles.

One sometimes feels inclined to ask intelligent children, as well as older people, what they really imagine the stom-

ach to be? and what part it is supposed to play in their own individual cases? Perhaps some of our readers might like to attempt the answer to such a question. It is very certain that if they are in any way prepared with a true reply, and yet continue to sin daily against it, either by excess, carelessness, or irregularity, or by the equally frequent fault of committing to it, at one and the same time, ice-water and boiling soups and sauces, they deserve all the suffering that is in store for them as the dyspeptics they cannot fail to become.

BY THE AUTHOR OF "HOW I RECOVERED MY HEALTH."

## Baby's Diseases.

### III.

#### INCIDENTAL TO TEETHING.

IS dentition necessarily painful? Popular idea, of course, is that it must be so; and yet experience and observation would incline to a different opinion. That it must be an inconvenience, and tend by some disturbance of conditions to excite and perhaps irritate the nervous system, is of course true; but if pain and serious results were inseparable from it, painful dentition would be a universal fact, whereas we know perfectly well that this is not the case.

Here, once again, we realize that there are distinct advantages on the side of the children of the poorer classes. Visits to the cottage and the wealthy nursery, sometimes force upon the mind comparisons which are strongly in favor of the cottage. One finds the baby of the working-woman lying in its cradle, a fist in the tiny mouth, perhaps restless and irritable but accepting fate apparently with equanimity, or it is held up triumphantly by brother or sister with the remark that "Baby do dribble so it's always in a muss, but he's getting on finely with his teeth," and that ends the matter. The mother's time and attention are diverted in a thousand natural ways; and if she does not observe hygienic principles in diet as the result of knowledge or education, it not unfrequently happens that her children are the gainers from scanty living at a time when perfect digestion is the essential need for the infant.

Nursing mothers should reflect that in the crisis of dentition everything for the child depends upon their own self-control and abstinence from irritating and dyspeptic articles of food. It is a very terrible fact in connection with civilization, that women shrink more and more, as luxurious living abounds, from fulfilling the obligations of maternity. The working-woman errs on the other side, and continues very often to suckle her children longer than it is right, outrageous nature in this direction perhaps as willfully as her wealthy sister does in another; but it is, after all, the lesser evil of the two. Bringing up by hand means certain suffering for the baby all through its earliest months, and access of liability to sickness during dentition, which in itself should be the strongest argument in favor of supplying the disabled or unwilling mother's place by a wet-nurse.

Nature does not sacrifice unnecessarily; and when we reflect, we find that in this one fact lies the whole difference between her plans for human life, and the consequences of the actions of her children. There is a certain necessary pain inseparable from growth, as there is from birth: a perfectly painless birth was probably never intended; but civilization has added horrors to parturition that are entirely unknown among more barbarous people, and the same is true of almost all the necessary operations of human life. To