

New Things Not Found in Any Books

How to FEED CHILDREN to Keep Them from STARVING

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WHAT parents require common sense in the feeding of their children is best exemplified by the tragic death of a two-year-old boy named Stanley Bert Turner, of Somerset, Huntingdonshire. He died under such peculiar circumstances that a coroner summoned a jury to inquire into the cause of death, and from the evidence of the parents it appeared that this infant, only two years old, had been given for breakfast fried eggs; for lunch, Yorkshire pudding, tea, bread and butter; for dinner, warm milk and cheese; for supper, roast pork and beer. The jury returned a verdict that the child came to its death from "indiscreet feeding," but the popular verdict will be that it was a case of murder through criminal ignorance.

A mixed diet is required by children. Parents insist upon a sameness in their children's meals that they would never tolerate in their own. Animal food should not be given too frequently at first, but an active child of four years or upward may have it once a day. One of the first forms of animal food that may be given to children is beef juice, which, with a little judgment, may be given from a few months old, if the infant seems insufficiently nourished. Raw beef juice is most valuable for young and weakly children. It can be made quite easily by cutting up a pound of rump steak, just covering it with water and leaving it to stand for eight hours. By that time it

The Importance of a MIXED DIET for the Growing Child



will be seen that the fluid is quite well colored, and the fibres of the meat perfectly white. It should be made fresh every eight hours, and may be given in teaspoonful doses to children under six months, and increased later.

Raw beef pulp is very useful in cases of scurvy, rickets andickets, and may be prepared as follows: Cut a lean beefsteak into the finest possible pieces, and free it from all fat particles; then put into a mortar, and pound until the meat becomes pulpy; next rub through a sieve and season with salt. A teaspoonful of this pulp three or four times a day will be sufficient for a child a year old. See how it agrees with the child and regulate the amount given accordingly.

When baby is well on with cutting his teeth at about fifteen or sixteen months, he may have eggs cooked in different ways and light farinaceous puddings, custard and the like. To help in forming the teeth, and especially when the bones seem a little weak, food such as hominy, rice and oatmeal porridge, which is of great value, may be sweetened with malt extract which should always be used if sugar disagrees. The diastase which both flesh and bone-forming and heat-giving material. Children like it very much and grow fat upon it. It is a very good plan to spread it on their bread instead of butter. For dinner at about sixteen months of age a little boiled white fish, such as haddock or cod, carefully picked over so as to be free from bones, and the flakes well shredded so as to be easily digested, may be given with a mealy potato squeezed from the



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skin in which it has been boiled or baked, with butter and salt. Mothers should be careful not to omit salt from their children's food, as it is an important food.

Plenty of fresh, pure water should be allowed. It should be remembered that water is, in truth, the most

important food, no less than 79 out of 100 parts of the blood being water. Water is, of course, contained in all articles of food, but I think parents need not be so afraid as they sometimes seem to be of allowing their children to take it for itself.

Dinner should consist of meat, bread, vegetables and fruit, or fruit pudding; sweet pudding with brown sugar or malt extract is very good for children; with water for a drink. At breakfast, fish, or an egg, or marmalade, or stewed fruit, should be given as a change from the usual porridge, or bread and milk; both at this meal and tea, the drink should be milk only, cold or warm, or diluted with water and sweetened to taste. For tea, bread and butter or bread and marmalade, or toast, with perhaps a little stewed fruit for a change. If supper is required, plain crackers, bread and butter, with milk and water or bread and milk may be given.

The craving for sugar in children is a natural and wholesome one. Physiologists have proved that both sugar and fatty matters are oxidized in the body—or, I might say, burnt up—and during this process heat is evolved. Now, the child, just as much as it loves sugar, abhors fat, and it is only reasonable to suppose the childish system demands more sugar firstly, because it loses more heat than the adult, and secondly, because it cannot deal with much fat. Looking at the matter from this point of view we see how wrong are those people who object to give their children sweet things which the adult does not very much care for, while trying to force them to eat fat for which they have a supreme disgust. People are apt also to give

their children little or no fruit. They have not the slightest objection to giving them mercury (calomel) or other irritating purgatives, but they deny them what will prevent the evil they desire to cure. Green vegetables and fruit are a welcome addition to baby's dinner.

If a child shows a marked distaste for any particular kind of food, it is wrong to force it to eat that kind. Firstly, such enforced obedience creates ill-will; secondly, food which is disagreeable is likely to be indigestible; and thirdly, there may be some idiosyncrasy which renders that food obnoxious to the system. There is a case on record of a man on whom mutton seemed to act as a kind of irritant poison, and similar cases are not rare.

