WHAT SHALL BABY EAT?

Oat Meal and Barley Porridge Strictly Forbidden.

Condensed Milk and Arrow Root for the Little Ones are Commended.

If the baby is unable to obtain its natural food, what other food shall be selected?

Evidently one that resembles as closely as possible the food that nature intended for it; and this is cow's milk, properly prepared.

As we have seen that cow's milk contains more solids than mother's milk, these must be reduced by dilution with water, while sugar must be added to raise it to the standard of mother's milk. This dilution, however, by lessening the amount of dense coagulum, actually increases the amount of milk that is absorbed by the infant's stomach.

The amount of water to be added varies with the age of the child.

If we are compelled to feed a new-born child artificially, we may add three parts water to one of milk for the first two or three days. After that two parts water to one of milk for a month. In the second month the food may be equal parts of milk and water; and from the end of this month on the quantity of water may be cautiously lessened, until at seven months the baby drinks undiluted milk. This should be given at a temperature of 110 degrees Fhr. and slowly drunk, as much as twenty minutes being consumed in the meal.

Cows' milk purchased in cities should always be boiled, and immediately after it is delivered, for several grave reasons.

The well-known tendency of milk to become acid is due to a fermentation induced by certain bacteria.

This fermentation is always increased by the action of oxygen in the air, and therefore is more rapidly induced when milk is exposed in shallow vessels than when it is kept in bottles, although it sours quickly in partially filled bottles containing air.

Unclean vessels of any kind also induce this fermentation, because they generally contain the bacteria that always accompany dirt.

Now, all these bacteria are effectually destroyed and fermentation checked by boiling for the requisite time.

It is also well established that milk frequently carries disease germs, the principal ones being those of tuberculosis, scarlet fever and typhoid fever.

Tuberculosis is a very common disease among dairy cows, and the bacteria which induce it have been found repeatedly in the milk of such cows. This milk, having been introduced into the circulation of healthy rabbits and other lower animals, has induced in them the same dread disease. There is no reason to doubt that infants may be infected in the same manner if the proper conditions are present.

It should be the duty of city governments to provide proper sanitary inspection of the dairies which supply their inhabitants and also of the quality of the milk after it reaches the town, as it is only by such a system that this danger to the infant population can be obviated. Such a system is in practice in certain foreign cities in Germany, Denmark and elsewhere, but in the absence of such municipal authority in our American cities the responsibility must rest upon the mother.

Small sterilizing vessels, which effect the purpose by steam, instead of direct boiling, with the necessary bottles may be purchased in every city, and these offer a convenient way of performing the process. The milk should be diluted and prepared as for use in the required number of bottles, and sterilized for fifty minutes, and, after cooling, set on the ice. This, or boiling for the same time, destroys all bacteria.

When milk is boiled in a flat vessel a delicate skin forms on the surface, which is partly fat and partly albumen. This must be skimmed off, as it will not pass through the nipple, and thus a small portion of the milk solids (one-twenty-fifth) is lost. This may be avoided by boiling the milk in narrow necked vessels.

In the ideal country home, where the individual owns her own perfectly healthy cow and can control its hygienic conditions of food, air and housing, it is allowable to use that freshly drawn milk without boiling, but in cities this practice can only be attended with danger.

Barley or oatmeal water may be used to dilute the milk in the proportions already mentioned, these gelatinous decoctions appearing to mechanically separate the curds of cow's milk and so render it more digestible.

Oatmeal may be used for children who tend to constipation, barley for others.

These grains prepared as a thick porridge, however, are entirely unsuitable for children, either with or without milk, as they do not offer the proper proportions of albmen, sugar and fat, and are actually irritating to the digestive canal.

Neither is condensed milk a suitable food for infants, for the same reasons.

Condensed milk in the can has six times as much albumen, two and a half times as much fat, eight times as much sugar and six times as much salts as mother's milk.

Now it is impossible to dilute this milk in such a way as to bring both albumen and sugar in proper proportions. If the sugar and salt are properly diluted the albumen remains in altogether too small quantity for nourishment.

That children do apparently flourish on condensed milk is frequently asserted, and that it will grow fat babies cannot be doubted, but undue fat is not a sign of vigor, and, as a matter of fact, general experience shows that children so fed are more liable to digestive disturbances as well as to anaemia and rachitis than those fed on fresh cow's milk, and that they show less resistance to disease in the event of its onset.

