

OUR ARM-CHAIR.

OPINIONS OF THE PRESS. It is as well, if you are getting up a club, to call attention to the manner in which the newspaper press speaks of this magazine. The praise is universal. Says the Seneca County (N. Y.) Courier: "it is the leader of the ladies magazines." The New Hampton (Iowa) Courier echoes the sentiment, calling it "the leading fashion magazine of the day." The St. Louis (Mo.) Baptist says, "the best ladies magazine we receive." The Evansville (Miss.) Review says, "always ahead in everything." The Abington (Ill.) Express says, "undoubtedly the cheapest and best of the ladies books." The Philadelphia (Pa.) Christian Instructor says, "no monthly is so welcome in every house." The Norristown (Pa.) Herald says, "the best lady's book, for the money, published anywhere." The Syracuse (N. Y.) Press says, "the stories are by the best authors in the country: in this department, 'Peterson' excels pre-eminently." The Owatonna (Minn.) Journal says, "for the variety and excellence of its stories, 'Peterson' beats the world." The Marona (Ill.) News says, "taking the lead of all." The Maryland Republican says, "the perfection of art and beauty." The Norwood (N. Y.) Advertiser says, "the cheapest and best fashion publication." The Union (N. Y.) News says, "it is perfection itself." The Fonda (N. Y.) Democrat says, "unquestionably the cheapest of the really good magazines." If we had space, we could quote hundreds of similar notices, but the result of all is, that "Peterson" is declared, by the newspapers generally, to combine more, and of a better quality, for a less price, than any other magazine.

MASON & HAMLIN ORGANS IN EUROPE.—Franz Liszt, who would, by many, be classed as the most distinguished musician living, uses, and prizes an American musical instrument; a cabinet organ, made for him, by the Mason & Hamlin Organ Co., and pronounces it "magnificent," "matchless," "unrivalled," declaring that he greatly prizes it. These organs are almost as famous in Europe, as in America. His Majesty, Oscar II., recently awarded to Mason & Hamlin the grand gold medal, "Litteris et Artibus," for the excellence of their organs, one of which he presented to the Royal Academy of Music, at Stockholm. He also appointed them "Furnishers to the Court."

But while it is generally known, that Mason & Hamlin organs are the best in the world, it is not so well understood that the prices are not much higher than those of most inferior organs. Unquestionably it is economy to give the best where difference in price is small.

ADVERTISEMENTS inserted in this magazine at reasonable prices. "Peterson" has had, for twenty years, an average circulation, greater and longer continued than any in the world. It goes to every county, village and cross-roads, and is therefore the best advertising medium in the United States. Address PETERSON'S MAGAZINE, Philadelphia.

WAX FRUIT.—Complete directions for making moulds, and moulding vases, peaches, plums, grapes, strawberries, etc., sent, post-paid, for \$1.25. Address, Mrs. E. S. L. Thompson, Winchester, Randolph Co., Indiana.

WOMAN'S BEAUTY.—Every lady ought to know that Laird's "Bloom of Youth" is a combination of wholesome elements, capable of imparting a natural and exquisitely beautiful complexion. Ladies, try it.

THE CATALOGUE OF BOOKS published by T. B. Peterson & Brothers, has the best list of novels, perhaps, in the United States. It is sent, gratis, on application. Now is the time to begin laying in your stock for winter reading.

MOTHERS' DEPARTMENT.

[MEDICAL BOTANY—OF THE GARDEN, FIELD AND FOREST.]

BY ABRAM LIVEZEY, M. D.

NO. I.—GARDEN PLANTS, CONTINUED.

XVI.—*Calendula Officinalis*, or common garden Marygold, is a well-known, rank, smoothish flowering plant—flowers large, and petals very many upon a large, green calyx; of a peculiar, disagreeable odor, which is lost by drying. The Marygold is well-known to the old mothers of our country, but its culture is being sadly neglected by their daughters, as its medicinal properties for domestic purposes as a vulnerary, are, or seem to be, entirely unknown, both to them as well as to the "regular," or old school physician.

The Dispensatory speaks of it as being formerly used, internally, in a few diseases, in which it is of no account and has fallen into disuse; but as a vulnerary, or wound-healing agent, it says nothing; yet it is most invaluable as such, and owes its introduction in our *Materia Medica* to the Homœopaths. The common people of Germany ascribed such great vulnerary virtues to this plant, that one of their physicians, Dr. Thoror, willing to seize upon truth where'er it may be found, proceeded to investigate its properties and ascertain to what extent it could be relied upon in the treatment of injuries. His cases soon showed that the application of a mild tincture of the flowers of the Marygold, had a most beneficial influence over wounds of all kinds; promoting cicatrization rapidly and most favorably, with little or no suppuration. It is now used largely by American Homœopaths, as well as by Eclectic and progressive physicians, in the treatment of injuries of the soft parts—in incised, lacerated, or mangled wounds: and during our late civil war these two medical sects used the tincture of the *Calendula* largely, and it received their warmest commendation. Yet a very large majority of our old school friends, with wonted prejudice clinging to their skirts, do not use it—apparently do not know it as a vulnerary—or if they do, still maintain (without trying it,) that *vulneraries* belong to a past superstitious age, that the application of cold water, spirits and water, etc., will answer every purpose, as the healing power—the *vis medicatrix*—exists in nature only. The latter fact we admit, but if we prevent inflammation, and consequent suppuration from ensuing after a wound is received, by the application of *Calendula*, we assist nature, and obtain results not often effected by any other applications.

PROPERTIES AND USES.—Clip off the heads of the Marygold flowers, when in full bloom, pick off the fine petals, dry them in the shade, (or buy a quarter of a pound of the botanic druggist,) and having filled a pint or quart, wide-mouthed bottle loosely with them, cover with apple whisky and water, equal parts; or alcohol one part, water two parts. After standing ten days it is ready to use, and should be thus kept by every household, ready to apply to any little or severe injury, from the cut finger, skinned knuckle, up to the mashed finger, torn hand by machinery,—falls, lacerating the face, or tearing open the hairy scalp, etc. All that mothers have to do in all these cases, is to wash away dirt, (if any,) cleanse the wound by a little cold water, cut away little shreddy fibres, (if any,) bring the parts together, and cover them with all the cuticle or skin she can find—never cut away any loose or hanging skin, if it has the least attachment—then saturate with this tincture some fine, old linen, or scraped lint, apply to the wound, with a light bandage over all, and keep constantly wet—changing the cloths very seldom—in some cases not at all. The parts will soon become white—no inflammation, no suppuration will appear. Every mother in the land should have a quart bottle of this mild tincture of *Calendula* in her cupboard, and use it with entire confidence, as it is far superior to the famed "Balsam Apple in liquor," of which we shall next speak.

OUR ARM-CHAIR.

OUR GREAT SUCCESS.—The great success of "Peterson," for 1879, is one of the facts of the times. Our January number was pronounced, everywhere, the best we had ever issued. The Fulton (Mo.) Independent said that it would be "a difficult task to add anything to the already honored name of 'Peterson's Magazine,' that it is one of the very best periodicals ever offered to the lovers of tales and novelets; that it ought to be in every family, if only for its literary excellence." The newspapers, universally, echo this opinion. The public, too, entertains it, if we may judge from the enormous accessions of new subscribers we are receiving, daily. No magazine, in fact, rivals "Peterson" in this respect. To quote, and slightly alter, the words of the poet, other magazines "come and go, but 'Peterson's' holds on forever." This is not so strange, after all, however; because it is the cheapest and best.

AS AN ADVERTISING MEDIUM.—The value of "Peterson's Magazine," as an advertising medium, is testified to, universally, by all who have tried it. Mr. Daniel F. Beatty, the Piano manufacturer, writes to us: "I take pleasure in bearing testimony to the high character of your magazine, and regard it as being one of the best advertising mediums which I have." Another advertiser writes, that, from a single advertisement in "Peterson," he received twelve hundred remittances.

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"AT THE FRONT."—The Cerro Gordo (Iowa) Republican says, in noticing January number, "As a fashion journal, 'Peterson' takes high rank, while, as a literary publication, it is always at the front."

YOUTH AND BEAUTY.—After using Laird's "Bloom of Youth" you will look ten years younger. It imparts beauty and freshness to the complexion. Sold by druggists everywhere.

MOTHERS' DEPARTMENT.

[MEDICAL BOTANY—OF THE GARDEN, FIELD AND FOREST.]

BY ABRAHAM LIVEZEY, M. D.

No. II.—GARDEN PLANTS, CONTINUED.

XVII.—*Monardella Balsamina*, a hard, botanical name for the *Balsam Apple*, a well-known, annual climbing plant, a native of the East Indies; cultivated largely by mothers throughout the country in gardens, for sake of its large, reddish-yellow, angular, warty fruit, tapering towards each end, resembling in size, and somewhat in appearance, the common cucumber. When fully ripe, it falls from the vine by the slightest handling, and spontaneously bursts or separates into several parts or divisions. This is a striking peculiarity of the apple. It is much esteemed in domestic practice, and the provident mother, in the country, is careful to have in her cupboard a goodly supply of this (to her,) infallible specific, for the many little injuries and accidents incident to childhood. Like the *Calendula* or *Marigold*, spoken of in the last number, it is an excellent vulnerary, or wound-healing agent, but much more esteemed, because so much better known to families, for domestic purposes, who have transmitted its healing virtues from generation to generation, for centuries.

PREPARATION AND USES.—Mothers generally have a wide-

mouthed bottle, which they keep from year to year, and loosely fill annually with broken pieces of the apple, and then fill it up with apple or rye whiskey, according to their preferences, or prejudices. A *whiskey* tincture is, however, not applicable for all purposes; and, therefore, mothers should have a second bottle, in which the balsam apple is kept steeping in olive oil, or better still, in the oil of sweet almonds.

A cut, bruised, or mashed finger, foot or hand, is simply wrapped up with lint or fine linen, well wet, and kept moistened with the whiskey tincture; or a portion of the apple is taken from the bottle, mashed, and applied as a poultice to the injured part, and kept moistened by some of the liquor; and soon the red, inflamed, swollen parts become reduced in size, whitish in appearance, and the healing process ensues as a general result. If the person injured is of a full or gross habit, the wound will do better, if he takes a full dose of Rochelle salt, and lives sparingly for a time.