On the other hand if a child has a strong desire for one kind of food, it is unwise to deny it, unless you can show a very good reason for so doing, when you should tell the child that reason as simply as possible; as, for instance, "No, dear, that will give you a pain in your stomach or make you sick." Never be misled into saying, "Such things are not good for little girls and boys," for children do not see why grown-up people should have the good things which they are forbidden. If, however, you give a reason which at once appeals to their own experience of the order of nature, they are ready to recognize it as a sound one.

Children when they are much out of doors and very active, as all children should be, require very much more food, and more nourishing food, than when they are confined to the house and sit about a great deal. Hence, if a child is kept indoors by some slight indisposition, it should not, as a rule, be pressed to eat, if there is any disinclination for food, as that disinclination generally arises from the fact that food, for the time being, is not required; and if under these circumstances the child is encouraged to eat by the offer of dainties, a great deal more harm than good is done. Many a slight indisposition is made a grave one by the tendency parents have to stuff their children with food as a remedy for ill.

If a child is constitutionally feverish and excitable, his diet should be unstimulating, and consist mainly of milk, farinaceous and vegetable food. If, on the other hand, it is dull and lymphatic, disinclined to activity and with cold extremities, its food should be as stimulating as possible, mainly animal; in this condition, too, coffee may be given with breakfast and tea at tea time; and in extreme cases a little wine may be allowed at dinner. By means of careful dieting much may be done to influence for good constitutional states of the system.

If You Have BLUE BLOOD—See a DOCTOR

THE boast of "blue blood" is an old one, especially among the F. F. V's. (First Families of Virginia), but the explanation of the term is not by any means clear. It is supposed that the term "blue blood" was applied especially to those women of refinement and delicately translucent skins, through which the blue blood in the veins appeared, this being esteemed a mark of high breeding and ancestry.

To the scientist "blue blood" means something very different. The blood in the arteries should be of a bright red color, and only after it has passed through the system and the oxygen has been extracted by the lymphatics, for the nourishment of the tissues, does the blood appear blue as it courses through the veins, on its way back to the lungs for renewing the needed oxygen.

When the physician wishes to test the blood he draws it either from the wrist or from the lobe of the ear, because this is arterial blood and best shows how rich

or poor the blood is in red corpuscles. If he is an ignorant practitioner (and there are one or two of these) he may draw the blood from the tips of the fingers, when he would find it blue, for here the arteries connect directly with the veins, without any intervening capillaries, and the rest of the blood here would be very unscientific. But here, too, is another proof that the term "blue blood" has reference to the appearance of the venous blood through the thin skin of the fingers, for it is also a phrase in common usage: "She is a lady to the tip of her fingers."

Those who examine the blood are very careful to note its color with the naked eye as it is drawn from the wrist or earlobe, for its various shading from red to dark blue indicates to the expert much concerning the state of the patient's system. If it be dark blue in color this is a certain indication that gases are accumulated in the intestinal tube or stomach, and that decomposition and putrefactive processes are going on somewhere in the system.

If the drop of blood drawn at the proper spot is deep crimson in color, it is an indication of excessive oxygenation, or more probably too thin blood, proving that the patient is suffering from leukemia, or often that tuberculosis has attacked this person. Tests of the blood should be made several times, because of changing conditions, and the show of blue blood, for instance, may be only temporary, on account of a momentary clogging of the system with the consequent putrefactive processes.

Dr. Robert L. Watkins has called special attention to the value of this examination of the blood as to color, for diagnosing disease, holding that it is a simple and valuable source of information. He has found that the blood is always blue in cases of scurvy, typhoid fever (during the destructive tissue stage), gangrene, asphyxia, apoplexy and paralysis. In ptomaine poisoning and auto-intoxication the blueness is very distinct, and is of great value because it may be seen at once and the physician need not wait to go to his laboratory and microscope.

It has been found that in diabetes the blood is generally red, or even scarlet, and also in acute tuberculosis, while in

the later stages of tuberculosis the blood is blue.

The physical explanation of red blood and blue is plain to the physician, for he knows that all of the blood in the body passes through the lungs once every minute, carrying with it the carbonic acid gas which it has taken up from the lymphatics at it hurried through the system and that when it reaches the lungs the carbonic acid is thrown off and replaced by the oxygen taken from the air, thus restoring the redness to the blood which the heart is to pump through the body once more.

The appearance of blueness in the veins, if your skin is transparent, is perfectly normal, but nothing to be especially proud of, for every healthy person can boast the same "blue blood," but if the blood is blue when drawn from an artery, then the system is deranged and no time should be wasted in consulting the most expert physician, for something is radically wrong.

