

HEALTHY WINTERS

For Old and Young.

BY FELIX L. OSWALD, M. D., Author of "Physical Education," "Household Remedies," "The Bible of Nature," etc.

CHAPTER VI.

INDOOR LIFE—(Continued.)

A plain-spoken old Army Surgeon of my acquaintance used to create the certain improvements of modern architecture as a "contrivance for saving money at the expense of health"; and the frequent correctness of that definition is well illustrated in the comparative merits of modern architecture as compared with the old-fashioned fire-waste contrivances.

For ventilatory purposes the draft of an open chimney-due surplus, indeed, all other contrivances, with the exception of two open windows at opposite ends of a room, will distribute their air more evenly, but furnace-warm air has always a strong, unpleasant smell, and tends to thicken the atmosphere by a condensed influx of gaseous currents. In cold weather it is, therefore, a bad plan to have a stove and an open fireplace in the same room, and to regulate the temperature by the occasional opening of a hall door. The surplus of heat thus vented is not lost, but will help to warm the room by the radiation of the surrounding it, so to say, with a mantle of warm air. On the same principle two or three garments of a light texture make a warmer cover than a single layer of thick material, for because warm air is so readily carried off by a compact mass of felt, and wide mittens (lined with warm air) are preferable to tight-fitting gloves.

DISINFECTION.

Carpets prevent cold feet, and even the pleasure of treading a soft material, easing the sole like a springy turf, should outweigh the objection to a possible bit of extra dust. The statistics of several European capitals prove that the most successful disinfection is effected by means of chimney-sweeping; and it seems, indeed, that our lungs are able to rid themselves of dust and such like impurities by a self-cleaning process, and that the true lung is a self-cleaning organ, and that the true lung is a self-cleaning organ, and that the true lung is a self-cleaning organ.

PICKETT OR PETTIGREW?

The troops that charged at Gettysburg.

EDITOR NATIONAL TRIBUNE: There are two points in regard to the charging column at Gettysburg which have never been made sufficiently clear, for both Northern and Southern reviewers blunder about them, and they are in the tables of Col. Fox as the composition of Pettigrew's Division. One of the tables shows the 27 Confederate regiments which had the most men killed and wounded in any one battle of the war; the other has 27 Confederate regiments which had the most men killed and wounded in any one battle of the war.

EDITOR NATIONAL TRIBUNE:

In a recent issue of your paper there appeared an interesting article in regard to the battle of Gettysburg.

FOR THROAT DISEASES, COLDS, ETC.

effectual relief is found in the use of "Brown's Bronchial Trochoc." Price 25 cts. Sold only in boxes.

THE COLORS OF THE 83d OHIO.

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INDOOR EXERCISE.

The sick children of civilization, though, have often more needs than sunshine, and in every family dwellings, there should be some sort of indoor gymnasium, even if a small space should be limited to a garret corner or a pit in a hay-loft. Exercise, to be beneficial, ought to be pleasurable as well as a task, and there are winter sports which are not less than their country cousins, would be glad of a chance for an hour's rough-and-tumble play without paying for the privilege by the risk of catching their colds, and the young boys and young children acquire the knowledge of the intricacies as horizontal bars, turn-bars, and grapple swings, and how soon the gain in strength begins to tell upon the general hygienic condition of the little system.

LETTERS.

Wife, did you order that boneless liver as I ask you to do this morning?"

"Yes, I did."

"What did the butcher say?"

"You're a mean, good for nothing old fool. Don't speak to me again for a month."

LETTERS.

Containing the stimulating properties of the Hypophosphites combined with the Fatening and Strengthening qualities of Cod Liver Oil, the potency of both being largely increased.

A Remedy for Consumption.

For Wasting in Children.

For Scrofulous Affections.

For Anemia and Debility.

For Coughs, Colds & Throat Affections.

In fact, ALL diseases where there is an inflammation of the flesh, and a want of NERVE POWER, nothing is so well adapted to equal this palatable Emulsion.

SOLD BY ALL DRUGGISTS.

THE WEATHER.

Notable Occurrences for the Week Ending March 2, 1889.

BY LIETZ, J. F. FISLEY, U. S. SIGNAL SERVICE. [Correspondence invited, suggestions desired, and information cheerfully furnished. Every effort employed to make this Bureau of practical use to the readers of THE NATIONAL TRIBUNE. All communications should be addressed—Weather, THE NATIONAL TRIBUNE, Office, Washington, D. C.]

WEATHER, WITH GENERAL RAIN OR SNOW AND HIGH WINDS.