A common error, and one probably fatal in some cases, has been the feeding of infants upon arrow-root, corn starch and similar farinaceous foods, either with or without milk.

Such foods have almost no material value to the child, as they consist almost entirely of starch, and the glands in the infant that digest starch are quite undeveloped in the first two or three months of life.

The proportion of albumen to carbohydrates in the arrow-root, for instance, is as 1 to 20, while in human milk they are in proportion of 1 to 4 or 5. So it will be seen that such articles bear no resemblance to an infant's natural food and needs.

Ordinary milk porridge, such as is made with wheat flour, is not a suitable food for infants for the same reason, viz: that its nourishing elements are not in the same proportion as in milk, and can not be made to agree with it even when diluted with water.

The principal evil in such foods lies in the excess of starch, of which wheat flour has a large amount. The starch being undigested by the child, undergoes a fermentation in its digestive canal, which gives rise to certain irritating acids, and these frequently give rise to diarrhea. Acids also interfere with the absorption of fat, and it is also possible that by entering the circulation and penetrating the bones they may there dissolve out the lime salts, and thus induce the bone softening and consequent deformities that occur in rickets. As starch may also interfere with the digestion of albumen, it is evidently a most unwholesome article of diet for young children. Yet in one or another form that is, perhaps, one of the elements most frequently offered.

Certain infant flour foods, have however, been brought before the public which are permissible in the later months of infancy, as they have been so treated that the starch they contain has been artificially digested, that is, turned into sugar by the addition of malt.

For the first ten months of life, if necessarily deprived of its mother's milk, the infant should be fed upon cow's milk only, prepared as already suggested. It is a common error to suppose that solid foods (such as these flour preparations) are more nourishing because they are solid, but, as we have seen, such is not the fact, as they fail to be properly absorbed and are always wasted in larger proportions than is milk food.

After three or four months, however, they seem to be more digestible, and after every effort has been made to maintain the milk diet, if the child is not digesting it well, small quantities of these digested foods may be added and their value tested.

The incoming of the teeth indicate that the baby must be gradually accustomed to some changes, although milk should form its principal food to the age of two years.

With the appearance of the teeth we may give a little boiled rice once daily, with milk, or bread and milk, or zwieback. Meat broths are desirable once in the day, and the milk may now be thickened with flour once or twick daily. Too much bread or zwieback or even flour porridge should be avoided. Drinks made of prepared cocoa are also very nourishing and generally digestible, the cocoa containing a large amount of fat.

After the appearance of the teeth we may also give a little scraped beef, once daily, and this is generally well digested even by small children.

No careful mother will permit her child to feed at the family table with tastes of the ordinary dishes there used. But one frequently sees nurses furnishing the babies with these articles. One such, in response to inquiries about the baby's diet, remarked: "He do be very fond of cabbage."

The custom of giving infants any of the stimulants used by adults cannot be too strongly reprobated, although it is a very common practice among our foreign population, as well as in the homes of the poor, where tiny babies are given whisky and water, beer, tea and coffee with great freedom.

Such drinks are poisonous to the little ones, and very generally stunt their growth.—Dr. Mary T. Bissell, Professor of Hygiene, Women's Medical College, New York, in Louisville Courier-Journal.

CHILDREN'S PARTIES.

Programme for the Entertainment of Little Ones.

In planning for a little boy's birthday party, recollect that simplicity is the first thing to be sought. The invitations should be addressed to the children, and should be worded like this:

My dear——. [The little host's name.] requests the pleasure of your company at his birthday party on Saturday afternoon, October 1st, from 3 to 6. Affectionately yours,

——.

Send out the invitations about three days before the party. Select the items of your menu with the same idea of simplicity in view. For your first course you might have bouillon in cups; pass crackers with this. As a second course give the children chicken, creamed, and serve in shells or little nappies. With this pass sandwiches made of very thin bread and butter, spread with finely minced tongue. Serve also bread and butter, cut very thin and each slice rolled. Tie every roll with a narrow ribbon. If you wish more than this have scalloped oysters and cold chicken instead of the creamed chicken. Have nothing the children will have to cut up for themselves. After this course have ice-cream, or jelly, or charlotte russe, or blanc mange, and a plain cake—sponge cake is best; then set a plate with a finger-bowl and a doily between that and the plate in front of each child, in place of the ice-cream plate. Pass the fruit and candies now.