The *oil* preparation is much better, and a more suitable application to chapped hands, burns, old sores, irritable pile tumors, inflamed prolapse of the bowels, etc., etc. An excellent ointment can also be made very readily from the balsam apple, by mashing it, and simmering it in fresh, unsalted butter, or leaf-lard, till perfectly digested, then strain. For summer use—to harden somewhat—a little white wax should be added. This salve will be found to be very useful in old sores, ulcers, and inflamed burns which are slow to heal. Still, a large experience with the balsam apple and the marigold, proves the latter a superior application for all similar purposes.

In treating of the marigold in the January number, we should have mentioned that when we have found glycerine actually to disagree with a person's skin, we have added a large teaspoonful of this tincture (the marigold) to four or six of pure glycerine, with the best possible results—curing chapped hands, lips, face; chafes between folds of skin, sunburn, etc., most promptly.

The balsam apple has been proved by a Frenchman to be poisonous when taken internally in some quantity, as he killed a dog, (size not stated,) by administering two or three drachms. The French are great experimenters with dogs, and have killed their thousands.

MANAGEMENT OF INFANTS.

DRESSING BABIES.—Babies are little things, but it is not a little thing to know how to dress and undress them properly. It looks so easy to do, as the mother sees the monthly nurse turn him about, and pat him, and then lays him comfortably by your side; but it is in reality hard for the young mother herself, and on it so much of the comfort and good behavior of the baby depends during the day.

In the first place, the mother should see that everything that she will need during the dressing process is just at hand; she should never have to rise from her seat, from the time she takes the infant in her arms, to wash him, till his toilet is quite completed.

With a very young child, the most important thing to see to is the baby's navel. With many infants, this is a long while in healing, and if neglected for a single day, the worst results may ensue. It may become inflamed from the mere friction of the clothing being too loose upon it, or from rubbing off the band too soon; this should be kept on long after the part *looks* well; it will often burst into bleeding, after a violent fit of crying, and from whatever cause it does so, it should be attended to, at once, for a rupture is often a life-long misfortune.

A piece of scorched linen rag, or a cut open raisin are two of the simplest domestic remedies; but the rupture will often "start" or protrude, with no apparent cause. In such a case get some tea-lead, such as can be procured from the

OUR ARM-CHAIR.

THE CRY IS, "STILL THEY COME."—The great accessions to our subscription list, for 1879, prove that this magazine is more of a popular favorite than ever. The fact is, that our enormous circulation enables us to spend more money than any other on embellishments, literary matter, etc., etc., and in everything, in short, that tends to make a good magazine, and so enables us to distance all competition. To speak plainly, though in no improper boasting spirit, we furnish a better article, of its kind, than can be had anywhere else, at even a higher price, and much less at the same price. The newspapers, the best judges in a case of this sort, place this magazine ahead of all other similar ones. The Walworth (Wis.) Republican speaks for hundreds of journals, when it says, that "Peterson's Magazine gives more for the money than any other," and advises its readers to "subscribe for no magazine till they have seen a copy of 'Peterson.'" The Muskegan (Mich.) Journal says, that, "as a ladies' magazine it has no equal," and adds, "subscribe for it and be happy." The Tiffin (O.) Advertiser calls it "the cheapest and best fashion magazine in the country." The Geneva Lake (N. Y.) Herald says, that "the January number was perfect, but that the February number surpasses it." The Charles City (Iowa) Independent pronounces it the "best in the world." We could quote hundreds of similar notices, if we had space to spare for it. We only quote these to account for the enormous number of new subscribers we have received for 1879, and to explain why, even yet, the cry is, "still they come." In fact, it is never too late, in the year, to subscribe. Back numbers, if desired, can always be supplied. See the Prospectus.

A WONDERFUL DISCOVERY.—Catarrh, in some of its many forms, is the most prevalent of all diseases. Influenza, running at the nostrils, offensive hawking and mucous expectorations, bad breath, pains in the forehead, loss of taste and smell, tickling of the tonsils, buzzing and crackling sensations in the head, or deafness, are almost universal. Until the recent discovery of Wei De Meyer, Catarrh had baffled medical treatment, and was generally pronounced incurable. A real cure for this loathsome and undermining disease would be elevated to the dignity and usefulness attached to the discoveries of vaccination, of anesthetics, and those most valuable to suffering mankind. That Wei De Meyer's remedy cures Catarrh and diseases of the air passages to the head, is no longer matter of doubt. The agents, Messrs. D. B. DEWEY & Co., 46 Dey Street, New York, will gladly send to anyone, gratis, Dr. Wei De Meyer's pamphlet containing the incontestable proofs of its unflinching efficacy; and statements of cures by numerous well-known men and women. They will thank anyone for the names of persons thus afflicted. They also desire a canvassing agent in every populous locality. Preference is first given to energetic ladies; next, to unemployed clergymen. Conditions forwarded upon application. Wei De Meyer's Catarrh Cure is complete in two boxes, in one package, and delivered to any address on the receipt of \$1.50 per package. Or, remittances can be made through merchants or New York friends. Send for a pamphlet.

A \$340 ORGAN FOR \$85.—Mr. Daniel F. Beatty, of Washington, N. J., appears to be determined that all who care to have parlor organs can get them, for he will sell an instrument which it is said is equal in every way to the kind usually sold for \$340 for the very much reduced price of \$85. If this invitation to the public from Mr. Beatty is responded to in the spirit that it is made, every hamlet in the land will very soon have in it a musical advertisement of the New Jersey Organ Builder. Mr. Beatty has recently made an extended tour through Europe, and he expresses himself as confident of having learned many things that will profit the

purchasers of the organ he proposes to sell at one-quarter the price usually obtained for a handsome instrument of the class to which his belong. It had as well be borne in mind by those considering the offer, that it is only for a limited period, and the low price is to induce people to buy the organ, in order that the manufacturer may show to the public the peculiar excellencies which he claims it to possess. See his advertisement.

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MOTHERS' DEPARTMENT.

[MEDICAL BOTANY—OF THE GARDEN, FIELD AND FOREST.]

BY ABRAHAM LIVEZEY, M. D.

NO. III.—GARDEN PLANTS, CONTINUED.

XVIII.—*Crocus Sativus*—Saffron. This perennial plant is cultivated with us chiefly as a garden-flower. It has a rounded bulb, from which the flower (which is large, of a lilac, or a beautiful bluish-purple color), rises upon a long, slender, whitish, succulent tube or stalk. Between the two segments of the corolla, the style projects to one side and terminates in three long, convoluted stigmas, of a rich, orange-color, very odorous, and notched at their summit. These stigmas are the parts of the flower or plant used in medicine. The Saffron is a native of Greece and Asia Minor, where it has been cultivated from time immemorial. It is also cultivated in the temperate countries of Europe. The Spanish Saffron, imported from Gibraltar, is considered the best, and commands the highest price. Hence it is frequently adulterated with flowers of other plants resembling it, which are cheap in the market, namely, the safflower, marigold and arnica. The flowers should be fresh, possess a sweetish, aromatic odor; be of a deep orange-yellow color, have a warm, pungent, bitterish taste, and color the fingers when rubbed between them. If these several characteristics are wanting, the mother or purchaser should reject them.

MEDICAL PROPERTIES AND USES.—Crocus was employed by the ancients quite extensively, both as a medicine and condiment. The Arabians esteemed it, and the physicians of modern Europe formerly held it in some repute as a stimulant and emmenagogue; besides being somewhat exhilarating, relieving slight pains, and promoting sleep. The writer can say nothing in its favor. At present it is mainly used by druggists, to impart color and flavor to a few medicinal preparations; and physicians leave it to be used *ad libitum* by our good, old mothers, who still cling to it, and think their grandchildren, when attacked with measles, especially, must drink freely of "saffron tea" to "bring them out," after the custom of their generation. This is an error; hot teas and blankets, in any of the eruptive fevers—measles, small-pox and scarlatina—are positively injurious, unless in the very incipency, when the patient may be cold or chilly. If hot and dry, iced water is a far better and more rational treatment, and will drive out the measles quite satisfactorily.

XIX.—*Carthamus Tinctorius*—Safflower, Dyer's Saffron. The flowers of this annual, smooth, erect plant are compound, in large, solitary and terminal heads, the florets of which are of a fine orange color. It is a native of India, Egypt, etc., but cultivated in Europe and America. That which is grown in this country is sold as American Saffron. Its chief ingredients are two coloring substances, one yellow and very soluble, the other red and insoluble in water, but very solu-

ble in alkaline liquids, which renders the safflower very useful as a dye-stuff. This latter substance, called *Carthamine*, forms the *rouge* of the drug stores when mixed with finely powdered talc. The safflower is frequently mixed with the true or imported saffron, but it is a harmless adulteration, as the former is just as good—perhaps better—for the purposes for which it is used by mothers, viz. to promote the eruption of measles, scarlatina, etc., as it is deemed slightly laxative and more diaphoretic. Two drachms steeped in a pint of boiling water, makes an infusion which is given freely. If used by mothers in lieu of more active measures in the first mentioned disease, it is well; substantial good will be derived, as rational nursing is all that is required. But for pity's sake, dear mother, please don't swathe your children in blankets, and dose them with hot saffron (or other) tea, when they are already as red as a *blood beet*, but apply some light covering, and give them iced water—little, and often as desired—and they will bless you as a “dear, good mother.”

MANAGEMENT OF INFANTS.

FOOD.—The diet of children is of vital importance; plain, nutritious food, well cooked, is absolutely indispensable to their well-being. After the baby is weaned, or his mouthful of teeth have appeared, a *very little* animal food may be given him; only a little at first, and at intervals, or the change of diet will be too great for his digestive organs. The meals should be as regularly prepared and eaten, as those of a grown person; in fact, it is of more importance, if possible, for a child to be regular in all its habits, than for an adult to be so. But children should have even their simple diet varied; they become as tired of one kind of food as a grown person does. The old-fashioned bowl of bread and milk is an excellent thing, but it is more palatable if prepared in the following manner: cut the bread in small, square pieces, and pour upon it sufficient boiling water to soften it; cover it up close, so as to enclose the steam for a few moments, and then pour on it the hot, fresh milk. A little sugar or salt (whichever the child finds most palatable) is to be added.

Oatmeal is another excellent article of diet; the medium quality is the best for children, as the coarse is too rough and harsh to please tender palates, and the very fine is too much like pap to be always relished. The best way of preparing it is to put some in a cup and mash it very smooth with a little milk, cover it up, and let it stand over night; in the morning smooth it again, and add milk and water to it; put it on a good fire, but let it cool slowly, and keep the mixture incessantly stirred, the spoon touching the bottom of the saucepan all the time to keep it from burning, for it must boil “bubblingly” for at least five minutes.

