

naturally arises, does it do the baby good, or does it not? Do you think it is good for a baby to scream two-thirds of its young life with most excruciating pains and the other third sleep an uneasy doze, brought about by utter exhaustion, or worse, by drugs, sometimes poisonous. Do you call that kindness? I do not. Do you think it good for a mother to spend two-thirds of her time and all of her strength in the tending and watching such a child? I do not. And there is still a graver aspect to the case. A baby whose tiny stomach and organs are thus strained by overfeeding begins life with a weakness which is more than likely to develop later in life into various and incurable diseases. And has the mother no duties demanded of her?

Our Ailments.

INDIGESTION.

Of all the ailments with which Americans are tormented, surely this is the most common and the least respected. But it is not pleasant to bear, and yet we are the ones who inflict this disease upon ourselves. It is no manner of use to ascribe the cause of our sufferings to climate, to inheritance, or to this, that or the other. The simple fact remains that we are sinning against law and reason in our daily diet, or we would never know that we had a stomach. Some writers, in trying to account for the prevalence of this disorder among Americans, ascribe it to hot bread, some to fried meat, and some to pie. The facts are, that it is due to several causes, all of these things which I have mentioned being among the number. I think our own revelations are full of the key note to health and bodily peace, and the Word of Wisdom, if observed, will surely prevent this trouble. This key note is, be moderate. Be moderate in the variety of your dishes at one meal, and be moderate in your eating of those same dishes. One of the most prolific causes of indigestion, primarily, is the eating of dainties after the appetite is fully satisfied. If you have eaten a good dinner, what use is there in crowding several kinds of sweets or dessert into your already full stomach? Neither should we eat between meals. The stomach is an organ that demands and will have rest, or it will most assuredly give out and cause every other organ in the body to suffer more or less in sympathy with itself. However, we cannot stop to talk very much about the causes, only let me say this word to all who suffer from indigestion or dyspepsia: There is no disease so much under the control of your own will as this, and if you will persist in eating and suffering, why, you ought to, that's all I can say. Sometimes an attack of indigestion will be given to one who has never suffered from it by the eating of too hearty a meal when the body is exhausted and spent with overwork. No one should eat until partly rested from heavy work, and no one should return to heavy work after a hearty meal. A few moments or half an hour's rest should be taken by all after dinner, no matter at what hour that may occur. The symptoms of indigestion vary with the cause and the individual. Sometimes it is a dull, heavy pain across the chest, and again it may be

sour belchings, or even the heartburn. A swelled and puffed effect is felt by some, and others feel dull and stupid. The pain may not come until an hour after the meal is eaten. But no matter what the cause, don't fill the stomach with soda and other medicines to relieve yourself. The safest and best medicine to use for immediate relief, if medicine must be taken, is pepsin. This can be obtained at any drug store, and it will relieve for the time. So will a cup of hot water, or several if the pain be severe. But the great danger is that a person who finds relief from these simple means will use them and sin again, then take something and sin again until the stomach is ruined and real dyspepsia sets in. If you have had an attack of indigestion, let me beg of you to eat nothing for twenty-four hours, and after, eat simple and easily digested food. Some people get into the habit of taking hot water and milk or even tea and coffee to help digestion. Now, digestion don't need helping, except through proper and suitable chewing of proper and suitable food.

Physical Culture.

We have spoken of why various classes of women and children need physical culture, and the good it will do them. Now let us proceed to give some exercises which will be suitable for all of these different people, and to begin with, we will take the children. If you are a mother with a lot of growing children, commit these various movements to memory, and see that your little ones practice them for a quarter of an hour every night or morning. It will be good to take them too, if you have never taken any sort of gymnastics, as they are adapted to beginners. You don't know what fun there is in these movements if carried on in a lively way, just as you will not be able to realize the good they will do until you have tried them. These same exercises can be used, if so desired, in schools if the teacher is careful and watchful of individual cases.

All stand with the head erect, watching carefully that no child has its head thrust forward or thrown too far backward, with the chest slightly projecting, yet not puffed out, the chin in a direct line with the toes, and the feet on a true angle. That is, the heels together, and the toes about as far apart as the length of the foot. Be sure that this position is maintained throughout the exercises, whenever an erect position is called for. Indeed, you should carefully watch your growing boys and girls, and if there is any deviation from this position in standing or walking, correct it thoroughly and continuously. Now, direct your pupils to close the feet quickly, and then open as quickly. Give your commands with great precision and force, speaking sharply and briskly. This is meant for all Swedish movements, or the school gymnastics; if you were giving Delsarte movements the commands would be given firmly, but rather slowly. To continue with these Swedish exercises; call "position," then a moment after, "feet open, feet closed," repeat this five or six times, then direct them to place the right foot out sideways a little distance from the other foot, then place the left foot sideways, and this gives a

medium straddle position. Then direct them to return right foot to position, then left foot. After two or three times of this, direct them to place the feet sideways in one count, or with a slight jump. Then close in one count, also with a little jump. This should be repeated six or seven times. The children should be taught to do this with a lightness and to avoid everything like stiffness and clumsiness. A little spring with each jump takes off the awkward look of this somewhat peculiar but very useful exercise. Next, direct them to raise the arms in a perfectly straight line even with the shoulders and to the side, with the hands pointing downward. Lower them to the count of "one". Raise the arms sideways and to the shoulder, then turn the hands and raise them above the head in a straight line. Now, if you are taking the exercise along with the children, you will wish your corsets were off, if you are silly enough to wear such things. After these two exercises have been repeated several times direct them to raise the arms to the shoulder, only straight in front of the body. Then, raise them in a direct line over the head. Direct them, next, to raise the arms up even with the shoulders, then raise the hand and arm to the elbow up to the square. Turn down even with the shoulder, then up again, and so on a number of times. This is excellent for stooping shoulders.

Miscellaneous.

THE NEW YORK STATE BOARD OF WOMEN MANAGERS OF THE WORLD'S COLUMBIAN EXPOSITION.

Upon the presentation of the subject by Mrs. J. S. T. Straubahn, second vice-president, acting upon the suggestion of Mrs. Potter Palmer, president of the board of lady managers of the World's Columbian Commission, authorized her to contract with Miss Juliet Corson, as the first American organizer of cooking schools at the Exposition. Miss Corson accepted the honor.

All minor details of the organization and management were placed under Miss Corson's control, together with the entire charge of the exhibit.

At a full meeting of the Executive Committee held at the Capitol, Albany, on the 7th of September, 1892, full powers were confirmed to Miss Corson in all matters appertaining to the exhibit.

Now, therefore, be it understood by all persons concerned with or interested in the subjects of cooking schools and diet kitchens, and all speakers and writers on domestic science and household improvement, and all inventors and manufacturers of household utensils and labor saving contrivances, and the producers of general food-supplies and sanitary and dietetic specialties for invalids and children, that in order to insure the proper representation at this special exhibit, they must communicate at once with Miss Corson, giving her the fullest possible details concerning their work and productions; stating also the time when they expect to be in Chicago, as Miss Corson is anxious to afford every interested person the opportunity of speaking before the visitors to the exposition. This information is requested for publication in the second part of the circular of information, No. 4, 1879, devoted to the