The child should set the finger-bowl and doily on the table, and use the plate underneath for this course. When you set your table, arrange flowers in the center, and put on your dishes of fruit, candies and cakes. Set the children's places around the sides, and by each lay a German motto for a favor. These are not to be pulled until after the feast. The little host's place should be at the head of the table, and in front of him may be the round birthday cake, iced. The seven candles upon it may be fastened on by little tin sockets that come for the purpose. The candles should be lighted just before the children come in, and should remain burning throughout the feast, if they are long enough for this. After the last course they may be blown out, and the small boy should cut the cake. It may then be passed. To amuse the children in the afternoon, have such simple games as "Going to Jerusalem," "Hunt the Slipper," "Blind-man's-buff," "French Blind-man's-buff," and the like. About 2 o'clock ask them out to supper. Let them come two and two. If there are more girls than boys, let two girls go together. It will be a pretty idea to mark each child's place by a dainty card bearing his or her name. You will probably have to seat the little folks yourself. The chicken add boullon should have been ready beforehand, and only need to be heated for a few minutes before serving. The little boy's presents should not be put on the table. Give them to him earlier in the day.—Harper's Bazar.

WOMEN WITH NO CHILDREN.

A Large Per Cent. of the Wealthy Women Do Not Have Them.

The fact that the total population of the United States has fallen below the popular estimate of 64,000,000 is likely to call attention to the fecundity of American women. Not long ago a sensational newspaper took a census of the children in certain fashionable quarters in this city and brought to light the fact that comparatively few children gladden the spacious homes of Murray Hill, and that the birth rate there was alarmingly low. The last State census of Massachusetts brings out some interesting facts in relation to the percentage of married women having no children. Here is a table compiled from the Massachusetts census showing the percentage of native and foreign-born women having no children:

	Native.	Foreign.
The State	20.18	13.27
Barnstable	16.55	14.27
Berkshire	17.92	9.94
Bristol	19.61	18.08
Dukes	20.20	14.89
Essex	19.43	13.78
Franklin	19.33	11.20
Hampden	20.86	11.98
Hampshire	20.23	12.61
Middlesex	19.92	13.52
Nantucket	17.26	27.03
Norfolk	17.63	11.67
Plymouth	18.58	13.28
Suffolk	23.80	14.04
Worcester	20.03	10.99

Here we find that one-fifth of the married women of Massachusetts are childless. It is said that in no country save France can a similar condition of affairs be found. On the other hand, instead of over 20 per cent. only 13.27 per cent. of the foreign-born women of Massachusetts are childless. What is true of this State is in a greater or less degree true throughout the country. The time has come when we must face the fact that the increase of population by birth is decreasing — that the tendency of the times among well-to-do Americans is to small families, and that one-fifth of our native married women are childless.—Chicago Tribune.

Berlin Cough Cure.

For coughs and colds and all lung and throat affections this article has superior merit. It is perfectly harmless, gives immediate relief, and cures the worst cases in from two to three days. Indorsed by our best physicians. Try a bottle and you will always keep it. Price, 50 cents a bottle.

C. C. Liniment, the best remedy for aches and pains.

Compound Sulphur Powder, the most perfect laxative and cathartic known. Gives instant relief in cases of constipation, indigestion, piles, biliousness, liver troubles, rheumatism, gravel, etc., etc. A great blood purifier and pleasant to the taste. The W. H. Bone Company, San Francisco, sole proprietors. Kirk, Geary & Co., Sacramento, sole agents.

Taylor—Did Jagson have a very merry Christmas? Totten—Bah, no; he went home perfectly sober to dinner.

DEVELOPING MUSCLE.

How an Athlete Should Go Into Training.

Judicious Regulation of the Diet—What to Eat and What to Avoid.

Most boys and young men have an exaggerated idea with regard to training that is apt to lead them into making serious mistakes should they try to prepare themselves for an athletic contest without the help of an experienced trainer. They seem to have an idea that "going into training" means a complete change in the ordinary routine of life, and that to get in "condition" one must eat half-raw beef, stale bread, drink little or nothing, and, by a severe course of exercise and sweating, reduce the weight to the lowest possible point. I remember one warm evening in June, a few years ago, when I went to the athletic grounds to exercise, finding a young stone-cutter on the track. Judging from his appearance, he had already run some distance. He ran half a mile more and then I stopped him. "What are you doing?" I asked.