Many mothers complain that their children will not eat “spoon food,” never stopping to consider whether it is prepared in such a manner that the child can eat it. The greatest cleanliness is most important in the preparation of all diet for children or invalids, and the food must be thoroughly cooked to make it either healthy or palatable; neither must it be burned. Improper cooking, as well as improper articles of diet, will make a child ill, or at least refuse its food.

As the child grows, a little vegetable may be added to the meat diet; potatoes, if *really good*, and properly boiled, are nourishing, and much liked; boiled rice is excellent; stewed apples or almost any kind of stewed fruit is desirable, without the bowels are disordered. In that case, no vegetables should be given, but preparations of arrow-root, rice, etc.

Mutton, beef and chicken are the only three meats that can be recommended as being absolutely healthy for children; veal and pork, with rich goose or turkey are very injurious. All kinds of sweets, if given in too large quantities, or too often, are very bad for the digestive organs, but a slice of

good *plain* cake or rusk is healthy; the dainty, however, must not be made to take the place of the nourishing meal; let it be given afterward.

Roasted apples are excellent for most children; plain bread-pudding, rice-pudding and tapioca-puddings are not only not objectionable, but serve to make a variety, for which the little ones crave.

Be very careful to teach a child to eat slowly; begin this discipline from the very first moment that it begins to feed itself; never hurry it at its meals, (though do not let it dawdle over them,) or it will acquire the habit of “bolting” its food, which is not only unhealthy but vulgar. Remember that the teeth are to chew the food with, to make it fit to go into the stomach; it is not only that the food should be properly ground up by the teeth, but that the saliva which is produced by the fact of eating, is a great digester of itself, and the stomach should never be left to do the mouth's work.

The habit of feeding children between their regular meal times is a bad one; they go to their meals with no appetite, become fault-finding and fastidious, get accustomed to eat at all kinds of irregular hours, and at last have their digestive organs very much impaired.

Put only on the child's plate what it will most likely eat; let it have a second small “help,” rather than too much at first, so that the plate will be left in an untidy condition, and the child acquire habits of wastefulness.

With many poor little ones, the “*slice of fat with the slice of lean*” is a great bugbear; it is frequently nauseating; care should be taken that the fat is not all put on one side of the plate, to be eaten with a “gulp” at the end of the meal; it should be judiciously cut up and taken with the lean of the meat.

All children should be taught that it is indispensable that they should acquire the habit of eating and drinking in a cleanly and quiet manner. We know that there is a great difference in children themselves—that some are neater and more dainty naturally—but there is much in education. They can be taught to eat without smearing their faces, hands and aprons, and that a table-cloth must be respected.

PUZZLE DEPARTMENT.

Everything relating to this department must be sent to GEORGE CHINN, MARBLEHEAD, MASS. All communications are to be headed: “FOR PETERSON'S.” All are invited to send answers, also, to contribute original puzzles, which should be accompanied by the answers.

HOOR-GLASS PUZZLE.

1. A Watch. 2. Power. 3. A Sylvan God. 4. An Explanation. 5. In Water. 6. To Question. 7. A Buttress. 8. A Soft, Nappy, Woolen Cloth. 9. Emitting Sparks. The centrals, read downwards, name a favorite of the ladies.

A 35-cent piece of sheet music will be given for the first correct answer.

HENRI G. COGEN.

DECAPITATION.

Entire, I am a rod used for roasting meat; behead me, and leave a deep hole; behead again, and I am a pronoun; once more behead me, and I am in paste.

Complete, I am a long cut; behead, and I am lighted; behead again, and I am a pronoun; behead once more, and I can always be found in tea.

A book will be given for the first correct answers.

ALBERT STEWART.

WORD-SQUARE.

My first is charge. My second is an interjection. My third is a leap. My last is to discover.

OUR ARM-CHAIR.

"ONE AND ALL," SUBSCRIBE.—The newspaper press continues to speak of "Peterson" as the cheapest and best of the lady's books. We quote what the Liberal (Iowa) Letters says, as a type of what all say. "Peterson," it remarks, "is the particular lady's magazine, and its circulation is larger than any other periodical of its character now published. The steel engravings, diagrams, fashion plates, as well as the serials, poems, sketches, etc., in Peterson, are always of the best, and once a lady becomes a subscriber, she never voluntarily gives it up. Two dollars cannot be more wisely expended than in securing the excellent magazine for 1879, and we feel that we are but doing our duty to our readers when we advise them, one and all, to have their name placed on Peterson's list."

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"TWENTY-THREE YEARS, AND MORE."—Says a lady, renewing her subscription, "My mother used to take 'Peterson' when a girl, and she has been married twenty-three years. I intend to take it as long as I live. We could not do without it." That is the general cry.

OH! WHAT A HORRID COMPLEXION.—Why don't you use Laird's "Bloom of Youth?" It will remove tan, freckles, and all blemishes from the skin, leaving it perfectly clear and beautiful. Sold by druggists everywhere.

"DRESSING WELL."—The Lynn City (Mass.) Democrat, noticing our last number, says, "No lady should be without 'Peterson.' It is always up to the latest styles in fashion, and invaluable information in the art of dressing well."

ART-NEEDLEWORK.—Miss S. W. Tilton & Co., Boston, will send by mail a copy of "Instructions in Art-Needlework," to any address, on receipt of 50 cents.

MOTHERS' DEPARTMENT.

[MEDICAL BOTANY.—OF THE GARDEN, FIELD AND FOREST.]

BY ABRAHAM LIVEZEY, M. D.

No. IV.—GARDEN PLANTS, CONTINUED.

XX.—*Syringa Vulgaris*.—Common *Elæac*. This old, showy plant, or bush, was once much esteemed by mothers and their daughters, and was to be seen in some nook or corner of nearly every garden in the country. It has never been used in domestic medicine, however, to our knowledge, by mothers of the present or past generation, although it is probably quite as deserving of attention as some of the simples which they are wont to use. The leaves and fruit have a bitter taste, and have been used as a tonic and febrifuge, particularly in some parts of France, by the country people, in the cure of intermittent fever; and the distinguished physician, Cruveilhier, recommended the plant for that complaint. It seems to have been overlooked by all classes of medical men in this country, and its properties remain untested.

XXI.—*Thuja Occidentalis*, or *Arbor Vitæ*. A well known, indigenous, evergreen tree, to be found from Canada to South

Carolina, growing wild and cultivated, in nurseries and in gardens, as ornament. The leaves, which have an agreeable, balsamic odor, are the parts used in medicine. In decoction, the leaves have been used in ague, as well as in coughs, fevers and rheumatism.

A saturated tincture of the leaves, in teaspoonful doses, has been found useful as an emmenagogue, and in minute (drop) doses, the rational homœopath uses the tincture for many female complaints, even those of ulceration of their peculiar organization; warty excrescences wither away under its use. It has some reputation, also, in veterinary practice in curing *farcy*, and similar affections. If but a few warts are present, they should be painted with the strong tincture daily, which will suffice. But if they come in crops, the tincture should be taken internally also. It has also cured the *nævus maternus*, or *mother's mark*.

XXII.—*Daxus Sempervirens*.—*The Evergreen Box*. This is also a well-known, cultivated plant in our gardens, for margins of walks, etc., though a native of Europe and Western Asia. The writer is not aware that either the wood or leaves of this plant possess any medicinal virtues, nor have our old mother-nurses ever entered it in their list of valuable or useful "roots and herbs."

In its native country however, the wood is considered diaphoretic, and is used in decoction in rheumatism and some specific blood diseases.

The leaves in strong infusion are said to be purgative, while a volatile oil, distilled from the wood, has been favorably used in epilepsy, and a tincture of the leaves, at one time, enjoyed some reputation as an antiperiodic.

XXIII.—*Sempervivum Tectorum*.—*House-leek*. Derivation, ever-living; of, or belonging to, dwellings. It is a perennial, succulent, European plant, remarkable for its tenacity of life, and is found growing on rocks, old walls, roofs of houses, and cultivated in this country as a curious sort of ornament, and as a domestic medicine. The thick, fleshy, succulent, smooth, green, inodorous leaves are employed, when bruised, as a cooling application to burns, stings of bees, wasps, hornets, etc.—to ulcers, also, and other external affections, attended with inflammation. The juice will often cure or cause warts to disappear.

XXIV.—*Melissa Officinalis*.—[From the Greek, *Melissa*, a honey bee; the flowers reputed to be a favorite of that little insect.] Common Balm is a generally well-known, aromatic, bushy plant, growing in gardens, and by the roadsides, in waste places, etc. An infusion of this plant makes a very agreeable and useful drink in fevers, tending to promote perspiration, if taken warm, and may be advantageously taken at bedtime, in cases of sudden colds. Dr. Darwin, in his "Botanical Garden," alludes to its didynamous, or *twain* character thus:

"Two knights before thy fragrant altar bend,
Adored *Melissa*! and two squires attend."

MANAGEMENT OF INFANTS.

CLEANLINESS.—Cleanliness and cleanly habits are also among the indispensables in the bringing up of children; The youngest baby can be taught cleanly habits by mere custom, but, as in the matter of sleep and food, begin early. In the management of babies, nothing is much more difficult than to teach them good habits, when they have been allowed thoughtlessly to contract bad ones. A poor little child is suddenly told, that it must "behave itself;" it is scolded; and, poor little unfortunate, sometimes slapped, for doing now, what it has so often done before, without a word of reproof. This is cruel. Of course, it cannot break itself of its old practices at once; it will take weeks, months, perhaps to do so. Nobody has a right to punish a child for uncleanly ways, when the mother has been too ignorant, or too careless, to educate it to cleanliness.

OUR ARM-CHAIR.

"SO LITTLE MONEY."—A lady writes: "We have had your magazine in our family for several years; and my husband says it is a mystery to him how you can afford to give so much, for so little money." The secret is our immense edition. We prefer a small profit on a large circulation, to a large profit on a small one. "Peterson," in consequence, is able to give better engravings, better fashions, better stories, etc., etc., than any other, at the same price, and command such a circulation, that all the other lady's books in the United States, combined, fail to have as large a one. It has become a saying, these last years, that without "Peterson," you are out of fashion.

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NATURE RECEIVES THE CREDIT of having developed many exquisite and beautiful complexions, which in reality are due solely to the use of Laird's "Bloom of Youth." Sold by druggists everywhere.

MOTHERS' DEPARTMENT.

[MEDICAL BOTANY—OF THE GARDEN, FIELD AND FOREST.]

BY ABRAM LIVEZEY, M. D.

