

HEALTH HINTS, ETC.

COMPILED BY MAC.

Cut out these "Hints" and keep them.

Dr. Kellogg's "Rules for Nursing."

1. Secure a constant supply of pure air from out of doors.
2. Admit the light and sunshine freely. Direct sunlight is sometimes unpleasant to the patient; then shade the windows with white curtains, which will admit the light.
3. Maintain equable temperature. More fire is usually needed in the morning than at noon. Regulate the heat by a thermometer hung near the bed. The mercury should never be above 70 deg.
4. The patient himself should be kept scrupulously clean. The whole body should be washed several times a week, at least. The mouth and teeth should be daily cleansed.
5. All discharges should be kept in covered vessels, and should be removed from the room at the earliest moment possible.
6. The sick chamber should be made pleasant by tasteful arrangement of its contents, by flowers, simple pictures, etc. Frequent change in the aspect of the room is desirable.
7. The patient should never be kept in a state of expectancy. When a promise is made him, fulfil it promptly.
8. Whispering or low talking in the sick-room or adjoining rooms will arouse the patient's fears unnecessarily. Avoid it.
9. Arrangements for the night should be made before the patient becomes sleepy, so that he may not be disturbed.
10. All avoidable noises should be prevented.
11. The covering of the patient in bed should be several light, porous blankets, rather than one or two heavy ones.
12. Strangers and visitors should be prohibited from entering the sick-room of a feeble patient. Visiting will often determine a fatal issue of the disease.
13. Water kept in a sick-room should be often changed. Never drink that which has been in the room more than a few minutes.
14. Never annoy the patient by questions or too much conversation.
15. Always recollect that Nature must cure. All you can do is to make the conditions as favorable as possible.

WATER.

Water is the only substance which will quench thirst. Beverages which contain other substances are useful as drinks just in proportion to the amount of water which they contain, and are unwholesome just in proportion as the added elements are injurious.

Hygienic Value.—If we except pure air, it may safely be said that no other element in nature sustains so important relations to the living system as does pure water. An individual will live much longer on water alone, than if deprived of drink. Water constitutes a large proportion of all our food, varying, in grains and vegetables, from fifteen to more than ninety per cent. If the water thus contained in solid food were wholly removed, an individual would doubtless be enabled to subsist longer on water only than on solid food so treated. Though water undergoes no change in the body, and hence takes no part in the development of force, it is absolutely essential to the performance of the vital functions, being necessary to enable the various organs to perform their offices in the maintenance of the vital activities.

Depuration.—Every thought, every movement, the most delicate vital action, occasions the destruction of a portion of the living tissues, which is thus converted into dead matter, and becomes poisonous. Many kinds of poisonous substances are produced within the body in this way. Some of them are very deadly, and must be hurried out of the system with great rapidity, as urea and cholesterine. Here the marvelous utility of water is again displayed. It dissolves these poisons wherever it comes in contact with them, and then it is brought by the current of the circulation to the proper organs—the kidneys, liver, skin, lungs, and other excretories—it is expelled from the body, still holding in solution the animal poisons which are so rapidly fatal if retained.

Cleanliness.—The skin is one of the most important depurating organs of the whole body. From each of its millions of pores, constantly flows a stream laden with the poisonous products of disintegration. As the water evaporates, it leaves behind these non-volatile poisons, which are deposited as a thin film over the whole surface of the skin. As each day passes, the process continues, and the film thickens. If the skin is moderately active, three or four days suffice to form a layer which may be compared to a thin coating of varnish or sizing. The accumulation continues to increase, unless removed, and soon undergoes further processes of decomposition. It putrefies, rots, in fact, and develops an odor characteristic and quite too familiar, though anything but pleasant, being at once foul, fetid, putrid, pungent, uncleanly and unpardonable.

But the offense to the nose is not the extent of the evil. The unclean accumulation chokes the mouths of the million little sewers which should be engaged in eliminating these poisons, and thus obstructs their work. Being

retained in contact with the skin, some portions are reabsorbed, together with the results of advancing decay, thus re-poisoning the system, and necessitating their elimination a second time.

