

Correspondence.

PROVO, Nov. 9th, 1899.
 Editor Denver News:—Dear Sir:—Receiving some observations in your paper, relative to the advisability of becoming acquainted with the use of firearms in this Indian country, I respectfully offer one or two suggestions.
 Before coming to Utah, I lived in an exposed country where volunteer corps occupied the place of the militia here, and it was found that no plan for keeping up the efficiency of the men and the "esprit du corps" was so successful as frequent target matches, and friendly competitions between different companies, for prizes for the best shots. These prizes were sometimes given by the Government, occasionally by well-to-do men, and often by officers of regiments and captains of companies. Such a system could easily be introduced here.
 I will mention another subject totally different from the above, but which I think worthy of speedy consideration, and that is, the fact that our settlements are being rapidly overtaken by the *Xanthium Spinosum*, or spring burr weed, which all wool raisers know is destructive to that interest in the highest degree. It was found necessary in the country I speak of to impose a penalty by legislative enactment, on all who suffered the pest to grow upon their lands.
 Very respectfully,
 ALPH.

INFLUENCE OF WEATHER ON SICKNESS.

Dr. Ballard, in his report on the health of Fallington, for 1897, thus aphoristically states the influence of the weather on sickness:
 1. That an increase of atmospheric temperature is normally associated with an increase of general sickness.
 2. That a decrease of atmospheric temperature is normally associated with a diminution of general sickness.
 3. That for the most part the increase or decrease of sickness is proportional in amount to the extent to which the atmospheric temperature rises or falls.
 4. That it is an error to suppose (as is popularly held) that sudden change in temperature are (as a rule) damaging to public health. A sudden change from cold to hot weather is indeed very damaging; but a sudden change from hot to cold is one of the most favorable circumstances that can occur when sickness is regarded broadly as respects a large population.
 5. That, remarkably enough, these influences are most marked in the directions I have mentioned in the colder season of the year, and more certain in the winter than in the summer.
 6. That rises and falls of temperature are more certain and effectual in their special operation upon public health, when at the same time the daily range of temperature is lessened, than they are when the daily range is at the same time increased; rises of temperature increasing sickness more certainly and markedly, and falls of temperature decreasing it more certainly and markedly.
 7. That a fall of rain lessens sickness generally, sometimes immediately, sometimes after a short interval; and that, as a rule, the reduction of general sickness is greater when the fall of rain is heavy than when it is light.
 8. That drought, on the other hand, tends to augment general sickness.
 9. That the weather in the summer season operates more certainly in improving public health than it does in the winter season.

FEEDING CHILDREN.

Children, who, while growing, must form more tissue than they waste, consume more food in proportion to their weight, and possess more active digestions than adults. They should have their meals with shorter intervals, and care should be taken to avoid all influences that may disturb digestion. Prominent among these is a deficiency of clothing. The human body, like any other thing of organic nature, is in any other thing of organic nature, has a constant tendency to part with its excess of heat by radiation, and to check this cooling process we envelop ourselves in non-conducting fabrics. It stands to reason that the greater the surface exposed the more rapidly will radiation occur; and yet we frequently see children with chest, arms and legs bared by fashion in the coldest weather, without regard to the general depression of temperature, which must involve that of the digestive organs.
 The diet of children should be regulated by a consideration of their functional capacities. In infancy, natural milk in the mother's milk is all that is required in a condition requiring no mechanical treatment, but merely simple chemical action. A little later, as the first teeth begin to make their appearance, food easily separable may be allowed, and as the masticating apparatus advances towards perfection, articles requiring more tearing and grinding may be gradually added to the catalogue. The activity of the digestive secretions increases in proportion to dental development, so that many substances (such as potatoes) which are easy to masticate are not digestible in early childhood.
 The milks of different animals vary in constitution as regards the proportion of their constituents, human milk containing more water and sugar than that of the cow. For this reason, when an infant is "brought up by hand," or in the process of weaning, it is usual to dilute and sweeten cow's milk in order to bring it nearer the human standard. Goat's milk for the same purpose would require more dilution, but no sweetening—its percentage of sugar exceeding even that of the cow. It is extremely doubtful, however, whether the addition of water to cow's milk serves any good purpose, and it is certain that far too much is usually added. Human milk contains about 89 parts of water in 100; cow's milk about 86—or three parts less in 100; yet to compensate for this slight difference, the latter is commonly diluted with double its bulk of water before giving it to a hungry baby. Be it always remembered that an infant's mother's milk is its own mother's milk, and that she who can suckle her child and does it, is not guilty of a serious offense against God's law.—A. L. Carroll, in *Harper's Magazine* for November.

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