No. V.—GARDEN PLANTS, CONTINUED.

Being anxious to get out into the *fields and forests*, and roam through the extensive domains of Nature, we will pass briefly, in review, a few more plants cultivated in gardens.

XXV.—*Anisum*.—Anise is an annual plant, about one foot high, a native of Egypt, introduced into the south of Europe, cultivated on the continent, and occasionally seen in the gardens of this country. What is called *Star-aniseed* is derived from an evergreen tree growing in China and Japan, and is much used in France to flavor liquors. Aniseed is a grateful, aromatic carminative, and has been used from the earliest times in flatulent colic, and a corrector of unpleasant and gripping purgatives. The late Prof. Meigs was partial to a preparation to remove persistent accumulations of *flatus* or gas from the bowels, in which this seed entered: Make a strong infusion of aniseed, strain off half a pint, add half an ounce of manna, and stir in half an ounce of carbonate of magnesia. Take in vineglassful doses every few hours. The oil of anise enters into paregoric, and gives it a pleasant flavor and taste.

XXVI.—*Foeniculum*.—Fennel: *Common, Official, and Sweet*, are the three varieties, all of which have an aromatic odor and taste, dependent, like the anise, upon a volatile oil. These several species are natives of Southern Europe, but the sweet-fennel is largely cultivated in our gardens, which with that imported from Germany, supplies the demand of the trade. It is an excellent corrector of nauseous and gripping medicines, such as senna, jalap, etc. An infusion of

these seeds is much better for mothers to give infants and young children, than catnip and soot teas, in cases of flatulent colic. A still better plan is to give the infusion by enema, which acts more promptly, without interfering with digestion or the stomach.

XXVII.—*Carum, Caraway*. This is a biennial and umbelliferous plant, with stem about two feet high; a native of Europe, growing wild in many localities, and cultivated in many places there and here. The seeds mature in the second year, and are threshed out by our good German mothers on a cloth, like they are wont to gather their crops of mustard seed. The MEDICAL PROPERTIES are similar to those of anise and fennel, and may be administered in strong infusions (sweetened,) to infants and children in cases of simple pain or flatulent colic.

The seeds are much baked in cakes, especially by the Irish, and in bread by the Germans, to both of which they give an agreeable flavor (to those who like it), and at the same time stimulate the digestive organs.

XXVIII.—*Cochlearia Armoracia*, from *Cochlear*, a *spoon*, from the form of the leaves of some species. *Horse-radish*.—A perennial plant, possessing a long, fleshy, white, acrid root; flower-stem from two to three feet high, radical leaves, very large, oblong and petioled, while the stem leaves are lanceolate, incised and sessile. Flowers small, white. Generally cultivated in gardens, moist places, along drains, etc. MEDICAL PROPERTIES.—The pungent root of this plant is a favorite condiment, stimulating the secretions, and promoting appetite. It is one of our best anti-scorbutics. It is useful in dropsy attended with feeble digestion and debility; also in palsy and chronic rheumatism, both as an internal and external remedy. Finely grated horse-radish root thoroughly rubbed up with white sugar, and taken slowly is very good in recent cases of hoarseness. It will sometimes promptly "clear the throat," and enable the young lady to fulfil her engagement. The beneficial effects of the wilted leaves, steeped in hot vinegar, or otherwise, and applied in cases of ephemeral fevers, headaches, etc., are well known to every mother in the country. Garden plants will be concluded in next number, after which we shall invite the readers of "Peterson" to walk forth with us into Nature's wide domain, while we gather in many valuable medicinal treasures, which may be of especial benefit to many mothers throughout the country.

MANAGEMENT OF INFANTS.

CLOTHING.—The preparation of baby's wardrobe is usually a source of great pleasure and interest to the mother. Of course the size and magnificence of it, very much depends upon the purse of the parents. Immense amounts of money can be lavished on expensive embroidery for trimming the dresses, etc., but the little one will be no more comfortable for all that; perhaps, rather, the contrary. Rich trimming on the bottom of dresses is all well enough; but in order to have the sleeves and neck "correspond" with the skirt, embroidery, that is too often starched, is placed around the neck and wrists, and the poor little victim of a mother's vanity is made uncomfortable with all its finery.

A baby (if there are means to accomplish it,) should have plenty of clothes made of *soft, fine* material; we need not say that they should be neatly made. Let the money that is to be expended, be put in the quality and quantity, rather than in the ornament of the wardrobe; the fine, embroidered cloak and hood, in which baby is to be first exhibited to a circle of admiring friends, had better be much plainer, and a finer flannel or a softer muslin purchased instead.

Baby's "basket" should, of course, be prepared and ready some time before he is expected to make his appearance. A good-sized, low, square or oval basket is used for this purpose. It should be well covered with pink or blue muslin;

OUR ARM-CHAIR.

"PETERSON" AHEAD OF ALL.—That this magazine gives more for the money, and of a better quality, than any other, is the universal testimony of the press. Every month, we receive hundreds of notices to that effect. Says the Clinton (Ind.) Herald, "The last number is a magnificent one; its stories and fashion plates cannot be excelled." Says the Le Roy (Ill.) Enterprise, "Stands at the head of magazines of its class, and grows in merit and popularity with each issue. At the low price at which it is issued, no well-regulated family should think of doing without it." The Bath Co. (Ky.) Reporter says, "To call it handsome, hardly does justice to it; it is more than that; it is complete in every department, fashion plate, stories, receipts, patterns, etc." The Frankford (Pa.) Gazette says, "A superb number; the book improves with each issue." The Warsaw (N. Y.) Democrat says, "The monthly Supplement is alone worth double the subscription price." Finally, the Williamsport (Pa.) Banner condenses the opinions of all, by saying, "*Peterson's is, by far, the best as well as the cheapest ladies' magazine ever published.*"

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MOTHERS' DEPARTMENT.

[MEDICAL BOTANY—OF THE GARDEN, FIELD AND FOREST.]

BY ABRAHAM LIVEZEY, M. D.

No. VI.—GARDEN PLANTS, CONCLUDED.

XXXIX.—*Amaranthus Hypochondriacus*: From a and *maraim*, not to fade, or unfading, and *anthos*, flower; Prince's Feather. An annual plant, supposed to have been derived from tropical America; growing spontaneously to a limited extent in the Middle States, and cultivated in many of our gardens, on account of its deep-red colored flowers, in densely crowded spikes.

This species of *amaranth* belongs to a family of very homely weeds, two or three of which are pests in gardens, unless the hoe is freely and continuously used. Thus, as in the family circle, we may have one *bright* flower, far superior to the others. Its leaves are possessed of some astringency, and may be used when a mild astringent is needed. It can, however, be dispensed with in domestic medicine.

XXX.—*Aquilegia Vulgaris*—Colombine. From *Aquila*, an eagle, the spurs of the flowers somewhat resembling an eagle's claw. An annual plant, indigenous to Europe, but sometimes cultivated in our gardens as a unique ornamental flower. It loves rocky, hill-side places. The whole plant has a disagreeable odor, and an unpleasant, bitterish taste. The entire plant has been used as a diuretic and di-

horetic: in jaundice, small-pox, scurvy; and externally

as a vulnerary. Being of the order Ranunculaceae, most of which possess rather dangerous properties, it is both imprudent and unnecessary for mothers to use it for any purpose.

XXXI.—*Cynara Scolymus*—Garden Artichoke. Derived from the Greek, *Kuñ*, *Kunos*, a dog: the spines resembling dogs' teeth. It is indigenous in the south of Europe, also, but cultivated in our gardens as a culinary vegetable. The plant affords a good yellow dye or color. The leaves in infusion are diuretic, and have been used with advantage in dropsical cases, as well as in rheumatic and neuralgic affections. If nothing else can be obtained by mothers, the use of this plant will, at least, do no harm, till more active remedies can be procured, or a physician obtained.

XXXII.—*Hyssopus*—Hyssop; a native of Europe, likewise, but cultivated like *basil*, *thyme*, etc., for culinary purposes, or as a pot-herb. It is an agreeable aromatic, both in odor and in taste, when infused. This is a *labiate* plant, and is perennial; with violet-colored, small flowers, arranged in *half* verticillated, terminal, leafy spikes. It is a warm, gentle stimulant, and like the labiate plants generally, (the mints, etc.,) is used as a diaphoretic in hot infusion in colds, chronic catarrhs, etc., especially by old people, and those debilitated. It has no advantages over several plants previously enumerated.

XXXIII.—*Portulacca Oleracea*—Pot-herb, Portulacca, or *Common Purslane*. A very frequent plant, which every gardener knows full well. It is very tenacious of life, and a vigorous grower. Pigs are very fond of its succulent stems, and some people boil them with meat, and eat them as greens. The plant possesses diuretic properties, is recommended for scurvy and in urinary complaints.

XXXIV.—*Capsella Bursa-Pastoris*—Shepherd's Purse. A cruciferous plant, to be seen growing everywhere, in fields, by the roadsides, and in gardens.

The plant is bitter and pungent to the taste; somewhat astringent, and has been used with benefit in hamaturia and other hemorrhages. It is considered anti-scorbutic and has been administered in humoral asthma, dropsy, etc. In rheumatism, the fresh herb, well-bruised, has been applied to the parts with relief. This concludes the consideration of garden plants. We will next treat of the most useful plants generally to be seen about the farm.

MANAGEMENT OF INFANTS.

BEDDING AND BED-ROOMS.—For the first twelve or eighteen months, at least, baby is expected to share his parent's bedroom. He should have a cradle or little crib, and be accustomed to lie in it as soon after birth as possible; it is not healthy for him to lie in the "big bed" with grown people, so therefore he should be accustomed, for part of the night at least, to sleep by himself.

Of course, when he is very young, and the weather is very cold, especially if he is delicate, he must have a little grace given him, it is so hard to keep him warm enough, but as he grows older, or the weather warmer, he should be familiarized to his crib.

When the mother retires to rest, she should make it an *invariable* practice to spend a few minutes, in making baby comfortable, no matter whether he is quiet and seemingly comfortable or not. Baby should be attended to, directly the mother goes in the room; let there be one routine which he will expect, and he will follow it cheerfully. He should be taken out of bed, and have everything clean and dry put upon him. If he is young enough to be nursed frequently, give him his supper; he will then feel quite comfortable, and will be ready to go to bed again; his natural sleepiness will prevent him from caring or knowing whether his quarters are the ones he prefers or not. He will probably cry for "more" in an hour or two, and then it will be quite time enough for him to have his "cuddling" in mother's bed.

OUR ARM-CHAIR.

