

me. I have had no time to worry about the children to-day."

"Worry about the children!" I exclaimed, reflecting that the youngest of the flock was seventeen. "What on earth for?"

"Oh," she said, "you see they are so forgetful of wraps and things! Directly they are gone in the morning I begin to think it may storm,—the weather's so uncertain, you know,—and it does worry me!"

And so it is, nine times out of ten: we worry lest "it should storm," when the sky is free from clouds; we exhaust our vitality in imagining evils which not only never arrive, but in all likelihood could not arrive. It really seems, sometimes, as if people absolutely enjoy their anxieties; in fact, I am sure they often do. A short time since I had a very dear friend staying with me. Other guests were in the house, and one evening my friend retired early. I followed her to her room, and found her in tears.

"Why, what *is* the matter?" was my natural question.

"Oh, nothing," was the reply,—"nothing—but I feel so depressed! Mrs. — has been telling me about her daughter's sickness, and just imagine if I were to lose *my* daughter! What should I do? it would kill me!"

"Well!" I said (as she afterward declared, "almost brutally"), "you are not likely to lose your daughter that I can see. She is perfectly healthy, so what is the sense of going without your supper and crying over what may probably never happen? And if it does, will it help matters for you to have been miserable to-night?"

There is such an amount of unnecessary misery in the world, brought about by our own folly, that it really at times seems as if the troubles we invent are as serious as those that are sent to us; and as far their effects upon the health are concerned, I believe they are as disastrous.

The first advice a doctor gives a dyspeptic patient is *change*. "Get away from home worry!" Yes: but what is the good of change of scene without change of *will*? It is in the mind itself that the evil exists,—in that silly habit of forestalling evil, in that senseless worry and anxiety in which we all more or less indulge, which make us take pessimistic views of life, and lay all sorts of grievances at the door of our fate or of "relentless" Nature, when they are, as often as not, our own fault.

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

## Baby's Diseases.

### V.

#### CONVULSIONS.

IT is a pleasant reflection that the most terrible disease of infant life is very much rarer than it used to be. Nowadays, convulsions are not the necessary accompaniment of a nursery full of little ones; but twenty or thirty years ago no one thought of escaping such a visitation in a family. Mothers and nurses compared notes on the subject of convulsions as they did upon any other infantine disorder, and remedies were as diverse as maternal minds. Story-books reflected the same truth; and we all remember moral tales in which careless mothers left their babies calmly sleeping, and returned from scenes of dissipation to find them in the grasp of this fatal enemy.

There is no question that the attention paid within the last quarter of a century to infants' food is one great reason for this comparative immunity; for the main cause of convulsions is indigestion, arising either from improper food, hasty

feeding, or the accidental presence in the stomach of improper substances.

My experience with this terrible scourge of infant life twenty years ago was considerable, not only in my own circle of little ones, but as member of a large family where babies were very numerous. The remedies resorted to have not been improved upon, but the prevention which is better than cure is largely studied to-day, in careful diet and regularity, and in a growing perception that young babies ought not to be stuffed like turkeys or geese, but fed with some discretion. In the absence of the many suitable foods attainable to-day, beaten bread or beaten biscuit was a favorite kind of nourishment for babies at the time of which I am writing; and remembering it I do not wonder that convulsions were events anticipated with dread, and rarely escaped during the teething period.

One of my own children suffered from periodic convulsions until she was three years old; then a long time elapsed without a seizure, and I was beginning to think her quite out of the mood, when one summer evening, after a day of apparently perfect health, she was put to bed, and in the midst of what seemed natural sleep, became terribly convulsed. The usual remedies of castor oil and a hot bath producing no relief, an injection was suggested by a wise old German nurse, with the result of the evacuation of a cherry stone! which had passed into the lower bowel and there created the disturbance which resulted in so much agony. My attention was thus very closely directed to possible *causes* of convulsions; and I have come to the conclusion that very many children suffer from the effects of just such carelessness.

