satisfaction in eating is dependent upon simple food. Whenever
it is necessary to tempt a child to eat by stimulant or
gonie, or an adult by mixed preparations of condiments,
spices, or "pick-me-ups," it is certain that healthful condi-
tions 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 impeccable morals 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 require-
ment. For them, caterers and restaurant cooks lie in wait, and
the marrows is 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 re-
finèd 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 popula-
tion living from hand to mouth in our city alleys. They
would far rather pay a physician for medicines, pills, ca-
tharics, and other atrocities to enable them to sin with im-
punity, 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 consump-
tion, at stated hours, of food properly prepared, not the enjoy-
ment 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 ar-
ticles 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 provi-
dences flying as if before a horde of hungry leopards, were merely
an exaggeration. Parents pay far too little heed to this mat-
ter, in the care 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 fur-
ther 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 con-
mittance to it, at one and the same time, ice-water and belling
soup and sausages, 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 Regained My Health."

Baby's Diseases.

III.

INCIDENTAL TO TEETHING.

In dentition necessarily painful? Popular idea, of
course, is that it must be so; and yet experience and
observation would inclined 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 re-
sults 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 advan-
tages on the side of the children of the poorer classes. Vis-
its 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 re-
mark that "Baby do dribble so it's always in a mess, 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 denti-
tion 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 civiliza-
tion, that women shrink more and more, as luxuries liv-
ing abounds, from fulfilling the obligations of maternity.
The working woman skims on the other side, and continues
very often to scackle her children longer than it is right, out-
raging 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 suffer-
ing 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 re-
fect, we find that in this one fact lies the whole difference
between their 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 per-
fectly painless birth was probably never intended; but civil-
ization has added hurdles to parturition that are entirely un-
known among more barbarous people, and the same is true
of almost all the necessary operations of human life. To

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limit ourselves to our subject, however, it may be stated that this is emphatically true in regard to dentition. There are, properly speaking, no diseases connected with it; but we are so ignorant of the laws of health, and so regardless of them when we do know them, that our unfortunate children are constant sufferers.

To be a good nurse when her children are sick, to understand how to deal with convulsions, diarrhoea, infantile cholera, or the many disturbances which often make infancy a miserable experience, is not the greatest triumph for the mother, but to be so truly mistress of herself and children, and so thoroughly conversant with the laws of health, that she can prevent disease. Prevention is always better than cure, and every doctor will assure us that more than two-thirds of our children's illnesses might have been entirely obviated by judicious care. For infant health, the requirements are absolute regularity of life, the utmost simplicity in nutrition, fresh air, cleanliness. A little self-denial on the part of the nursing mother, the exercise of watchful care on the part of one who is forced to bring her child up by bottle, will do more to carry it safely through the possible dangers of dentition, than the attendance of the doctor.

There are families in which convulsions seem as much a part of teething as the teeth themselves, and mothers accept the fact, apparently as if all that was required of them was to be quiet and patient. Instead of considering, from the first week of the child's life, how best to arrange and prepare rules for its guidance in order to avoid any suffering. Attention to the state of the bowels, from the first, is one great secret of health. Very often the stools show slight disturbances, or are close and constipated; but as the child appears well, mother and nurse regard it as of little importance, and possibly it might not amount to anything serious were there no drain upon the system.

But as the process of dentition is in itself a disturbance of perfect balance, it is needful to be ready for it even before its action has really commenced. Very few mothers seem to realize this. They are ready for action when dentition is fully under way and the baby dribbles and rubs its fist against the gums—then they awake to greater watchfulness; while had they carefully regulated the bowels from the very first, never allowing the smallest irregularity or constipation to escape immediate preventive measure for the future, they would be saved much anxiety themselves, and the child, possible suffering.

Convulsions are absolutely preventable, by care, in all cases but those of diseased children; and there is no reason whatever for continued disturbances of the bowels, for fever, or excessive irritation, if proper care be patiently given from the very start. Thus we are compelled to the conviction that while suffering may be incidental to this crisis, diseases really are not, and suffering itself can be so largely mitigated by care from the earliest weeks of infant life that it shall cease to be looked upon as its necessary accompaniment.

Perhaps the greatest evil ever introduced into the modern nursery has been soothing-syrup. Artificial ease, like artificial sleep, is valueless. If the baby cries and worries over teething, it is perfectly useless to put it to sleep by means of anesthetic syrups. Drugs in even the mildest form ought to be banished from the nursery. If teething is painful, it is so because nature's laws have been outraged, and it does not mend matters to attempt to remedy one outrage by another; and drugging is always an outrage. The true remedy lies in the removal of the cause and in preventing its recurrence. The cause, almost invariably, is due to indigestion or exposure, or to undue excitement.

Quiet, regularity, system, absolute cleanliness of vessels in which food is prepared, when the bottle is used, self-denial on the mother's part, in the avoidance of unsuitable food, if she suckles her baby, simple remedies for constipation if the infant suffers from it, and resolute avoidance of all cheap methods of stopping the child's protests by administering soothing-syrups or sleeping-powders, which are in themselves outrages against nature, these are rules to be laid down for guidance during dentition. When, by neglecting them, convulsions or serious disturbances ensue, there should be no delay in calling in competent medical assistance. The case then has become too serious for home treatment.

Janet E. Rute-Rees.

The articles on "Food, its Relation to Health and Disease," by Susanna W. Dodds, M.D., the first of which was announced for the June number, will not be commenced until the present series on the "Sins Against the Stomach" is concluded.

The Floral Message.

(See Page Engraving.)

In Eastern lands they talk in flowers.

From time immemorial, flowers have been a peculiar votive offering,—the offering of friendship, of devotion, of sympathy, of affection, of love.

Nor are their welcome sweetness and fragrance always all that they impart. The fervid imagination of the Oriental has endowed each blossom with an attribute of sentiment in some way analogous to its beauty or perfume. The sweet convolvulus has been adopted by all nations; and the blue forget-me-not, "which blooms for happy lovers," in our Northern lands is as significant as the lilac of Persia, the "white flower which perfumes the valley" and tells of unspoken love, or the charmed lotus of the Nile.

The Eastern custom of asking forgiveness or seeking reconciliation after dissenion, of expressing affection or any sentiment, or even making a proposal of marriage by an offering of selected flowers, is an old one, and was of frequent occurrence in the palmy days of ancient Rome.

Our picture is a scene of that period, and shows us a beautiful Roman lady to whom the kneeling slave of an Egyptian lord presents her master's offering. The proud, richly adorned patrician, attended by her stabelliora, or fan-bearer, and accompanied by a charming intimate, who bends forward in eager suspense to hear the decision of her friend, glances with calm hauteur at the symbolic gift,—a basket of flowers,—in whose arrangement she reads an offer of marriage. The Egyptian prince who sends the floral message lingers with his chariot in the court for the return of his messenger. If the flowers be received favorably, he will know the beauty has accepted his heart and hand as well as the fragrant flowers he has selected to tell the story of his love.

It is not likely we should be prophesying falsely in presuming that he will be disappointed, for the fair lady looks somewhat haughtily at the proffered basket and the kneeling girl, and she evidently is not prepared for the offering or to accept it, for she has no flowers in readiness to return with an answer in kind.

The scene is full of expression and suppressed feeling, and the robes of the beautiful Egyptian slave and the lovely patrician are perfect costume studies of the time when Rome and the cities of Egypt were the centers of civilization and refinement.