NOW IS THE TIME TO SUBSCRIBE!—This is a favorable time, (see the Prospectus,) to subscribe for this magazine. Says the Middleton (N. Y.) Mail, "Constant improvements are being made in 'Peterson,' the best of its kind." The Catsaquia (Pa.) Record says, "The stories are of a character rarely met with now; with more plot and artistic merit; the whole number is exceptionally bright in every department." The Hastings (Mich.) Journal says, "The last number is above the standard even of this excellent monthly. 'Peterson' contains more, too, than many higher-priced magazines." The Clinton (Ind.) Herald says, "Full of the very best magazine literature; the steel plate, in this number, is alone worth the subscription price." The Rochester (Ill.) Democrat says, "Nothing but an enormous circulation could enable Mr. Peterson to furnish such a magazine. The few ladies, who have not done so, should subscribe at once." The Mountain (W. Va.) Echo says, "Each of the departments is perfection; a better lady's book cannot be found." The Gloucester (Mass.) Bulletin says, "It is emphatically the ladies magazine. Those who have not subscribed, should do so at once." The Benson Co. (Mich.) Journal says, "The steel engravings, double-page fashion plates, colored embroidery pattern, and full-sized diagram are worth more than the price, even without the vast amount of useful and interesting reading matter." The Lynn (Mass.) Record says, "A model of its kind." Send on two dollars for a single subscription, or get up a club, and lose no time.

THE MASON & HAMLIN ORGAN COMPANY'S SILVER ANNIVERSARY.—The Boston Daily Globe says: "The silver anniversary of the Mason & Hamlin Organ Company, being the completion of the twenty-fifth year since the commencement of their business, was celebrated by them by a dinner at Young's Hotel on the 16th inst. The company began business with factories having capacity for the manufacture of 200 melodeons per year; value, less than \$100 for the best. It has now capacity for more than 200 organs per week, or 10,000 per year; value of the best, \$500 or upwards each. The great success thus achieved is due to the great improvements effected by this company in such instruments, and their rigid adherence to the determination with which they commenced to make always and only the very best work. By these means they have deserved and commanded a world-wide reputation, securing sale for their organs in every civilized country which has not a prohibitory tariff."

IT'S ECONOMY TO BUY THE BEST.—The vain attempts to imitate the "Royal Baking Powder" by other manufacturers during the past fifteen years, have proved wholly abortive. It is claimed for every new brand that it is just as good as the Royal, while they are cheapened with flour, or drugged with the hurtful alum. The pure grape cream tartar from which Royal Baking Powder is made, is imported expressly for it from the Wine District of France. Manufacturers of this brand, with a far-seeing eye, have always used the best and most wholesome materials, and are said to be the largest users of cream of tartar in the world.

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MOTHERS' DEPARTMENT.

[MEDICAL BOTANY—OF THE GARDEN, FIELD AND FOREST.]

BY ABRAM LIVEZEY, M. D.

NO. VII.—ABIES—ITS VARIETIES.

HAVING spoken of the chief plants and shrubs that belong in or about gardens, I now will endeavor to interest mothers and their daughters in the Medical Flora of the "Field and Forest;" to invite them to walk forth with me in the great domain of Nature, and see what, in the goodness of Providence, has been provided for us to prevent, relieve or cure many of the diseases incident to our frail natures. And will it not be a pleasant and profitable study to recognize the names and to know the medicinal properties and uses of every frail plant, every little shrub and majestic tree that meets our view?

Taking them up in alphabetical order, botanically, we cannot pass by the *Abies Canadensis*, called also *Pinus Canadensis*, a tree known throughout the United States as the *hemlock spruce*, and so generally diffused throughout North America, that it has been adopted to some extent as emblematic in vignettes, on maps and other devices, having reference to this continent.

It grows to the height of forty to sixty feet, tapering much above, with branches long, horizontal or depending below; leaves half to three-quarters inch in length, shining green above, bluish glaucous beneath; strobiles or cones about one inch long, also bluish glaucous when young, but finally become light brown with age. Its bark, abounding in astringency, is much used for tanning in the northern States, and the aborigines employed it to dye their splints, which they used in making baskets, a red color. When the tree becomes old, considerable juice exudes and hardens upon the bark, from which is obtained, when scraped off, boiled or melted and strained, what is known as *hemlock gum*. This gum is much esteemed in the form of plaster—a warming and stimulant application to habitually cold, sore or painful parts. The *hemlock oil* obtained from this species is highly esteemed also for bathing purposes in chronic rheumatic affections, and enters into the composition of various proprietary liniments.

The *Abies Excelsa*: *Norway Spruce*, or *Fir*; a very lofty tree, sometimes rising one hundred and fifty feet in height, with a trunk from three to five feet in diameter; a native of Europe and Northern Asia; furnishes us with the *Burgundy Pitch*, which derives its name from the province of Burgundy, in the east of France.

The branches of this tree are spreading, and its branchlets pendulous; leaves about one inch long, scattered round its branches; cones from five to nine inches long, nearly cylindrical; light brown. This stately, solemn-looking tree, with its numerous dark green waving branchlets is becoming frequent in yards, lawns and ornamental grounds. The pitch is obtained by removing a portion of the bark, so as to lay bare the wood, upon which flakes of concrete resinous matter form, which, being detached by scrapers of iron, is melted with water in large boilers, and then strained through coarse cloths.

When pure it is quite opaque; of a yellowish color. Applied to the skin in the form of a plaster, it acts as a gentle rubefacient, and is useful in cases of chronic rheumatic pains, weakness of the breast or back; and when applied to the spina between the shoulders will generally prevent very susceptible persons from taking cold.

The other species of the *Abies* are (1) *A. Balsamea*: *Balsam Fir*, or *Balm of Gilead*; a tree with symmetrical branches, forming a conical top; cones three to four inches long, violet purple; found in yards and lawns, though a

native of the mountains; and is more ornamental than useful as a shade tree.

(2). *A. Picea* or *Silver Fir*, with branches horizontal, a smooth, whitish bark, cones three to four inches long also, but of a reddish-green at first—finally brown; a more beautiful and larger tree than the preceding, and is frequently seen on grounds of persons of taste.

(3). *A. Alba*: *White or Single Spruce*; a tree of light-colored bark; cones one to nearly two inches in length, almost cylindrical, and pale brown. Cultivated as an ornamental tree in yards, lawns, etc., and is a native of the northern States.

(4). *A. Nigra*: *Black or Double Spruce*; a tall tree, with handsome, conical top; becoming frequent as an ornamental shade tree; the young branches of which the matrons of the country are (or were,) in the habit of using to flavor what they call *spruce beer*.

These few characteristics will enable any one interested to distinguish each species or variety of these fine evergreens. They are, however, of little or no medicinal value.

FLORICULTURE.

FERNS AND THEIR TREATMENT.—It is well-known that ferns will grow where flowering plants will perish. Their chief requirements are moisture and shade; and, best of all, Dame Nature gives them freely to all who choose to gather them, in the greenwoods and hedgerows, and on the open plains. No costly appliances are necessary to their culture; the simplest and least expensive materials will answer, and the exquisite gracefulness of the ferns will overshadow and cover all deficiencies of plant case or flower plot. But to those who can afford to decorate and embellish the house they inhabit, every artistic accessory is open which modern taste has invented. Fern cases, stands, pockets, brackets, boxes, hanging baskets, and pots of innumerable variety can be procured, each season producing something novel.

In taking up ferns from the open air for home decoration, be careful to take up also a good ball of earth around the roots, and to notice the kind of earth in which you found them growing, and all the small circumstances connected with their habitat or dwelling-place.

In proportion to your success in reproducing these will be the flourishing of your fern visitor. Fern soil is generally composed of leaf mould, peat, and loam, and most old woods and forests will be found to furnish all these, oftentimes lying in regular gradation one over the other. Perhaps, however, the woods and forests are a long way off, and nothing is attainable but the rough soil of the garden; in this case, you must get some sandy loam from the nurseryman, to render it lighter and more friable, and add some chemical fertilizer as a substitute for the leaf mould. And it is wonderful what effect may be produced by the expenditure of a little money and a great deal of trouble in the ugly back premises of a town house. A stone taken up in the paved yard will be an opening for a perfect "fern paradise" in that unsightly place, and the dark, damp back window has an unknown capacity for decoration.

MANAGEMENT OF INFANTS.

Fresh Air.—Children's sleeping rooms *must* have fresh air, it is absolutely indispensable to their health and beauty.

As baby gets bigger, and leaves his mother's room, he is sometimes promoted to his brother's and sister's nursery, sometimes to a nursery of his own, with his nurse.

If possible let the night nursery be distinct from the day one; one room cannot serve for the two purposes. The day

nursery should be bright, and cheerful, and airy, not, as it too often is, the gloomiest room in the house, because "the children don't mind a dull room." Never was there a greater mistake; and there should be one room in the house (not only for the child's sake, but for the comfort of *all* the inmates,) where toys can be arranged according to childish fancy, chairs harnessed, and Lilliputian tea-parties given, without distracting the other members of the family. Only plain but strong furniture will stand the onslaughts of the young warriors, and Jehns. For many larger children, growing plants in sunny windows are a great pleasure, and they are now considered very healthy, though, some years ago, they were banished from all living-rooms.

The night nursery, too, should be in a dry part of the house, a room upon which the sun shines some portion of every day, and the longer the better. If you are fortunate enough to possess a room that you can spare for a night nursery, let each child have a separate cot, or small bed; never crowd three or four together in *one*, no matter if the bed is a large one. And if possible, do not let the children sleep with grown people; it is too common a practice to let one or two little children sleep in bed with a servant; we do not mean young infants in charge of its nurse, but older children who are thus huddled up, for want of room, or worse, to save *trouble*: rather let them sleep "two in a bed" themselves, than allow this. Some servants are models of cleanliness, but too many, who are neat about their work, are personally untidy; moreover, it is *unhealthy* for children to sleep habitually with grown persons.

No curtains or hangings should be placed around baby's bed; and, as we said before, the bed-clothing should be light, but warm. Mattresses of hair or wool should be used, *not* feather beds. Except the climate be very cold, the rooms that children habitually occupy should be as much without carpets as possible; in mild climates a square in the middle of the room is all that is necessary; the rest of the floor should be painted or stained a dark brown; the bit of carpet can then be taken up and shaken frequently, and the wood-work easily swept every day, and wiped up with a damp cloth every night.