"Training, sor," he managed to gasp after a while. It seemed to me, rather, that he was trying to kill himself. He wore a thick woolen jersey, and the sweat was fairly dripping from him. His cheeks were pale except for a bright red spot in the center of each, and he was breathless to the last degree. Though his legs almost refused to support him, he had intended to run twice more around the quarter-mile track.

He told me, when he had recovered a little, that he intended to challenge a fellow-workman, who had boasted of his speed, to a one-mile race. He had begun to "train," and each day for a week after his work was done he had run a mile as hard as he could.

"But it seems so," he said, "I do be running slower all the time, so to-day I thought I'd run two miles." In this way he expected to get in condition for the race in a month. More likely at the end that time he would have been in better condition for an undertaker. His mistake was the mistake of all beginners. He was simply overworking himself. In other words, he was wasting muscle faster than he could replace it.

It needed but little argument to show the young fellow that he hadn't gone about his training in the right way. He rested a week, during which he regained the six pounds he had "trained off," and then he began again, but this time under the care of an experienced trainer. He had some natural ability, and improved so rapidly in his running that he was unable to make a match with his rival. He is to-day a fairly good runner at distances from one to five miles.

The objects which the athlete usually has in view when he begins training are:

First—To get rid of all tissue, the loss of which will not impair the strength—in a word, the "dead weight" of the body.

Second—To improve the "wind."

Third—To develop the particular sets of muscles to be used in the actual contest to the highest degree possible.

The first step toward the removal of fat is in a judicious regulation of the diet. The athlete, particularly if he is inclined to take on weight rapidly, diminishes the amount of fat-producing foods. He avoids fat meat, sugar, starch and butter, and limits his liquid food to a minimum. His bill of fare consists chiefly of lean beef or mutton, varied by poultry, eggs or fish, stewed vegetables, greens and fruit and jelly or bread pudding for dessert. The bread used should be about twenty-four hours old. For drink weak coffee or tea, the latter iced, and with a little lemon juice added, are best.

Such a diet in itself will ordinarily reduce the weight somewhat, but, by exercising and rubbing the fat is removed more quickly. If the athlete is so heavy that he must train off a great deal, he wears a heavy "sweater," or jersey, while exercising, in order to induce perspiration. He must then be very careful not to drink much, else he will regain in a few minutes the weight it took hours of hard work to get rid of.

By "wind" we mean the power of the heart and lungs to do their work properly in spite of continued exertion. Every one is familiar with the distressful feeling occasioned by unusual and violent exercises. This distress arises simply from the inability of the lungs to supply the proper amount of oxygen to refresh the blood and to get rid of the poisonous carbonic acid gas, the production of which is greatly increased by muscular work, and from the inability of the heart to circulate the blood freely.

It is necessary for the athlete, therefore, no matter in what branch of sport he intends to compete, to take as part of his training exercise that will develop the powers of these organs. Running is by all means the best method of developing the wind, and for this reason is practiced not only by the runners themselves, but by oarsmen, boxers and foot-ball players as well.

To develop any particular set of muscles those muscles must be given a great deal of work. The athlete begins by exercise well within his powers, and then, by gradually increasing the demands made upon the muscles, they become accustomed easily to perform work that before would have been impossible.

It is taken for granted that during his course of training the athlete will submit to such regulations of hygiene as will tend to put his system generally in a condition of perfect health. He is expected to keep regular hours, to get sleep enough without becoming lazy, to avoid unusual excitement, to get plenty of pure air and sunlight, and if he is a smoker to give up tobacco.

A word as to the alleged dangers of training. "Athletes die young," is a warning I have often heard. Of course they do, if after training they plunge into all manner of excesses. But it isn't athletics or training that kills them. In truth, it is the regular temperate lives they have to lead while in condition that keeps some well-known professional athletes out of early graves. On the other hand, I know of one amateur athlete who last winter celebrated the twenty-fifth anniversary of his first race by winning, in a competition lasting hours, the figure-skating championship of America. The same athlete in one afternoon won the five, ten and twenty-five-mile skating championships of America. At another time, in one day, he rowed in four races, each of a mile and a half, and in each race rowed with the winning crew. This athlete has a record for walking that has stood for years, and he has won a score of medals for distance running. Now, if training brings one to an untimely end, why is not this man, after a quarter of a century of active participation in athletics, at least broken down and crippled, instead of being an active, energetic business man, who has given up athletics simply because he has no longer the time to devote thereto.—Walter C. Dohm, in Courier-Journal.