Of course, there is no one remedy for such a terrible disease as convulsions, and in every case no time should be lost in sending for a doctor; but it is well to bear in mind that these three very simple measures may be taken in every case: a hot bath with application of cold bandages to the head, a dose of castor oil, which is usually rapid in its effects, or an injection of tepid soap-and-water. In severe cases during the infancy of my youngest child, I found almost immediate relief followed the application of mustard poultices to the soles of the feet, or often from merely rubbing dry mustard on the feet, and *in the palms of the hands*, which last is a very simple and very little known method of equalizing circulation when there is a rush of blood to the head.

For convulsions resulting from teething, lancing the gums is another very safe and very simple operation, one which every mother can perform herself if she will, when once instructed by a competent physician. The great necessity in using the lancet is to probe the gum down to *the cord*, which must be cut through before the tooth can press its way upward. It is, indeed, the pressure of the tooth against this cord which is the usual cause of irritation, resulting in restlessness, peevishness, inability to assimilate food, constipation, and, if not remedied, convulsions.

Probably every mother knows that constipation is a prolific source of trouble in infancy. It is better to risk a little looseness of the bowels than the opposite, but many people are so terrified of diarrhoea that they consider constipation the lesser evil of the two. This is a mistake. It is easier to counteract the diarrhoea, and continued constipation has far-reaching results; first, from pressure and straining in evacuation, which are always injurious, and also from blood poisoning, which always follows retention of the fæces or impaired digestion.

Mothers, young mothers, should bear well in mind that preventive measures are better than curative ones, and that in view of the many ills that arise from imperfect assimilation of food, they should study the laws of diet and digestion in children, first of all, and when these are attended to, and

strict attention given to the regulation of the bowels, should they find themselves face to face with a case of convulsions in the nursery, they should not lose heart or courage, but while waiting the arrival of the doctor, for whom they must on no account forget to send, they can probably relieve the child by recourse to the remedies sug-

gested. Sometimes an emetic of salt and water or mustard and water (very weak in the case of an infant), will remove any offending substance; but the administration of castor oil or the immediate use of an enema is a safer and better remedy.

JANET E. RUUTZ-REES.

## What Women are Doing.

The wife of Senator Hawley acts as her husband's political secretary.

Twenty-four women have graduated as lawyers in Michigan this year.

Miss Delphine Baker is about to establish a Christian newspaper in Jerusalem.

Mrs. Matilda B. Carse has been elected member of the Board of Education of Chicago.

Twenty-one years' faithful service entitles a public school teacher to a pension in Wisconsin.

Miss Alice Louise Pond has just received the degree of Bachelor of Arts from Columbia College.

Mrs. Mary Warren, a cattle queen of Colorado, is reported to have made a fortune of \$10,000,000.

Miss Geneva Armstrong, the daughter of a farmer in western New York, has invented a practical device for feeding cattle on moving trains.

There are probably a thousand women in the city of Pittsburgh, Penn., who work in iron-mills, making bolts, nuts, hinges, and barbed wire.

Mrs. Hannah Whitall Smith's "Christian's Secret of a Happy Life" has been translated into the Swedish language by Mrs. Princell, the wife of a Lutheran minister of Boston.

Miss Agnes Brown Blackwell, a daughter of Rev. Antoinette L. Brown Blackwell, was awarded the highest prize in the "life class" at Cooper Union at its late annual examination.

Mrs. General Logan is arranging a memorial room in her house at Washington, in which she has placed all the mementoes of her husband in her possession.

A school of housekeeping has been started in Brussels by the Countess of Flanders. Forty girls there receive a practical training in domestic economy, marketing, cooking, mending, and laundering.

There were eleven women delegates at the "National Prohibition Convention" at Indianapolis, Ind. Miss Willard, Mrs. Lathrap, and Mrs. Switzer were on the committee on resolutions, and there were one or two women on each of the other committees.

A number of ladies in Paris are founding a scientific review, *La Revue Scientifique des Femmes*. The directing committee is already formed. A lady who is physician to the Sultan's seraglio is a corresponding member. The editress is Mme. Renoz, a Belgian.