In the morning, as soon as the children have left the room, the beds should be literally pulled to pieces—not taken off altogether in a "bundle," but each article separately, spreading them out as much as possible, over chairs, etc.; the mattresses should be turned up so as to air the under sides. Then the windows should be opened wide, letting the sash down a few inches from the top, and at once remove everything in the way of "slops," etc., from the room, that ought to be removed, and every vessel should be thoroughly cleaned with warm water and soda; the longer the room is left to air, the better; two hours at least should be allowed for the purpose. Let there be certain days for changing the bed linen, and this should be done regularly—not only when it seems to need it.

Once a week the room should be scrubbed, or wiped up, with a piece of chloride of lime in the water; both winter and summer this should be done, but early in the morning, so that it will have time to dry, and if the day is wet or damp, it should be deferred till a dry one. "Prevention is better than cure," and by looking well after a plentiful supply of fresh air, and by trying to keep it fresh, we may save much grief, and even expense, in our households. Disinfecting fluids are very inexpensive; they are almost as much needed in cool days as in hot ones, but unfortunately too many of us forget to take the commonest sanitary precautions for the health of our children or of ourselves, till fever and diphtheria and other evils are in our doors.

If, on account of want of room, the day nursery is also used for sleeping in at night, all the precautions of which we have spoken are still more obligatory. The room should have its morning airing, as we have suggested, and when played in all day, with perhaps a big stove to heat it, the

OUR ARM-CHAIR.

"CHEAPEST AND BEST."—The universal verdict of the press and public is that "Peterson" is not only the best magazine of its kind, but altogether the cheapest, excelling in its engravings, fashion-plates, stories and Work-Table all rivals at the same price. "Nothing but its enormous circulation," says the Lima (Ohio) Gazette, "could enable it to give so much for the money; it is incontestably the cheapest, as well as best, magazine of its kind. Every department, in turn, is pronounced 'Excelsior.'" The St. Johns (N. B.) Globe says, "We never recollect to have seen 'Peterson' in better style than it is this year." The Newport (Pa.) News says, "All competent judges pronounce the stories in 'Peterson' better than any in any of its cotemporaries." The Clay Co. (Iowa) Reporter says, "It would seem impossible to suggest any improvement in it." The Goderich (Canada) Star says, "The patterns are pronounced by the ladies to be as perfectly prepared as it is possible for them to be; the ladies cannot have a better general magazine." The Mitchell Co. (Iowa) Press says, "Superb embellishments, capital stories, one number alone is worth the subscription price." The Salem (N. J.) Standard says, "The cheapest as well as best of the ladies' magazines."

AN INVENTION of inestimable value as a beautifier has at length been perfected, in mask form, and is to be worn at night. While being perfectly harmless and easily applied, it secures to the wearer a blooming and faultless complexion. For descriptive treatise, containing full particulars, address The Toilet Mask Co., 1164 Broadway, New York.

ADVERTISEMENTS inserted in this magazine at reasonable prices. "Peterson" has had, for more than twenty years a circulation, greater and longer continued than any in the world. It goes to every county, village and cross-roads, and is therefore the best advertising medium in the United States. Address PETERSON'S MAGAZINE, Philadelphia.

MOTHERS' DEPARTMENT.

[MEDICAL BOTANY—OF THE GARDEN, FIELD AND FOREST.]

BY ABRAM LIVEZEY, M. D.

No. VIII.—ACACIA—GUM ARABIC.

Though the *acaciae* from which the gum arabic of our drug stores is obtained do not belong to, nor are they naturalized in this country, yet this medicinal agent and article of diet for the sick is so very useful and important, that we feel that the source from whence it is derived should be better known, and its properties more fully appreciated, and for these reasons it is embraced in these papers, and is spoken of here, before we roam in the fields.

These acacias are of all sizes, according to situation, from mere shrubs to trees of medium size, and grow in Upper Egypt, Senegal, and other parts of Africa, as well as in Arabia and Hindostan, where the gum is much used for food.

The trees present a hard, withered aspect, and the main stem is covered with a gray bark, which is quite astringent, and is used in India for tanning purposes. The acacias seem by nature calculated for dry, sandy soils, and flourish in deserts where but few other trees will grow.

Gum arabic is the concrete juice of various species of *Acacia*, and when pure is transparent, inodorless, insipid, and feels quite viscid in the mouth. Mothers should be aware that mixed with the *true* gum, is often found one of

a darker color, rougher surface, much larger, and more globular, harder to break, and less readily soluble.

ALIMENTARY PROPERTIES.—The late Prof. T. D. Mitchell says he has had patients to subsist for months on this gum, without obvious loss of flesh or health. This is also the experience of the writer, with many other observers. We are told that camels attached to caravans derive from these acacias their chief sustenance, in many parts of those desolate regions in which Africa abounds. A caravan of Abyssinians would have starved, on one occasion, but for a stock of this gum among their merchandise, upon which one thousand persons subsisted for two months; and in times of great scarcity of the ordinary kinds of food, whole towns have been sustained by it. The Moors and negroes, also, live on the gum almost exclusively, during the period of collection; and the Hottentots, in times of scarcity, support themselves upon it for days together. Hence, in many cases of disease, our patients can be sustained for quite a length of time upon this *gum water*. It should be stated, however, *en passant*, that dogs fed exclusively upon this article soon perish; but they are carnivorous, whilst man is an omnivorous animal.

MEDICAL PROPERTIES AND USES.—Gum arabic is ademu-lunt, possessed of softening, sheathing, soothing qualities. Hence its use in strangury, catarrhal affections, irritation of the fauces or larynx, inflammation of the stomach, intestines, dysentery, diarrhoea, cholera infantum or wasting bowel affections. In all of these cases, a thick solution can be advantageously used *ad libitum*, besides possessing the advantage of the best and most suitable article of diet in these and other highly inflammatory diseases—being sufficiently nourishing, not only to support the patient, but to prevent the injurious action of the organs upon themselves. A thick solution of gum arabic may be used (like collodion), to shield recent burns and scalds from the irritating influence of the atmosphere. Thus, mothers can put this familiar article to many useful purposes. Jujube paste, marsh-mallow and Iceland moss paste are made of this gum, white sugar, whites of eggs and water, or of decoctions of marsh-mallow and moss, instead of simple water, if strictly made in accordance with the name in the latter two.

DOMESTIC ECONOMY.

KILTING YOUR FLOUNCES.—A great many ladies send their flouncing to be kilted by machines, as it saves, they think, time and trouble. But for several reasons we would advise our readers to do it for themselves by hand; we regard, on the whole, the truest economy, besides. In the first place, the heat used for machine kilting is very often too great, and we have seen flouncing so scorched in places that it has been at the folds like tinder; and in the second place, in many materials it certainly takes from their beauty, silk especially looking poor from the heat and pressure used, as it does when dyed or cleaned.

To kilt silk, having cut and joined the breadths, next hem them with fine sewing silk, not putting the stitches too close, and drawing the silk as little as possible. Supposing the flounce be required to form its own heading, turn it down at the top, and tack it along on the wrong sides, then, having decided upon the size of the pleats, fold two or three, pin them and crease them firmly, then take out the pins, and measure the width between the folds. You must now fold and crease your length of silk, or should it be a very long one a few breadths at a time, taking the width between the creases from the folds you have already arranged, so that when you begin to kilt you have every fold evenly and plainly marked. You will scarcely need to measure for creasing the folds if the flounce be a narrow one, but be careful to get them even and straight, and the work is then comparatively easy.

OUR ARM-CHAIR.

WHAT THE NEWSPAPERS SAY.—The newspapers, universally, pronounce "Peterson's" to be the best of the lady's books. We receive, every month, hundreds of notices to this effect. Our last number seems to have been especially popular. Says the Taylorsville (Ill.) Journal: "Peterson has the finest corps of contributors of any ladies' magazine; its steel engravings and fashion plates are unexcelled; as a magazine of literature, art and fashion, as well as for excellence in all its departments, and for cheapness, it has no superior." The Iowa (Ackley) Times says: "It is a standing wonder how so splendid a magazine can be furnished so low." The Bristol (Tenn.) News says: "Its reputation is world-wide, and it is still growing in popular favor; it is always fresh, and always has something novel; it is the cheapest and best magazine in the country." The Janesville (Wis.) Recorder says: "It would be worth while subscribing merely to get Mrs. Burnett's charming love-story." The South Rapids (Min.) Sentinel says: "Mrs. Burnett's new novelet is one of the very best ever published, even in Peterson's Magazine. If you are not already a subscriber, send a dollar for six months, and test this for yourselves." Now is the time, too, to begin to canvass for clubs for 1880. We intend so many improvements, that we expect to double our large list.

MAYOR BEATTY'S GENEROUS GIFT.—Washington, N. J. July 10th, 1879.—A large gathering of children was held in the M. E. Church at Washington, New Jersey, on Children's Day. An address was delivered by Hon. Daniel F. Beatty, (of Beatty Piano and Organ fame), the Mayor of the City, who presided at the meeting. The audience was also entertained with recitations and singing by the children. Beatty's Orchestra furnished excellent music. The gathering of the children was the largest ever known in Warren County. The pleasant announcement was made by the Pastor, at the conclusion of the ceremonies, that Mayor Beatty had presented the Sabbath School with a new Library, valued at \$360. This is only one of the many gifts the Mayor has contributed to the Church and the poor within the last few months.—*New York World*.

SAPANULE.—The virtues of this article are endorsed by no less a person than Mr. Bergh, President of the Society for the Prevention of Cruelty to Animals, who writes as follows: "Fourth Avenue, New York, March 4, 1879. Messrs Samuel Gerry & Co.: A lotion, ("Sapanule") manufactured by you has been given to me for the purpose of testing its curative effects on mankind and animals. I have not yet had occasion to apply it to the latter, but I have done so to myself, and have received immediate relief. Being an animal myself, I have every reason to believe that brute creatures would experience similar benefit from its use. This society will so employ it whenever the necessity shall present itself, and in the meantime I recommend it to the patronage of all having need of relief from suffering. Henry Bergh, President."

THE FRENCH, GERMAN, SPANISH, LATIN, AND ITALIAN LANGUAGES WITHOUT A MASTER. By A. H. MONTEITH.

French Without a Master. In Six Easy Lessons.

German Without a Master. In Six Easy Lessons.

Spanish Without a Master. In Four Easy Lessons.

Italian Without a Master. In Five Easy Lessons.

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Any one or all of the above five Languages can be learned by any persons, with these books, without a teacher. Price Forty cents for each book, or the whole five books are bound in one large volume, cloth, for Two dollars. Copies of either one, or more, of the books, or a cloth copy, will be sent to any one, to any place, post-paid, on remitting price of the ones wanted, in a letter, to the Publishers, T. B. Peterson & Brothers, 306 Chestnut Street, Philadelphia, Pa.

