

put on and there is another objection; for there is nothing so disagreeable to an infant as to have its arms pulled and twisted. If the knit shirts are used, get those which are large, and, if necessary, pin them over with a safety pin at the neck. If you make the shirts, always get soft, thin flannel, make them to open all the way down, and fold them over under the petticoat.

Our Ailments.

HEADACHE.

Scarcely less common than the subject of our last paper is this one common complaint. It is amusing to hear some people prescribe for this trouble. Because the seat of the pain is in the same place, they fancy that the same remedy will cure them both. Well, I will confess that most of headaches are caused by insults offered to the stomach; yet there are two kinds of headache which have little or nothing to do with the state of the digestive organs. One is the nervous and the other is the sympathetic headache, caused by various spine or brain troubles. The ordinary splitting headache is usually a very pressing call from the stomach to free it from the impurities with which it is loaded. Now, there is one thing that should be well understood by every one who cares to have peace of body. Nature, except under the most violent conditions, is quite able to cleanse out her own impurities if she is only left to do so without being interfered with. So if one will only fast long and strong, the headache will leave when once the stomach has got rid of its load. There are one or two things which will hasten this desired event, and there are others which will give temporary relief. If you have frequent headaches, they may arise from an overloaded stomach, or they may be caused by weak and starved nerves. The stomach is the seat of a large group or cluster of nerves. There is one thing which I have known to be very efficacious in the treatment of such disorders, and that is the free drinking of warm water. If it is taken luke-warm, and this causes you to vomit, so much the better; you will sooner be rid of your trouble. Tea drinkers invariably suffer intense pain if the customary stimulant is withdrawn. The nerves—so long strained and tortured and spurred and whipped like a horse which has worn a collar upon a sore neck so long that when it is taken off it is far more painful than if the collar were on—long for the presence of the irritant. But the collar and the tea will eventually ruin the health and peace of the user. Hot water will soothe such headaches. If you are sure your trouble arises from constipation, use the remedy proper for such an ailment. A great many people use soda in various ways and with other things to cure the acidity of the stomach. Why don't they have sense enough to let the stomach rest for a day, and put no extra task upon it, either in the way of medicine or food? If, when you have the headache you are hungry enough to eat a slice of dry bread, you can do so with the clear assurance that your stomach can digest the dry bread. But if you feel that butter or tea or what not is needed to assist in getting the dry bread down, you may know that you have no business to eat at all. Children who go to school and come home with the headache, ten chances to one, took a very unhygienic luncheon to let their stomachs

work upon when the brain has called the blood away from the enfeebled stomach. Women who have periodical headaches have weak digestions and perhaps other weaknesses. But under any circumstances, fasting, rest, quiet and warm water, outwardly and inwardly applied, will relieve.

Physical Culture.

ITS RELATIONSHIP TO THE HOUSEWIFE.

My dear sister who works away at washing, sewing, dressmaking and sweeping has read these papers with more or less interest, but she says to herself, "That is all very well for young girls and women of leisure, but I have no need to take exercise; I have enough exercise and besides, which is of still more importance, I have no time to spend in such things." Well, I have once thought as you did, and confess that it is one of the most difficult things in this world to force oneself to keep up a daily round of exercises, for it becomes monotonous and a dreaded thing. But, you must be converted, and after you once make a trial, your own body will convince you of the necessity of continuing your work. I have an intimate friend who once, in company with another friend, decided to try the effects of this physical culture. Having obtained accidentally a copy of a certain useful work on the subject she became convinced that the rules there laid down would be worth a trial if nothing else. A very distressing stiffness in the hip, a general languor and weakness which had always accompanied her, made her determined to try what was said to be a sovereign remedy for all such difficulties. So, the two women began the exercises described in that book. Less than the month, which had been set apart as the time of trial, had elapsed before both of the girls were thorough converts to the new doctrine, and the results of their experiment were of such an extremely gratifying character that ever since they have kept up at intervals the beneficial exercises.

But what about the woman who does her housework and feels well all the time? Is there any such a woman? I have not met her. And even if I had I would say to her that she needed some sort of scientific help to keep her in good health and to further develop her body. If the arms are well developed, and the legs poorly developed, there is a lack of unity in the body that is neither healthy nor beautiful. If the limbs are well developed and the shoulders are bent, or the back weak, there too is a deviation from the laws of life and nature. The woman who has a small, naturally thin body does not require such large or strong muscles as the larger framed woman. The great thing to be sought is a harmonious development. Each part should be well proportioned and perfectly balanced. If this is the case, there will be no bent shoulders, no weak spine nor stomach, no shrunken limbs nor illy balanced head, the body will be equal to all tasks required, and nature will co-operate with art to bring up the physical standard to the ideal or perfect mold. Have we no duty which we owe to ourselves and posterity in thus studying and practising the laws of life?

Interests Outside the Home.

SOCIAL.

Although people are continually talk-

ing about hard times, there seems to be plenty of money to give parties and to go to theaters. We need some relaxation, and nothing is more beneficial than social intercourse. There is no need to enlarge on this scheme, it is all but universally recognized, if not lived up to. So let us mingle in company to a reasonable extent. But there is one phase of social life which is becoming somewhat common and which is to thinking minds neither pleasant nor profitable. And that is the habit some people are forming of offering punch and wine to their guests. While it may be proper and right to use these things at certain times and places, I confess that I know of few such cases, however—surely there is less than no need to use them at social gatherings. If there were no other reason than the example set to our young people, that is quite sufficient reason why neither beer, wine, punch, nor toddy should be offered to our guests. I feel very strongly on this point, for I have seen and known something of the evils of drink, and I know that those who are not inclined to give way to such a vile habit are the very ones who carelessly set the example to others who are weak and inclined to sin. Will we not be compelled to answer for the example we set to others, as well as for the injury we may do or not do to ourselves?

The Anti-Crinoline League.

In England, such a strong feeling has been aroused upon the subject of the predicted arrival of the ugly crinoline, that over eight thousand women have banded themselves together, under the title I have just used. The women are in earnest, and titled women by scores have joined the ranks. There has been an effort made by these women to enrol the name of Queen Victoria on their lists, but that ever conservative lady has not as yet responded. But surely the uncrowned American queens will not hesitate to join with these ladies in practical work, even if they do not organize therefor.

CITY COUNCIL.

The City Council met in regular session Feb. 7. In the absence of President Loofbourov, Councilman Wantland was called to the chair. Following members were present: Rich, Folland, Hardy, Horn, Bell, Evans, Heiss, Lawson, Kelly, Beardsley, Simondt.

After the minutes of the last regular session had been read and approved, President Loofbourov entered the council chamber and the chair was vacated for him by Mr. Wantland.

The Proceedings.

W. H. Whitehead asked for the release of certain land sold by the city in 1890 for delinquent taxes. Committee on claims.

Isaac Hunter, by his attorney, Barlow Ferguson, asked that the water from City creek be allowed to run into his ice pond, between Ninth and Tenth West streets. Not granted.

The Diamond Kyune and Castle Stone company sent in a communication in which they represented that Contractor Bowman of the joint city and county building owed them something over \$1900, and notified the