Ellen Russell Emerson, author of "Indian Myths," is said to be the first woman chosen a member of the *Société de France*, which includes in its membership the most distinguished archaeologists in Europe. Mrs. Emerson is now in Paris, studying her specialty, the Mexican Indians, in the libraries and museums.

A Woman's International Beneficial Association has been organized, whose objects are to open law schools to women; to remove all disabilities to the admission of women to the bar; to disseminate knowledge concerning women's legal status, and to secure better legal conditions for women. The president is Catharine V. Waite, of Chicago.

Princess Irene of Hesse, who has just married Prince Henry of Prussia, has received a thorough housewife's training. She can sew, make bread, and do everything she would have to do were she fated to become the wife of a poor man. All the princesses of Hesse were trained in this way by their mother, the late grand-duchess, daughter of Queen Victoria.

Miss Helen Blanchard, now a resident of Philadelphia, is a Maine girl, who has made a fortune through the invention of a

simple "over-and-under" attachment for sewing-machines. When she discovered the device she had to borrow money to pay the first patent-office fees. She now owns great estates, a manufactory, and many patent rights that yield her a large income in royalties.

Miss Charlotte M. Yonge, the novelist, is a devoted member of the Church of England. With the proceeds of her novel "The Heir of Redcliffe," she fitted out the missionary schooner, the "Southern Cross," for the use of Bishop Selwyn; and ten thousand dollars from the profits of "The Daisy Chain" are said to have gone to the building of the missionary college in New Zealand.

The Queen of Italy, who is a charming artist and a great lover of peace, has designed one of the prettiest lamps on view at the Italian exhibition. It is composed of ruby glass, patterned over with gold olive leaves and blossoms; gold doves perch on the globe. A candelabra, partly designed by the queen, may also be seen among the lights, and up the suspension chains small winged angels climb and play.

Dr. Alice B. Stockham's book, "Tokology, A Book for Every Woman," has reached the enormous sale of 100,000 copies, and deserves the success it has achieved. Dr. Stockham has taken her daughter into partnership, and they are about publishing a Kindergarten Magazine, which will be the exponent of the most advanced ideas in kindergarten work, and be devoted to the training of young children in both home and school.

Miss Ida Van Etten has founded and organized a Working-Woman's Society in New York, the object of which is to keep up the standard of women's wages, to protect women and children employed in shops, and to look after the interests of women workers generally. The membership fees are twenty-five cents a month, and out of the fund accumulated by the fees, five dollars a week are paid to those too ill to work.

Miss Clara Barton, president of the American Association of the Red Cross, wears on state occasions, among other decorations, the iron cross of Germany, presented by Emperor William I.; the gold cross of honor presented by the Grand Duke and Grand Duchess of Baden; emblems and jewels from the Queen of Servia, Empress Augusta, and other royal ladies of European courts; honorary badges from the German *Woffengenossen* of America, the International Committee of Geneva, the Grand Army, and other national military organizations.

Mrs. Maria E. Beasley, of Philadelphia, has made a fortune by the invention of a machine for the construction of barrels, which, previous to 1884, when she obtained her patent, had been made almost altogether by hand. The machine is worked by three men, and turns out more than 600 completed barrels a day. Mrs. Beasley was born in North Carolina of wealthy parents, and she possesses wonderful mechanical genius. Her first invention was a machine for hooping barrels. It will hoop 1,700 barrels a day, and is used by the Standard Oil Company.

The death of Dr. Rachel L. Bodley, A.M., M.D., Dean of the Woman's Medical College of Pennsylvania, is a real loss to the country and the world, as well as to the institution with which she was so honorably connected. Her influence as an educator and philanthropist has been felt in many lands through her work in sending out medical missionaries to India and elsewhere. She was a conspicuous patron of Pundita Ramabai and of Dr. Anandibai Joshee while they were in this country, and she numbered among her correspondents who were interested in her work, the Queen of England, Lady Dufferin, and many other notable people.