DINNER HOURS.

Time at Which People Dined in the Past.

It is believed by some that the word dinner springs from a corruption of the word "dixheures," indicating the time at which, in the old Norman days, this meal was taken. The mere idea of having dinner at the barbarous hour of 10 o'clock in the morning would in all probability send a modern chef into a fit, yet it was at this early time that persons of quality, both in England and France, partook of the meal. Froissart mentions waiting upon the Duke of Lancaster at 5 o'clock in the afternoon, after he had supped, and during the reigns of Francis I. and Louis XII. of France fashionable people dined at 10:30 and supped at the latest at 6 o'clock in the evening. And again, from a Northumberland household book, bearing dote 1512, we learn that the family rose at 6 o'clock, break fasted at 7, dined at 10, supped at 4 and shut the gates at 9 P. M.

Louis XIV. did not dine till 12, while his contemporaries, Cromwell and Charles II., took the meal at 1. In 1700 the hour was advanced to 2, and in 1751 the Duchess of Somerset's dinner time was 3. In 1860 Cowper speaks of 4 o'clock as the then fashionable time. After the battle of Waterloo 6 P. M. was the time at which the beau monde took their substanitial meal, while at the present day many of nobility do not dine until 8 or 9.

The Romans, in the time of Cicero and Augustus, took breakfast from 3 to 4 in the morning, a luncheon at 12 or 1, and at about 3 o'clock the coena or principal meal of the day, corresponding with our dinner. Concurrently, we read of some not dining until sunset. A Roman dinner at the house of a wealthy man consisted chiefly of three courses. All sorts of stimulants to the appetite were first served up, and eggs were indispensable to the first course. Among the various dishes we may instance the guinea hen, pheasant, nightingale and the thrush as birds most in repute. The Roman gourmands held peacocks in great estimation, especially their tongues. Macrobius states that they were first eaten by Hortensius, the orator, and acquired such repute that a single peacock was sold at fifty denarii, the denarius being equal to about seventeen cents of our money.

JAY GOULD'S "DOUBLE."

The Wizard's Physician Personated His Patient Many Times.

A prominent man, who had known Mr. Gould well for many years, said:

"It is not generally known, but it is a fact, that Mr. Gould's disposition was of the sensitive, retiring and almost shrinking kind. Adverse criticism disturbed him greatly, and as he believed that the public had been prejudiced against him by the newspapers, he chose to remain always in the background.

"Perhaps the most intimate friendship that Mr. Gould ever formed was with his physician, Dr. J. P. Munn. Several years ago Mr. Gould made Dr. Munn an offer of a salary of $40,000 a year to give him his exclusive professional attention. Dr. Munn was already a very wealthy man, having a fortune of $1,000,000 of his own. Besides, he had married a lady who had inherited something over $3,000,000. The offer, therefore, was not one that of itself could have entirely influenced Dr. Munn in giving up his practice.

"The physician accepted the offer because of a feeling of friendship for the financier, rather than for the salary involved. Still it is probably the largest annual fee for exclusive attention ever earned by an American practitioner.

"There was something of a facial resemblance between Mr. Gould and Dr. Munn when the latter's beard was allowed to grow in the style worn by the former. This resemblance was made to serve a convenient purpose at times, especially when Mr. Gould was on his periodical railway journeys in the far West.

"It frequently happened that the financier was besieged by importunate callers when his car was side-tracked at some Western town. At some of such times he wished to avoid giving offense to his callers, particularly if there were local interests to be considered in connection with his properties. It would not do always to refuse an interview on the ground that he was ill, for such an excuse would be seized upon as the basis for startling rumors concerning his physical condition. He shrank from contact with absolute strangers, and Dr. Munn often solved the dilemma by personating his patient. This simple ruse never failed.

"Dr. Munn was also posted as to Mr. Gould's views concerning his various interests, and was able to carry on a discussion quite as effectively as the financier himself. Not a few people in the West have conversed with Dr. Munn and have left the car believing that they have had an entirely satisfactory interview with Jay Gould. Scores of Western reporters have been similarly deceived, and columns of harmless interviews with Mr. Gould have been published when the gentleman interviewed was Dr. Munn.

"On one occasion no less a personage than Postmaster-General John Wanamaker was made the victim of this subterfuge. Mr. Wanamaker, as is well known, favors the establishment of a postal telegraph, which, necessarily, would involve the absorption of the lines of the Western Union Company by the Federal Government. Desiring to obtain accurate information as to the probable cost of the purchase of the Western Union, Mr. Wanamaker sought an interview with Mr. Gould.