Here water serves a most useful end if properly applied. It is unexcelled as a detergent, and by frequent application to the skin will keep it wholly free from the foul matters described. The necessity for frequent ablutions is well shown by the fact that nearly two pounds of a poison-laden solution, the perspiration, is daily spread upon the surface of the body.

One of the most serious effects of this accumulation of filth is the clogging of the perspiratory ducts. Their valve-like orifices become obstructed very easily, and depuration is then impossible. It is not wonderful that so many people have torpid skins. The remedy is obvious, and always available.

To Make Healthy Skin.—A man who has a perfectly healthy skin is nearly certain to be healthy in other respects. In no way can the health of the skin be preserved but by frequent bathing. A daily or tri-weekly bath, accompanied by friction, will keep the skin clean, supple, and vigorous. There is no reason why the whole surface of the body should not be washed as well as the face and hands. The addition of a little pure soap is necessary to remove the oily secretion deposited upon the skin.

A lady of fashion, in enumerating the means for preserving beauty, says: "Cleanliness, my last recipe (and which is applicable to all ages), is of most powerful efficacy. It maintains the limbs in their pliancy, the skin in its softness, the complexion in its lustre, the eyes in their brightness, the teeth in their purity, and the constitution in its fullest vigor. To promote cleanliness, I can recommend nothing preferable to bathing. The frequent use of tepid baths is not more grateful to the sense than it is salutary to the health and to beauty. By such means the women of the East render their skins softer than that of the tenderest babe in this climate. I strongly recommend to every lady to make a bath as indispensable an article in her house as a looking-glass."

When the foul matters which ought to be eliminated by the skin, and quickly removed from the body, are allowed to remain unremoved, the skin becomes clogged and inactive, soon loses its natural lustre and color, becoming dead, dark, and unattractive. When bathing is so much neglected, it is no marvel that paints, powders, lotions and cosmetics of all sorts are in such demand. A daily bath, at the proper temperature, is the most agreeable and efficient of all cosmetics.

Protection Against Colds.—It is an erroneous notion that bathing renders a person more liable to "take cold by opening the pores." Colds are produced by disturbance of the circulation, not by opening or closing of the pores of the skin. Frequent bathing increases the activity of the circulation in the skin so that a person is far less subject to chilliness and to taking cold. An individual who takes a daily bath has almost perfect immunity from colds, and is little susceptible to changes of temperature. Colds are sometimes taken after bathing, but this results from some neglect of the proper precautions necessary to prevent such an occurrence.

Prevention of Disease.—Neglect to keep the skin active and vigorous, frequent ablutions is one of the prolific causes of nearly all varieties of skin diseases, which are aggravated by gross indigestion. Its relation between the digestive function and that of the skin is so intimate that neglect of the mentioned, resulting as in muscular construction of function, is a very common cause of most dangerous disorders of the renal organs. Inactivity of the skin is also very commonly associated with dyspepsia, with rheumatism, gout, hysteria, and other nervous derangements. It is also a not uncommon cause of bronchial and pulmonary affections. It is quite evident, then, that the proper and most efficient means of preventing these diseases is to maintain the functional vigor of the skin by the proper application of water.

Bathing is Natural.—All nature attests the importance of the bath. Its invigorating influence is seen in the brighter appearance, more erect bearing, and fresher colors, of all plants after a gentle rain. Dumb animals do not neglect their morning bath. Who has not seen the bird skimming along the surface of the lake or stream, dipping its wings in the cool waters, and having its plumage with the crystal drops that its flapping pinions send glittering into the air?

If man's instincts were not rendered obtuse by the perverted habits of civilization, he would value the bath as highly and employ it as freely as his more humble fellow-creatures, whose instinctive impulses have remained more true to nature, because they have not possessed that degree of intelligence which would make it possible for them to become so grossly perverted so have the members of the human race. Man goes astray from nature not because he is deficient in instinct, but because he stifles the promptings of his better nature for the purpose of gratifying his propensities.