UPON investigation we find that Madame Rowley's medicated Toilet Mask is recommended by eminent medical experts to be the only rational means for beautifying and preserving the complexion. A descriptive treatise, containing testimony of well-known society ladies, is mailed gratuitously by The Toilet Mask Co., 1164 Broadway, N. Y.

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MOTHERS' DEPARTMENT.

[MEDICAL BOTANY—OF THE GARDEN, FIELD AND FOREST.]

BY ABRAM LYEZEY, M. D.

NO. IX.—ACONITUM NAPELLUS.

(WOLFSBANE—MONKSHOOD.)

The natural order to which Aconite belongs is the Ranunculaceae.

Its flowers are of a dark violet-blue color, large and beautiful, and are borne upon a long, thick, spike-like raceme. The ancient Greek and Latin name for this plant is probably derived from *Acone*, in Bithynia.

The *habitat* of Aconite is especially in the mountainous regions of France, Switzerland and Germany, but it is cultivated in the gardens of Europe, and it has been introduced in this country as an ornamental flower.

There are but two species found in, or are indigenous to, the United States—the *A. uncinatum*, along streams of southwestern New York, and southward along the mountains; and the *A. reclinatum*, about Cheat Mountain, Virginia, and southward in the Alleghanies. The former has a slender, erect but weak stem, and disposed to climb; leaves deeply from three to five lobed; flowers blue. The latter, called *trailing* Wolfsbane, as its specific name implies, has a stem three to eight feet long, leaves also deeply cleft, divisions wedge-form, incised, etc., flowers white, in very loose panicles. This is a marked characteristic of this species. Aconite is allied to the *buttercups* of our fields, and the ranunculus of our gardens.

The term *Monkshood* was derived from the form of the blossom, which is shaped like a hood or cowl; and that of Wolfsbane, from the fact that the roots of some species growing on the lofty pasturage of the mountains in Switzerland were formerly pounded, and mixed with food, to form a poisonous bait for wolves.

The *A. napellus*—called the purple helmet flower by old English writers—possesses the most intense acrimony of all the species, and hence deemed to possess the greatest virtues, and consequently this one has been placed in the front rank, and made the official plant.

The root has been unfortunately mistaken for the horseradish root, to which, however, it has no resemblance (being dark brown); but, on this account, it has wisely been advised not to have it cultivated in gardens. More danger, however, arises—the writer thinks—from the odor of its tall spike of dingy purple flowers, so conspicuous and attractive in the summer months, that sickness and fainting have resulted to children and persons in delicate health who have handled them, or even approached so near as to inhale the scent of the flowers. The poisonous action of aconite was well known to the ancients, it having been resorted to for the purpose of destroying criminals under sentence of death. Yet this poisonous effect, at least of the leaves, is entirely destroyed by prolonged ebullition, as the following incident will show: A man once noticing a woman gather-

OUR ARM-CHAIR.

CHEAPEST AND BEST.—The aim of this magazine has always been to be, not only the very best of its kind, but the cheapest also. Our ambition has been to place "Peterson" in every family in the land, and to do this we are willing to make a comparatively small profit. The success with which we have pursued this object is proved by our enormous circulation, which exceeds that of all the other lady's books combined. That we deserve this success is proved by what the newspapers say in our praise. The New Holland (Pa.) Clarion declares that, "Peterson," "from year to year, shows even increasing sprightliness, attraction and real worth, making it one of the necessities of the household." The Farmer's (Ill.) Journal says it is "filled to repletion, in its several departments, with the best that talent and art can produce." The Newport (Pa.) News says that its stories "excel those found in any other of the lady's magazines." The Clinton (Ind.) Herald calls it the "best magazine in the world for ladies." The Sweetwater (Tenn.) Democrat says, "the publishers are sending out, for 1879, the best numbers that ever left their office." The Auburn (Ill.) Citizen says, "the last number is full of the best things that ever absorbed the attention of woman," and adds "who could live and be happy, without dear old 'Peterson?'" The Mountain (Neb.) Echo says, "new charms are to be found in 'Peterson' with every number." Read some of these notices to your friends, who have never taken, "Peterson," and whomsoever else you are asking to join your club for 1880.

AN ARMY OFFICER'S OPINION ABOUT BAKING POWDER.

To the Editor: I wish you would allow me to direct the attention of your many readers to one form of Baking Powder that would be widely used, were it only better known; I refer to the bread raising powder of Professor E. N. Horsford, at one time Rumford Professor of Chemistry in Harvard University, and one of our most ingenious and distinguished chemists. In this Powder, an Acid Phosphate of Lime takes the place of cream of tartar or alum, and while the whitest, lightest and most delectable biscuit can be made with it that I have ever seen or tasted, it furnishes a food rich in phosphates so much needed in the animal economy, and so largely discarded in our finely sifted white flours. Professor Horsford's high reputation is adequate surety for the absence of any deleterious or make-weight ingredients in this Powder. FRANCIS H. ATKINS, A. A. Surgeon, U. S. Army, Fort Gibson, Indian Territory, Jan. 20, 1879.

This Baking Powder is made by Rumford Chemical Works, Providence, R. I., who will send a sample sufficient for one quart of flour, and the Horsford Cook-Book, upon receipt of a 3-cent stamp, or a regular package, sufficient for twenty-five pounds of flour, for 35 cents in stamps or currency.

LADIES who desire a faultless complexion, free from impurities, should have recourse to Madame Rowley's Medicated Toilet Mask. Many leading society ladies have paid tribute to its marvelous virtues as a beautifier. For descriptive treatise, containing full particulars, address The Toilet Mask Co., 1164 Broadway, New York.

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MOTHERS' DEPARTMENT.

[MEDICAL BOTANY—OF THE GARDEN, FIELD AND FOREST.]

BY ABRAM LIVESZEY, M. D.

No. X.—ACONITE—MEDICINAL PROPERTIES—CONCLUDED.

Aconite was first introduced to the notice of the profession by Baron Storck in 1762, but Dr. Fleming first claimed for it powers of sedation to the nervous system, as well as those of reducing the force of the circulation.

This remarkable action of aconite has given it a high place among remedies for the condition which we call *fever*. But it is of little or no use in gastric, typhoid or yellow fever; nor for a fever which is *symptomatic* of acute local inflammation. But in general febrile attacks, or great activity of circulation, (as is seen in children), before any local mischief results, or organic change has been developed, then aconite is more prompt and far preferable to nitre, antimony, or any of the usual febrifuges. In active hemorrhages, in acute congestion of almost any part, and in erysipelas, aconite is suitable at the commencement in small doses, frequently repeated.

Aconite is often successful in rheumatic and neuralgic affections, given internally, and applied locally. In acute rheumatism it is a main remedy with many practitioners, who unite with Fleming that it will cure the disease in the average of five or six days; that it seems to protect the patient from cardiac complications; and that convalescence results with much less stiffness of the joints than under other treatment.

In other acute local affections of the rheumatic poison, as lumbago, pleurodynia, intercostal neuralgia, the deltoid (shoulder) muscle, torticollis, or wry-neck—the result of a draught of air—in all of these affections which do not partake of much or any disturbance of the circulatory system, aconite, in small repeated doses, is not less valuable. Aconite also has considerable power over spasmodic affections by virtue of its influence on the musculo-motor centers. It aids ipecac in the treatment of the early stage of whooping cough; in gastrodynia and colic; in croup and asthma of spasmodic character; in all those diseases, it gives great relief, and modifies the tendency to spasm which characterizes them.

Prof. Stillé says that in the treatment of the distressing affection, neuralgia, "The benefits to be derived from Aconite are unequivocal and precious;" but the writer has seen much better results from the Yellow Jessamine, which will be spoken of in due time. Many cases of *Sciatica* have been reported as cured by aconite internally and externally.

In fine, as a sedative in all febrile and inflammatory diseases, for the purpose of reducing the frequency of the pulse, and thus prevent congestion or engorgement of organs and the excessive generation of heat, I believe no agent exceeds this one in value—especially in the febrile affections of children—and mothers can use it with safety in their families in all complaints mentioned above, *provided* they administer it in minute doses, say five drops of the tincture of the root to an ordinary-sized goblet of cold water for adults, and the same number of drops of the tincture of the leaves to a tumbler of water for children—the doses of either, one teaspoonful, frequently repeated. Our old school friends will smile at the *thinness* of these doses, while the homeopath will say it is quite too large, as one dose of this will actually contain more of aconite than a vial of their pellets. But I can only say that "truth is often found to lie in the midst," that a happy mean is better and safer than either extreme.

As a local application to benumb pain, the best form in which it can be used, probably, consists of equal parts of tincture aconite root and chloroform applied by means of a piece of stout cloth, and covered with the hand for a short

time, or some impermeable substance. A bottle of this kept by mothers will often be found to be useful in neuralgia about the head or face, sick-headache, etc., not only applied to the seat of pain, but to the back of the neck, behind the ears, etc. Such applications will promptly relieve obstinate hiccough. If good results and wide range in the use of aconite are to be obtained, we must administer small doses—never exceed one drop to an adult—and then we will not read of “disagreement with the stomach and bowels,” and of its occasioning “vomiting and diarrhoea,” both of which it will usually correct, (if not depending upon indigestible food), in fractional drop doses.

MANAGEMENT OF INFANTS.

WHOOPIING COUGH.—In attending to ailments that are not “little,” we shall merely mention what we know has proved beneficial, and what may be safely administered, and the line of conduct to be followed in the unavoidable absence of a doctor. But mothers should certainly not take upon themselves the entire responsibility of serious maladies.

It is distressing, however, for any one not to know in the least what to do, or what could be done to help their child in sickness.

Thus in whooping-cough in its first stages a mother can arrange that the sufferer's bowels be kept properly opened, that the food given him shall be light (vegetables and milk chiefly), and that he is not exposed to a sharp or damp air. Also that the sufferer shall be watched carefully when a fit of whooping is on. Very often it is so violent that he will gasp and struggle for breath, a convulsive fit sometimes following. If in bed instantly raise him to a sitting posture—this is very important—or he will very likely choke. For his fearful cough I name a tried and excellent recipe for cough drops, as follows:—One ounce of spermacetti in powder, one tablespoonful of honey, one of ordinary peppermint-water, and the yolk of a new-laid egg beat well together. Give portions of a teaspoonful with sugar or in a little barley-water, according to the age of the child, two or three times a day. The powdered alum mentioned before is good for some children in this cough, but with others it is useless, so to give it a fair trial, and it is worth trying, being so simple, it must be regularly persevered with and given three times a day. The very best of all remedies, however, for whooping-cough is to give the patient a complete change of air.