Mr. Gould was not well when the Postmaster-General called, and, being anxious to avoid giving his illness as an excuse, induced Dr. Munn to represent him. The physician thoroughly understood Mr. Gould's views on the subject, and he talked with Mr. Wanamaker for over an hour without the latter suspecting for a moment that it was not Mr. Gould with whom he was conversing.

"Mr. Gould used to think that these subterfuges were excellent jokes at the expense of Dr. Munn, and the two men often laughed heartily over them, especially when the deceived person had been particularly tiresome. In reality, however, Dr. Munn was rendering valuable services to his patient, who, many times, could not have endured the strain to which, in the absence of his personator, he would have been subjected. In a bit of repartee, when Mr. Gould had been rallying him for, as he said, trying to tire out an interviewer, Dr. Munn once retorted:

"'Some of these days I'll go down to Wall street and sell out all of your stocks. I'll be even with you then.'

"Mr. Gould replied: 'I'm not afraid of that. You may look enough like me to fool people out in Texas who never saw me, but you couldn't deceive Wall street.'

"During Mr. Gould's last trip to Texas and the Southwest, rumors were heard by the railroad men one day that a gang of bandits intended to hold up Mr. Gould's train at an out-of-the-way place, kidnap the financier, hurry him off to the mountains and hold him for a big ransom.

"The situation of affairs was thought to be serious, as the holding up of a train is no unusual occurrence in that part of the country, and such a project as the kidnaping of Mr. Gould seemed suited to the dare-devil characters of the desperadoes of that section. Various projects for outwitting the bandits were submitted and discussed. Mr. Gould himself favored running at a high rate of speed through that part of the country where the bandits were supposed to be ambushed. The trainmen objected to that on the ground that obstructions might be placed on the tracks and all hands sent to kingdom come.

"Dr. Munn suggested the most feasible plan. It was that if the bandits appeared Mr. Gould was to be concealed and that he should allow himself to be kidnaped in Mr. Gould's place. The conductor of the train remarked that when the robbers learned of the substitution they would make short work of the doctor. Mr. Gould declared that they need not learn of it and he consented to the plan, saying:

"'It would probably be easier for me to ransom you, doctor, than for you to ransom me.'

"This is probably the only recorded occasion when Mr. Gould referred to the superior advantages of his great wealth. The bandits did not put in appearance and Dr. Munn's voluntary sacrifice was not called for."—New York Mail and Express.

They Never Fail.

J. N. Harris, 3 Fulton Market, New York City, says:

"I have been using BRANDRETH'S PILLS for the last fifteen years. There is nothing equal to them as Blood Purifiers and Liver Regulators. But I wish to state how remarkably they cure rheumatism, and how easily: I was affected by rheumatism in the legs. My business (wholesale fish dealer) naturally leads me to damp places. I could not walk, and at night I suffered fearfully. I tried balsams, sarsaparillas and all kinds of tinctures, but they did me no good and I was afraid of being a cripple. I finally commenced using BRANDRETH'S PILLS. I took two every night for ten nights, then I began to improve. I continued taking them for forty days, and I got entirely well. Now, whenever sick, I take BRANDRETH'S PILLS. They never fail."

Over 17,000 styles of silk goods are known to dealers. Any man who has ever tried to match a piece of black silk to please his wife knows that this is an understatement.—Somerville Journal.

CRUSHING GIRLS' FEET IN CHINA.

A Freak of Fashion That Tortures Its Victims for Many Years.

An English paper quotes from a writer in the *Japan Mail* who appears to have special knowledge of the well-known Chinese custom of compressing the feet of female children of the better classes in China. He hopes that few of his readers have been so unfortunate as to see the naked foot of an orthodox Chinese lady. But many have looked at photographs of this terribly twisted and distorted member, and the sight must have suggested thoughts of barbarous suffering inflicted on a particularly sensitive part of the human body.

Year by year hundreds of thousands of little girls throughout the wide empire of China are subjected to a ruthless process which crushes the bones and wrenches the sinews of their tender feet, until at last a revolting deformity is produced and the foot, crumpled into a shocking monstrosity, becomes almost valueless as a means of locomotion. The wretched girl emerges from her period of feverish torture a mutilated cripple, condemned to hobble through life on feet which preserve no semblance to nature's beautiful mechanism, having become as hideous as they are useless.