Two such areas affected the weather of the United States, one of which came from the east of California, and the other from south-east Texas. Average progressive velocity eastward 17 miles per hour. Average duration three and one-half days.

HIGHS, OR AREAS OF COLD, DRY AIR AND GENERALLY CLEAR WEATHER, WITH MODERATE WINDS.

Three such areas affected the weather of the United States, all of which came from the Northwest Territory. Average progressive velocity eastward 16 miles per hour. Average duration three to five days.

TEMPERATURE.—The greatest fall in 24 hours (21°) occurred at Lynchburg, Va., and Raleigh, N. C., on the 21th. The greatest rise (34°) occurred at La Crosse, Wis., on the 25th. The maximum (87°) occurred at Los Angeles, Cal., on the 27th and at San Diego, Cal., on the 1st. The minimum (28° below zero) occurred at Moorhead and St. Vincent, Minn., on the 24th.

PRECIPITATION.—Rain or snow has been reported in every State and Territory. The heaviest (over one inch in 24 hours) was reported from Texas, Missouri, Alabama, Arkansas and Mississippi. The maximum in 24 hours (2.18 inches) fell at San Antonio, Tex., on the 28th, and at Grecksburg, Md., on the 1st and 2d.

WINDS.—High winds were reported from New Mexico, Arizona, Minnesota, Montana, Dakota, Oregon and Washington. The highest measured velocity (16 miles per hour) occurred at Fort Conby, Wyo., on the 27th.

RIVERS.—The maximum rise (91 inches) occurred at Fort Smith, Ark., on the 2d. The maximum fall (79 inches) occurred at Nashville, Tenn., on the 25th.

EXISTING CONDITIONS.—The low is moving eastward from southern Alabama, and another is approaching from the Northwest Territory. A high is central in Missouri, moving eastward. Rain in the East and Atlantic Coast States; elsewhere generally fair. So far as known, the earliest record of a tornado in the United States is the one that occurred at New Haven, Conn., on Jan. 10, 1852, at 2:30 p. m. The next on the list occurred at Charleston, S. C., on May 4, 1761, at 2 p. m.

THE EARLIEST RECORD OF A WEST INDIA CYCLONE

is Feb. 12, 1493.

The most destructive tornadoes in the United States occurred on Feb. 19, 1854, between 10 a. m. and midnight, in Virginia, North Carolina, South Carolina, Georgia, Alabama, Mississippi, Kentucky, Illinois and Indiana. Over 800 people killed, 2,500 wounded, about 15,000 left homeless, and over 10,000 buildings destroyed, together with hundreds of cattle, horses, hogs and other animals.

The immediate followers of Christ rebuked the parents for bringing the children to Christ. The Disciples were in turn rebuked by Christ for such rule in the matter of parents and mothers. We are not informed which of the Twelve was spokesman, but judging of the promptness and outspokenness of St. Peter, we may suppose he led off in the criticism. We remember that Christ rebuked him whether he would feed the lambs. There may have been some connection. We cannot wonder at the lack of comprehension of the early Disciples. All things relating to Christ's Kingdom were new to them.

WHY DID THE DISCIPLES REBUKE THE PARENTS?

1. Christ was very busy with adults, and they thought it more important to care for the grown-up people. This even yet is a too common mistake of many church teachers and leaders.

2. Children were not of sufficient importance, they thought, to attract Christ's special attention. Lightfoot, who was a diligent student of Hebrew, learning the "Rabbis taught that children perished like brutes."

3. If parents were once encouraged to bring children to Christ, he would soon be bothered all the time by them.

4. It has been thought by some that the critics were in special the unmarried, who did not have any personal interest nor feel any warm sympathy for childhood.

If Christ had shown special regard for children for three or four years, why were the Disciples so surprised at his reception of children? Was this case which we study of Christ's usual conduct? We have seen an instance of Christ's general conduct. The Disciples all along had been reluctant to have Christ give so much attention to little ones, and at length they were brought out into open complaint. Ministers have pride out for years on the duty of leading children to Christ, and yet we see much reluctance and carelessness about the matter; indeed, sometimes such lack of faith as to give up the practice, and too often very little consciousness as to the obligatoriness of the duty.

The Disciples were as obtuse in their comprehension of the place in Christianity for childhood as they were in regard to the spiritual nature of his Kingdom. Indeed, there may have been a relation between their unseeing indignation at Christ blessing little children and their mistaken idea that Jesus was to form a temporal kingdom with the Twelve as Prime Ministers. They could not think of their becoming a sort of St. Nicholas—the patron of childhood.