CROUP, ETC.—Croup is a very formidable complaint. The very name of it is enough to startle mothers, as it so often proves fatal. When baby coughs it is generally from teething, that nest from whence spring so many little indispositions, but if from a cold caught as colds generally are caught—nobody knows when or how—a linseed meal poultice on the chest and between the shoulders will probably give relief very speedily, or to rub these parts well but gently with camphorated oil is a frequent cure. This other cough, however, the cough of croup, a cough that makes baby's mother wring her hands in affright, is one of the kings of terror in babyland; it is like the shrill bark of a dog. Hoarseness is usually the premonitory symptom of the cough before the coming croup, but it has been known to come, though rarely, with a cold, merely. A physician should be sent for at once, if possible; but in the meantime do all that can be done by yourself, before his arrival. Have plenty of hot water in, or getting in readiness. Mix some very coarse, brown sugar with fresh butter, equal parts, and give a little of the mixture to your suffering child. It will soften the throat and loosen the phlegm, a great quantity of which is collected, and can with difficulty be thrown off. This often gives immediate relief. If it should not, put him in a moderately warm bath, letting him remain there from fifteen to

twenty minutes. A hot sheet should be in readiness to receive and dry him speedily. This done, put him into bed again, covering him up warmly. Do not leave him now. You must watch him narrowly. The butter and sugar ought to make him sick, thereby easing him wonderfully. If it should not, however, and his breathing and hoarseness do not abate, an emetic ought to be given him. If possible do not do this until you have had proper advice, but, if it be utterly impossible for your medical man to get to you for a few hours, vomiting being necessary, a grain of tartarised antimony should be dissolved in an ounce of boiling water—it will not take long to cool. Then give the patient a teaspoonful, if it is in its first year, two teaspoonful, if two years old, and so on, allowing a teaspoonful to every year of the child's age. He should be again put into the bath, and, unless the disease has made very rapid strides in the wrong direction, he will soon show favorable signs under your treatment.

As regards diet, if you are still nursing the little one, give him nothing but his natural food, and even sparingly of that. But if weaned he will want, at first, little else besides barley water; toast and water, or orange whey is nice. In a day or two he may have arrowroot, sago, etc., and when the fever is entirely gone give chicken-broth or beef-tea and such-like nourishing food.

PUZZLE DEPARTMENT.

Everything relating to this department must be sent to GEORGE CHLHN, MARBLEHEAD, MASS. All communications are to be headed: “FOR PERMISSON'S.” All are invited to send answers, also, to contribute original puzzles, which should be accompanied by the answers.

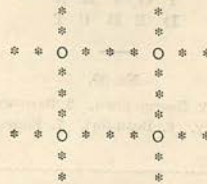
No. 40.—CROSS-WORD ENIGMA.

- My first is in cat, but not in mouse.
- My second is in barn, but not in house.
- My third is in foot, but not in leg.
- My fourth is in barrel, but not in keg.
- My fifth is in nose, but not in check.
- My sixth is in fountain, but not in creek.
- My seventh is in early, but not in late.
- My eighth is in love, but not in hate.
- My ninth is in pistol, but not in gun.
- My tenth is in hurry, but not in run.
- My eleventh is in evening, but not in moon.
- My whole, if you look, you will see very soon.
- Is only a short, simple word I have sent,
- Which commonly means an accident.

Brattleboro, Vt.

N. M. C.

No. 41.—FRAME PUZZLE.



Make the frame of four words of nine letters each, so that there shall be the same letter of the alphabet at each of the four corners where the words intersect. That letter being indicated (O) in this puzzle, gives the clue.

Upper horizontal line—A road across the country.

Lower horizontal line—Serving for trial.

Left perpendicular line—A plant.

Right perpendicular line—Formed like a flower.

Marblehead, Mass.

G. C.

OUR ARM-CHAIR.

WHAT THE EDITORS SAY.—In showing your specimen, when you are getting up a club, call attention to what the editors say of this magazine. For instance, the Woburn (Mass.) Journal says, "The secret of the wonderful success of this prince of monthlies lies in its ever onward progress towards the highest possible point to be reached in its line; and so long as it continues, as it has in the past, to gain new friends with every number, it will hold its place in the front rank." The Prescott (Ark.) Despatch says, of the last number, that it is "emphatically the magazine of the season." The Raleigh (N. C.) Friend says, "It always comes, in its freshness and beauty, to cheer the household of the tens of thousands, who are so fortunate as to be its subscribers. It cannot be surpassed." The Middleport (N. Y.) Mail calls it "the best magazine published: ahead in all its departments." The Lapeer (Mich.) Clarion says, "The stories are always of the best class." The Charleston (W. Va.) Spirit of Jefferson calls it "the best of the fashion monthlies." The Lynn (Mass.) Record pronounces it indispensable to "everybody who desires to keep thoroughly posted in regard to the fashions."

WHAT BAKING-POWDER SHALL WE USE.—The late Dr. Samuel Jackson, Professor of the Institute of Medicine, in the University of Pennsylvania, whose opinion as a physician is held in such high esteem, said, in regard to Horsford's Bread-Preparation: "The phosphate of lime, which is the principal ingredient of this preparation, is an essential constituent of all grains. It is further an important nutritive principle, and an indispensable element in the construction of all the animal tissues. This preparation, while it makes a light, sweet and palatable bread, restores to the phosphate of lime which had been separated from the flour, and thus adapts it as an aliment for the maintenance of a healthy state of organization." A sample of above preparation sufficient for raising one quart of flour will be sent by mail, upon the receipt of a three-cent stamp, by the Rumford Chemical Works, Providence, R. I. If thirty-five cents are sent, you will receive one of the regular packages, sufficient for twenty-five pounds of flour.

CHILDREN CRY for PITCHER'S CASTORIA, because it is sweet and stops their stomach ache. Mothers like CASTORIA because it gives HEALTH to the CHILD and REST to THEMSELVES, and Physicians use CASTORIA because it contains no morphine or other narcotic property.

MOTHERS' DEPARTMENT.

[MEDICAL BOTANY.—OF THE GARDEN, FIELD AND FOREST.]

BY ABRAM LIVEZEY, M. D.

No. XI.—ACHILLEA MILLEFOLIUM.

Thousand-leaf Achillea; Yarrow; Milfoil. Named after Achilles, a Greek physician, who first, probably, used the plant. Natural order, compositae; tribe 4, Senecionideae; sub-tribe 4, anthemideae.

Yarrow is a perennial herb; stem mostly simple, two to three feet high; sulcate, striate, hairy, somewhat woolly, leafy; leaves two or three to six inches long, alternate bipinnatifid, minutely divided with linear dentate divisions. Heads of flowers numerous, fragrant, whitish, but small, in flat, dense corymbs; tube green. It abounds in old pastures, along fences, and on the borders of woods, throughout the United States. The whole plant is medicinal; possessing, at least, a pleasant aromatic bitter, with some astringency. Its MEDICAL PROPERTIES are those of an aromatic tonic and astringent—used chiefly in domestic practice—by

mothers—for the relief of flatulent colic, nervous affections, their peculiar ailments, as dysmenorrhœa, and especially for diarrhœa of children. The late Dr. Fronefield, of this city, put up, several years ago, a "Compound Syrup of Yarrow," which had an extensive sale, and became quite a popular medicine for bowel affections. It has been recommended in low forms of fever, and for the suppression of hemorrhages. Hughes (homeopath) says he has seen good effects from the use of Yarrow in hæmoptysis and epistaxis.

In some parts of Sweden, it is said to be used as a substitute for hops, in the preparation for beer, which it is thought to render more intoxicating. From the peculiar taste and effects of much beer in this country, one is compelled to believe that many medicinal agents besides hops and malt are used by the brewers.

Yarrow is generally given in strong infusion, one ounce or more to the pint of boiling water, of which a wineglassful or more may be taken freely.

AGRIMONIE EUPATORIA.—AGRIMONY.

BOTANICAL CHARACTERS.—Stem, hirsute, simple, two to four feet high; leaves, four or five to nine inches long; principal leaflets five to seven, two to three or four inches in length, ovate, oblong, coarsely serrate, the intervening ones small, ovate. Flowers, small, yellow, with petals twice the length of the calyx, in a slender, spicate raceme about six or eight inches in length.

HABITAT.—This species of agrimony is a perennial herb, with interruptedly pinnate leaves, common to Asia, Europe and America, and in this country is generally found in open woods, or on the borders of woods, and flowering during July and August.

PHYSICAL PROPERTIES.—The herb has a faint but carminative odor, and a rough, bitterish, slightly aromatic taste. The flowers exhale quite a strong fragrance. The root is decidedly more bitter and astringent.

MEDICINAL USES.—A mild astringent tonic, agrimony is used by families in diarrhœa, mild cases of dysentery, passive hemorrhages, and in relaxed, atonic conditions of the bowels, attended with slight irritation, or chronic inflammation of the mucous membranes. It has been favorably used in suppression of urine, and some eclectic physicians assert that a strong decoction of the whole plant taken freely, for some time, will cure scrofula. In the same form (sweetened with honey) it has been recommended for the alleviation of asthma, colds, coughs, bronchial affections, and, as a gargle, in ulceration of the mouth and throat. But, doubtless, we possess more active and reliable agents for the former affections, and whilst we can get chlorate of potassa, we need not agrimony to relieve the latter.

ADMINISTRATION.—Given in infusion, one ounce to the pint of boiling water, and taken almost to any extent, *ad libitum*.

PUZZLE DEPARTMENT.

Everything relating to this department must be sent to GEORGE CHINN, MARBLEHEAD, MASS. All communications are to be headed: "FOR PETERSON'S." All are invited to send answers, also, to contribute original puzzles, which should be accompanied by the answers.

No. 48.—TWENTY-ONE HIDDEN ANIMALS AND INSECTS.

Darling Nathan:—Well, as Susan the cook says, "Here I be," eating bread and making the butter fly, after my long visit to Admiral Miller's. My little brother, Atwood, is just over the colic. O, Walter has received Ogden's letter. Will Amanda send Joseph "Entering into Fairyland," the book she promised to lend him? Can you come to Hedgerow this fall? Hedgerow, Olf Williams says, is in its glory now. "Sleep, ignoble though it be in some cases, is