At intervals the missionary cries out, the traveler writes and the charitable agitate, but the poor little children never benefit. For them there remains always the same ruthless bending of bones, the same agonizing application of tight ligatures, the same long months of bitter pain and unavailing tears. Perhaps, he suggests, it is to this singular contrast between the general refinement and cultivation of the Chinese, on the one hand, and this callous cruelty, on the other, that we must attribute the periodical appearance of apologists for the appalling custom.

Some people say that, though the foot is ultimately deformed, though the woman is indeed condemned to be little better than a cripple, yet the process is not very painful after all. The bones are soft, they say, in early youth, the sinews supple. Twisting, crushing and wrenching are operations that may be performed without much suffering on baby feet, whereas adults would be maddened by the torture. To this the writer replies:

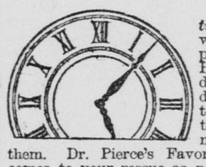
"Let no one talk of the yielding character of the young bones or the pliability of baby sinews. We have listened with our own ears to the cries of a little girl undergoing the torturing process. Such agonizing wails never before fell on our ears. They were the shrieks of a child absolutely wild with suffering. When the ligatures were loosened and the shocking succession of breathless screams ended in long-drawn wails of exhaustion and misery, the listener turned almost sick with horror and sympathy. Yet a mother was the deliberate torturer of the poor baby and a father callously listened to its heartbroken cries.

"Think that this fiendish barbarity is being practiced daily and hourly throughout the length and breadth of a land containing 300,000,000 inhabitants. Not alone are tender bodies of the poor little girls ruthlessly racked and tortured, but the purest sentiment of humanity—the love of parents for their children—is perpetually outraged. Such unnatural cruelty could be tolerated only in the presence of the worst kind of demoralization. How much can survive of the moral beauty of the parental relation when fathers and mothers, in deference to a mere freak of fashion, consent to inflict on their daughters, day by day, torture that well-nigh maddens the baby brain and wrings shrieks of excruciating agony from the little lips? This is one of those facts that makes us marvel when we hear a great destiny predicted for the Chinese nation."

Trade-Mark Case.

Judge Thayer, of the United States Circuit Court at St. Louis, recently granted a perpetual injunction, and reference to a master to assess the damages sustained by the plaintiff in a suit against Joseph Tegethoff, instituted by the Hostetter Company of Pittsburg. Defendant Tegethoff is restrained from making or selling imitation Hostetter Stomach Bitters in any manner whatever, either in bulk, by the gallon, or by refilling empty Hostetter bottles; and from the use of the word "Hostetter" in connection with any article of stomach bitters, thus protecting the plaintiff in the exclusive use of the word "Hostetter" as a "trade-name."

IF, when crossing a railroad track, you see a train approaching at thirty miles an hour—get out of the way as soon as possible. When threatened with chronic rheumatism or catarrh, take Ayer's Sarsaparilla persistently and patiently, and the danger will soon pass away.



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It's *guaranteed* to give satisfaction in every case. If it doesn't, your money is returned.

No other medicine for women is sold on these terms.

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Perhaps the dealer will offer something that's "better."

He means that it's better for *him*.

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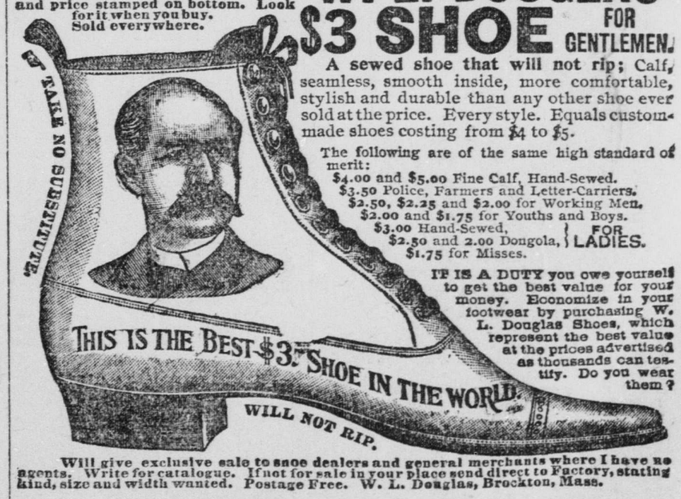

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