25 tracts on Health topics, for 10 cts. Books about "Tobacco," "Strong Drinks," "Tea and Coffee" for

25 cts. each. Mailed by D. M. McAlister, agent for Health Publications, 66 Centre Street, Salt Lake City.

SMYRNA RUGS.

SALT LAKE CITY,
November 5, 1886.

Editor Deseret News:

Doubtless many of my readers have sighed over the costliness of the delightful rugs and carpets that come to us from the looms of the East of Europe, and while admiring the beauty of their tints and appreciating their luxurious softness, have been obliged to put from them the thought of ever being able to afford even a rug of such expensive make. Such as these will be enchanted with the possibility of attaining many such useful and beautiful ornaments by means of a new kind of fancy work designed by Mr. Paul Schultze, of Manchester, England. Anyone who understands the simple stitches in knitting can manufacture, by an easy and pleasant process, the most beautiful and artistic oriental rug or carpet, choosing her own colors and designs. It is by no means hard work, as might be imagined in connection with carpets. The knitting is done on strong steel needles. Lengths of colored wool are firmly knitted in with the stitches, and various designs are supplied by Mrs. McEwan, 69 W. First South Street, as well as the necessary wools and the strong knitting cotton, resembling fine twine, which forms the foundation of the work. We are, most of us, familiar with knitted rugwork by which our industrious grandmothers utilized their odds and ends of cloth. The new Oriental knitting is on the same principle, but the result is very different, being a harmonious blending of beautiful tints, strongly wrought together, and with the wear of at least a lifetime in it. Carpets of any size can be made without the necessity of handling unwieldy pieces of work, by doing it in strips, which are afterwards joined together. The clearest possible instructions accompany the patterns, in four languages—English, French, Dutch and German. The twists of the Oriental wool are excellent; no crude or harsh colors appearing among them, and in every respect the new work contains the elements of popularity, especially recommending itself to such minds as enjoy the sense of accomplishing something useful, even while they are amusing themselves with dainty and pleasant fancy-work.

SMYRNA.

IN BOSTON.

A VARIETY OF SUBJECTS TOUCHED
UPON BY "G. J. T."

BOSTON, Oct. 31, 1886.

Editor Deseret News:

Some people are always forgetting and losing their spectacles, but there is a pair of spectacles down east here not easily forgotten—the Bunker Hill Monument and the Bartholdi Statue. One is built of rugged rock commemorating the dark days of the Republic, the other is a comparatively fragile form lighting the wanderer's path in search of liberty. As you are aware the latter is the gift of France which once became so intoxicated with her dream of liberty that she degenerated into worshipping a female form and in her drunken frenzy cast all orderly restraint aside and revelled in a sea of wild

DEBAUCHERY AND BLOOD.

On the day of the dedication of this statue on Bedloe's Island, near New York, among other ceremonies, they had a grand procession, and, I suppose, in compliment to France, whence the statue emanated, the band in passing the grand stand played that soul-stirring French tune, the Marseillaise.

"That tune," said Secretary Bayard, "strikes me with an inexpressible sadness. It is not martial music. It smacks of revolution and bloodshed."

It is an old saying that "coming events cast their shadows before." Can it be that the Secretary had a glimpse of one of these shadows? I thought Chicago was a noisy place, but it can't hold a candle to Boston in that respect. Here the pavements are stone instead of wood, and every horse's foot and every wheel—and their name is legion—makes its own music. It is a most pitiable sight to see a large brass band in fine uniform on a corner—each man blowing his best, and the pedestrians passing them by as the idle wind. There is no disrespect for the music. They simply

CAN'T HEAR IT.

for the street traffic drowns all other sounds.

I am not like the Southerner, who went west to look for a location, and when he came back, being asked about the water there, said he forgot to taste it. I have tasted the water of Boston, and it is bitter as gall or wormwood and sage tea or the waters of Malak. I liked it so little at first that I called for a glass of milk. Strange to relate, I found the milk just as bitter as the water. I don't understand it. They must either have bitter cows or else the milk had been watered.

Let us hope the latter is not so.