Enjoying a Trip to the DENTIST

THE next worse thing to a toothache is going to the dentist, for most of us, but these days of terrible anticipation of horror are past, if the latest approved methods are used. Not only can the dentist make the extraction of a tooth painless by using cocaine or some other nerve-deadener around the roots of the tooth, but he can perform the far more nerve-racking operation of grinding out a cavity and filling a tooth without the patient suffering the least inconvenience or pain.

The magical means of securing absolutely painless dentistry is nothing else than the administering of a mixture of nitrous oxide and oxygen by inhalation through the nose, while the mouth remains open for the dentist to do all the work he finds necessary. By the latest method of administering this mixture of gases the patient remains fully conscious, sees the dentist at work and knows what he is doing, but cannot feel a single twinge of pain.

The explanation of this effect is very simple, from a physiological standpoint. The effect of the combination of nitrous oxide and oxygen is not at all like that of the injecting of certain drugs into the spine, by which all nerves are deadened, but it simply paralyzes for a time the ends of the nerves, and in this way prevents the pain from making itself felt. It is just as if an electric current were running along a wire, but you insulated the end of the wire, and therefore could not get the shock. Or, rather, the electric wire of your nerve is alive and ready to feel, but the sensitive end being paralyzed no sensation of pain can enter upon the nerve. The special value of this new painless method is that the administering of the gases may continue indefinitely without any bad results so that the dentist does not have to hurry or skip his work, and the patient is perfectly at ease under all the nerve-racking grinding, boring and hammering. The scientists call this "Analgesia," or painlessness, and it is a great boon indeed in the reduction of the pain in having your teeth properly cared for.

Why NICOTINE Means TOBACCO

WORSHIPPERS at the shrine of "My Lady Nicotine"—and how many millions burn incense before her altar—are not all aware of the origin of the word nicotine, or of the correct account of the awakening to the value of tobacco on the Continent of Europe. Most of us are satisfied with the statement that Sir Walter Raleigh introduced the "weed" into England, and suppose that it spread thence all over Europe simply for smoking purposes.

If we go back to an old Black Letter volume dating from the year 1577 we gain a clearer view of the subject and interesting light on the origin of the word nicotine as applied to the chief element in tobacco. According to this venerable authority, now more than three hundred years old, Master John Nicot, Councillor to the King, being Ambassador for the

King in Portugal, in the year of our Lord 1569, '60, '61, went one day to see the prisons of the King of Portugal, and a gentleman being the keeper of the said prisons presented him a herb, as a strange plant brought from Florida.

This same Master Nicot, having caused the said herb to be set in his garden, where it grew and multiplied marvellously, was upon a time advised by one of his pages that a young man, some kin to that page, made a plaster of that herb bruised, both the herb and the juice together, upon an ulcer, which he had upon his cheek near his nose, coming of a noli me tangere, which had taken root already at the base of the nose, and that he found himself much easier at once. Therefore the said Master Nicot caused the sick young man to be brought before him, causing the said herb to be applied to the sore eight or ten days, until it was completely cured and healed. And he had it sent while this cure was working to a certain physician of the King of Portugal, the most famous in his time, to see the further working and effect of the said noli tangere. He then sent for the same young man at the end of the ten days, and brought him before this physician that he might see how the herb had acted upon the sore, and he certified that the said noli me tangere was indeed utterly obliterated, and indeed it never returned afterward.

Some time after this one of the Ambassador's cooks, having almost cut off his thumb with a big chopping knife, the steward of the house of this gentleman ran to the said noli tangere and dressed his thumb therewith five or six times, and it was finally thoroughly healed thereby. From that time on this herb was famous throughout all Lisbon, where the Court of the King of Portugal was held at that time, and the virtue of this herb was announced far and wide, and the people called it "the ambassador's herb."

The London Ambassador, seeing that

such beneficial effects were produced by this herb, and having heard that the Lady Montigny that was had died at Saint Germain of an ulcer on the breast, which had turned into a noli me tangere, for which no remedy was known at that time, and that the Countess of Ruffe had consulted all the famous physicians of that realm to help to heal her face, but that none of them had found any remedy, he thought it wise to communicate his good news to France; and, therefore, sent to King Francis II. and to the Queen Mother, telling them all about tobacco and how to use it, as well as how to apply it to this dread disease, as had been proved by experience.

In this way we have evidence that tobacco was considered the cure for ulcers and even for cancerous growths, more than for smoking, and in this way the word nicotine is to be traced to this Ambassador, John Nicot.



"Master Nicot used a plaster made of bruised tobacco leaves to heal ulcers and troublesome wounds."