5. Position of Christ as to Children.

Jesus noticed his Disciples were rebuking the parents for bringing their children to him. He was not rebuking them for doing so, but because they were not doing so with the right spirit toward children. (St. Mark 9:14.)

1. Because they remembered so poorly. Only in June before we caught them a different spirit toward children. (St. Mark 9:14.)

2. Because such an exhibit of ungracious feeling on the part of his Disciples might prove detrimental to the new Kingdom.

3. Because he noticed that the parents were greatly embarrassed and made to feel very sad and disappointed.

4. Because he knew the children should not be deprived of the benefit of the blessing.

5. Because the unkind spirit and criticism of his Disciples, if not rebuked, would lead to a wrong impression on the mind of the ages as to his feelings toward childhood, and lead to indifference as to the care and religious culture of the young.

6. Because the animus of the Disciples was totally unlike the spirit of Christ. A great part of the mission of the Savior was to tell and show what to do with children.

7. Because to wrong the impression gained that Christ did not feel interest in childhood superior to the concern shown in the Old Testament dispensation as to childhood. (Deut., 29:10, 11; Isa., 44:3.)

8. Suggestions.

1. Do not be deterred from the performance of any Christian duty by the rebukes of others. (St. Matt., 23:31.)

2. Bring little ones to Christ. Dedicate them to God. Parents should give diligent attention to this duty. (St. Mark 9:14.)

3. Bringing children to Christ means exertion.

4. The Church must heed childhood, and do the utmost to lead the little ones to Christ.

5. Clergymen should notice children; be kind to them; instruct them.

6. Sunday-school teachers must bring children to Jesus. No one is too great, too dignified to teach children.

7. Children should go to Christ—early before breakfast. Many each child say: "I wish that his hands had been placed on my head."

8. Let his arms had been thrown around me; And that I might have seen his kind look when he said: "Let the little ones come unto me."

9. Imitate children. Be childlike. (St. Luke, 18:17.) Be sincere; dependent; trustful in our Heavenly Father's care; teachable; docile; unpretending; easily happy; full of faith; simple; as opposed to pompousness.

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SUNDAY MEDITATION.

Practical Duties Taught by a Study of the Inter-estment of the Bible, Appointed for March 7, St. Mark, 10:13-22.

One reading these notes should first carefully study the paragraph from the Holy Scriptures as indicated above.

SUBJECT: CHRIST BLESSING LITTLE CHILDREN, AND THE TRIAL OF THE RICH YOUNG MAN.

The lesson covers two subjects. We shall consider the first subject.

I. Christ Blessing Little Children.

Alice Gray Cowan wrote the following lines under the inspiration of the beautiful incident which is our present study:

O child, so careless in thy merry play, Thoughtful for nothing but the present glee! Hast thou mused on those precious holy words The Savior spoke when here, to babes like thee? Through the long summer day oft should there come Into the whiteness of thine infant soul Thoughts of Heaven, and that healing grace Which from just sinners' souls doth roll. He took the children in his sheltering arms, And blessed them, though he heard the heathen cry: O child, of what thy Savior did for thee! Forgive me that I have not done as he; Forbid them not; with such I make my home."

All are familiar with the engraving, now famous, of Christ Blessing Little Children.

1. Time and Place.

The incident of our study took place in March (7), A. D. 30, or 1830, at Jericho, where he was going leisurely from Ephron to Jericho by way of Perea. He blessed the children in Perea probably in a line east from Jericho, and therefore not far from Bethabara, where he was baptized.

2. Data.

The account is given by St. Matthew (19:13-15); St. Mark (10:13-16); St. Luke (18:15-17). One should read the three reports, carefully comparing them. This should be done before proceeding further.

3. The Circumstances.

Christ was known as a Teacher. He was attracting much attention. It was customary to bring children to a Rabbi for his blessing, which it had become known Jesus was in that vicinity the parents thought it a good opportunity to secure his blessing on their offspring. St. Matthew says "little children"; St. Mark, "young children"; St. Luke, "infants." It would seem from St. Luke, 18:15, the children were brought to him by their parents, and not by the parents themselves. (Hence, forbid them not.) By brought (V. 13 of St. Mark's account) we do not understand actual bringing, as, e. g., in arms, but leading them. Yet we are anxious to have in mind mainly infants brought to him by their parents, and in most instances demanding carriage in arms of fathers or mothers. The parents wanted Christ to put his hands on their children. That was the method of dedication and consecration. When the child was brought, the parents were to be present, and their hands were laid on their heads. So of baptism and confirmation. Lange says, "The Presidents of synagogues were in the custom of putting their hands on (the heads of) children."

4. Position of the Disciples.

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