There is a cloud on the horizon a little larger than a man's hand, but it

seems destined to cast a considerable shadow over the fashionable world before the season passes. It is in the form of the latest style of hat for ladies. It is wide, tall, massive, with the right brim turned up like the rib of the Mayflower, and with a towering peak that looms up above the surrounding country like Cotopaxi amid the neighboring hills. In front are several folds of ribbon.

I see by a recent census report that Boston is rapidly changing the character of its population. The bean-eaters and Joshua Whitcombs are being rapidly crowded to the wall. It is stated that the total number of births in this city last year was eleven thousand, and of that number seven thousand were Irish. At this rate, many generations will not pass before there will be something more than Ireland for the Irish. But I suppose they will rapidly assimilate until it will be difficult to distinguish one of them from the old stock of genuine Yankees.

POLITICAL MATTERS

here are red hot. To-day is Sunday and next Tuesday the State election comes off. Oliver Ames of U. P. notoriety is the Republican candidate for governor. I see by the papers that as usual his opponents have found a good deal to condemn in his past career. Among his various misdemeanors they discovered that he doesn't pay his coachman as much as some of his neighbors do theirs. Of course this is a big point against him and it is made very conspicuous. Then he has convictions. Bill Nye says if a politician has any convictions he ought to use them at home in his own family, as it isn't safe to take them out on the stump, for he might step on the toe of a Knight of Labor, a Prohibitionist or a Mugwump. He must be utterly non-committal. There are no Daniel Websters now to let their right hands wither and their tongues cleave to the ridgepoles of their mouths. Those things do for school books, but the party leaders won't have it, and when any one starts that kind of a racket they quietly sit down upon him and he don't get there.

I have been through a number of factories since I have been east here; among the rest the Springfield arms factory of Springfield; Macnair's shoe factory at Lynn, and have seen many ingenious pieces of mechanism. At one place a man showed me how to cut a perfectly square, sharp cornered hole in metal with a round rat-tail file, and the hole may be made as small as the file's diameter or even less. If any of our mechanics doubt this I will take great pleasure in showing them how to do it when I return. It is just as easy as it is to gain both power and speed at the same time; another impossibility that has been overcome and is also susceptible of perfect demonstration. "There are more things in heaven and earth than are dreamed of in our philosophy."

Since I have been east I have seen the

SWIFTEST BICYCLE RIDING

ever done on this planet, both at Lynn and Springfield. I saw W. J. Morgan and Louise Armaido break the tandem tricycle record by riding 250 miles inside 24 hours. I also saw Eck break the single tricycle record up to 11 miles. I was also present when Frazier broke the one mile Star record by doing the mile in 2:38 and a fraction. He is the best rider that ever straddled a Star and will do better yet. These races were all run on the Lynn track, three laps to the mile. I was also present at the Hampden Park track in Springfield, 100 miles from Boston, when Wm. Rowe, the fleetest bicycle rider in the world, did his best work. I was appointed one of the judges and held my stop-watch on him, when he rode 22 miles and 150 yards within the hour, Oct. 25th. No man anywhere has ever ridden near so far in the hour before. The track is a half mile track, and the surface is simply perfect. He had three pace-makers; one would ride round the track once ahead of him and then another would take him and lead him round at a 2:40 and 2:45 gait, and no matter how fast they went, even on the last miles, he stuck close to their little wheels all the way, his feet moving with the speed and regularity of the piston rod of a steam engine. On the 19th mile he said he thought the calves of his legs would burst, they pained him so, but he kept on. He is a heavy-set young man, with dark eyes and modest demeanor, ordinarily rather slow in his motions and speech, and a man of irreproachable character.

I was much interested in this ride; but more so in one that took place that forenoon, in which I saw W. M. Woodside drive a machine having my treadles, around the half mile track in one minute and eighteen seconds, and that under unfavorable conditions, and before he had been on it five minutes. He was very favorably impressed with them. I have had a lighter pair made expressly for a racing machine, and purpose having them tried the first fair day. It has been raining here about a week. The reigning family of England couldn't ask for a more congenial climate.