"The blood in the arteries should be of a bright red color and should appear blue only in the veins."

To Take GREASE SPOTS Out of WALL PAPER

GREASE spots, no matter how tiny, seriously deface wall paper, be it ever so handsome, and should be by every possible precaution avoided. Two classes of persons are responsible for the defacement, little children who run their finger tips across the walls between bites of bread and butter, and their elders, women—an essential part of whose night toilet is to anoint their faces and hands with cold cream or olive oil, and, who, during their slumbers, touch the walls with their palms. The women are the greater offenders, for all women use cold cream, and few children can be kept away from the walls during a meal.

One effectual preventive of the tattoo of grease stains on the wall of a bedroom is to move the bed out of arms reach from the wall. Another is to wear old kid or rubber gloves after giving the hands their cold cream or oil bath.

But if the wall paper has been thus defaced three remedies await. One is to place a piece of blotting paper over the spot and, pressing a hot iron against it, attempt to draw the grease from the wall paper into the blotting

paper. This must be deftly done to accomplish the result. It is well if one person holds the blotting paper, a large piece of it, over the spot and another presses the iron over it, turning it round and round, and repeating the process so that the work be thoroughly done and no rim of the grease remains, leaving an ugly circle.

Should this fail, or if it be inconvenient, as in the case of hotel apartment dwellers, or lodgers in studios or furnished rooms, you may resort to naphtha or gasoline. Do the work by day as both of these cleaning agents are highly combustible. Dip a sponge or flannel cloth into either one and rub it briskly but lightly over the spot, preferably with a circular motion. Change the cloth for another as soon as it is soiled otherwise the dirt will be rubbed into the paper and a bad matter be made worse.

Still another way to take grease-spots out of wall-paper, particularly those made by the fingers, is to rub the solid area gently with a stiff dough made of flour and water. Very often a stain will not yield to one of these methods will give way to another.

YOU MIGHT TRY..

Restoring Ivory Handles.

THE ivory handles of cutlery can be restored to their original whiteness by rubbing them with turpentine.

The Right Care for a Sponge.

TO keep a sponge in good condition you should wash occasionally in warm water with a little tartaric acid added, afterward rinsing it in clear water.

Giving the Children Medicine.

PLACE the point of the spoon containing the medicine against the roof of the mouth. Administered in this way it will be impossible for the child to choke or eject the medicine.

For Nose Bleed.

TO stop nosebleed, sit upright, bathe the neck and face with cold water and snuff up the nostrils water in which a little alum has been dissolved.

Washing Colored Clothes.

WHEN washing colored clothes add a little vinegar and a handful of salt to the water to brighten the colors and prevent their running.

For a Smoky Chimney.

WHEN a chimney smokes open the window of the room for ten minutes before the fire is lighted, and not at the time, as is generally done.

Saving Gas.

IF you want to heat a flat iron in your room, a tin plate over the gas jet will enable you to heat the iron twice as quickly.

Where the STREETS Are Really PAVED with GOLD

FEW people ever expected to hear of streets paved with gold this side of heaven, but away out in the little village of Axim, on the Gold Coast of Africa, the streets are actually paved with the precious metal.

Of course the paving is nature's own soil. The streets are not actually covered with blocks of refined gold, but the soil that makes the surface of these streets is so rich in gold that a person can wash out a dollar's worth of it in an hour's work, providing he is expert in the art of twirling pans of water-soaked soil about until the pure gold dust is separated.

An Englishman was visiting in this town not long ago when his host mentioned that the street running past his bungalow was paved in gold. The visiting Englishman thought it a mere figure of speech, but the host called a woman servant, a native, and told her to wash out some gold.

This woman took a large bucket and filled it with the loose soil scraped from the surface of the road. With this and a number of pans and plenty of water she began to wash the "pay dirt." From pan to pan she washed

the dirt until most of it was washed away as refuse, and then in the last pan she completed the work, and with a dextrous swirl the water and the last of the dirt was thrown off and there was left on the edge of the pan a long crescent-shaped ridge of pure gold dust.

The operation took nearly an hour and when the dust was weighed there was little less than a dollar's worth. Perhaps when the gold diggings in that vicinity have been worked out, it will pay to build another lot of streets and begin to wash the gold pavements out of the old streets of Axim. It was an interesting demonstration of the host's liberal truth in his declaration that the streets round about him were paved with gold.

In our own country there are numerous localities where gold is known to exist, but no one bothers with it because the results would not justify the expense incident to mining it. When the process of gold-mining becomes cheaper the gold supply will be greatly increased as a result of the tremendous gold-containing areas which will become workable at a profit.