There is a man named A. Stanton, here, trying to get

A COLONY

of 1,000 heads of families to settle in New Mexico. He says nine persons are in the company, and that he has several members of Congress enlisted in the scheme. It is to offset the "Mormons" and each person migrating is to have \$1,500 loaned to him for two years. He has been around

here for some time. I asked him yesterday how he was succeeding. He said he had not done anything yet, but was just going to start in. He states that if nobody else will furnish the money he will do it himself purely on speculation. Houses are to be built and land furnished, all subject to mortgage for the amount advanced, and 5 dollars must be paid down by the settler when the property is turned over to him. The city will be called "Enterprise City." He, Stanton, is a man of about 50 years of age, medium height, rather thin, very dark complexioned, with black eyes and heavy black mustache. I give you his statement as he told it to me, for what it is worth. *Nous verrons.*

Some of the readers of the News will remember a man named Loebor,

A TALL GERMAN,

who edited a paper out at Bingham for a short time some years ago. He finally ran short of funds and wanted to get away. In order to do this he proposed to set up a lecture in the Liberal Institute and charge admission at the door. He went round with a paper soliciting himself to lecture, and got quite a number of signatures of business men, but when the lecture came off, had one of the slimmest audiences I ever saw. Of the host of signers I was about the only one present. He was utterly disheartened, and eventually disappeared, but how he got away I never knew. I see by a two-column interview in a Boston Journal that he has now turned up here. He has made some wonderful discoveries in regard to aerial navigation, has partly constructed a flying machine that will move through the air more easily than a vessel through the water. It is not yet completed, but will be and he proposes to give a course of lectures on the subject. He claims that by creating a vacuum he can produce results before unattempted, and that there is a power in the air unthought of that can be utilized in the propulsion of vessels.

All things are possible to them that believe, but I must confess that if it is the same Loebor I think it is his statements may well be taken cum grano salis.

I shall probably write again before I "spread out my white wings and sail home to thee." G. J. T.

THE COUNTRY NEAR BLACKFOOT.

Its Advantages for Settlement Described.

BLACKFOOT, BINGHAM CO.,
Idaho, Nov. 8th, 1886.

Editor Deseret News:

I am living on a farm about three miles southwest from Blackfoot town, close to Snake River. The land on this side of the river is nearly all taken up. It mostly consists of hay ranches. The other side is being settled; part of the land is very good, of a light sandy loam, with now and then a gravelly spot. The land is mostly covered with a thick and tall sage, or a rich growth of rabbit brush. The country is one large flat

LEVEL TABLE LAND.

of about 30 miles long and 10 or 12 miles average width. A few sloughs, having their source in the river, and carrying water all the year, traverse this flat in a southwesterly direction. From these sloughs water can easily be brought onto the land for irrigation. Feed is very scarce—that is close to available arable land—but there is an abundance of feed north of this flat on lava beds, where are also red cedars in great abundance; or southwest, where lays an extended grass bottom. The timber here is the only kind the country affords, and that is the long-leaved cottonwood, on both banks of the river and the red cedar on the lavas.

The climate seems to be mild as far as an experience of two years could determine. The wind generally blows from the southwest, almost never from the north or east. In my judgment it is a very favorable country for settlement—if people could raise hay fast enough for keeping up work and milch animals. The soil is superior to what I have seen, for the cultivation of potatoes and all kinds of roots. I have seen here the largest potatoes, turnips, carrots, rutabagas, etc., I ever saw.

Of course, the country has its drawbacks, like every other new place. Water in wells is reached at a depth of from 16 to 35 feet, but the water thus obtained is free from mineral and very soft. We are 60 miles or more from a saw mill, but the lumber is very good.

There is another disadvantage which seems to me to be important—the country is almost level, with a very slight, gradual fall towards the river, consequently ditches have to be run many miles before they reach the desired place, then the water moves very slowly. So it is also on the farm—it takes a considerable time to irrigate a field; but the land being a sandy loam, we have this advantage, that we irrigate here at longer intervals. There is one thing that I must here mention. If any of the brethren

SEEKING HOMES,

would like to come here, let them do so, only, if they can get a few together, and form some settlement of their own, so they can live in peace and bring up their children properly, they should do so.

The oppression here against any one