

THE MAIL

A PAPER FOR THE PEOPLE.

HOME TOPICS.

Faith Rochester in the American Agriculturalist.

THE ABUSE OF PAIN.

The little nerves of feeling which run through all parts of the human body carry to the brain intelligence of disaster and of pleasure. The evil messages they bring are called pains. A pain admonishes us that some injury is done to a part of the body—a finger jammed, a toe cut, an arm burned—or that some part is overworked or is wearied out, and must have rest. The nerves but do their duty, when they report faithfully these things, and our duty is to do the best we can to repair the mischief which caused the nerves to report in the way of pain. Fortunately, the means employed are sometimes such as correct the evil at once, and so put an end to the trouble reported by the nerves. Especially is this the case when cool water is applied to cuts and burns—the relief and the cure begin and go on simultaneously. The same result is usually attained when hot water applications (or fomentations) are made to bruises and sharp pains of various kinds. Pain, which results from overdoing of any kind, is most reasonably "faded" by general rest of the whole body, and especially rest of the overworked part. Anything that tends to equalize the circulation of the blood, or to make all parts of the body comfortably warm, and no warmer, helps to set the nerves at rest, and to stop pain and disease. Not long ago I saw a man who was suffering with a violent headache (a neuralgia general toothache) furiously kicking, first with one foot, and then with the other, working to get the blood from his head to his heels, because he had found that the most effectual way to cure his headache. Cool applications to the head and hot ones about the feet and legs might serve the same purpose.

MORPHINE DRINKING.

But I set out to speak of a habit which prevails to an alarming extent among women—the use of morphine, to quiet pain of one kind or another. I can easily imagine that the habit may grow from ignorance of danger. A fearful pain is lulled by seemingly simple means—an opiate in the shape of morphine. The suffering one feels easy, and pitying friends may believe that morphine was just the thing needed. But has the opiate cured the disease which caused the pain? Not a bit of it. It has only beaten down and silenced the faithful monitor, the nerves which, in the shape of pain, told of injury and begged that help be given the injured part. It is true that nature, by the use of medicine, performs the cure, and that the blessed work of restoration to health usually goes on best during sleep, but it should be natural sleep. This will usually come of itself if you put the body into suitable condition—the pores of the skin open, by bathing; rubbing judiciously, the bowels properly relieved, the stomach nourished by simple food, easy of digestion, the lungs supplied with pure air, and cleanliness and quiet about the patient. But when you give or take the dose of morphine, you make a deadly attack upon the nervous system, and leave the evil condition of things in the body to be repeated, and the dose must soon be repeated, and as the habit of resorting to an anodyne strengthens, the dose must gradually increase, in order to produce the desired effect. Such a course finally breaks down the nervous system, and leaves the one who resorts to it a hopeless wreck, the worst kind of a wreck. Mothers, it is believed that those who are most likely to become the victims of morphine are women who, as children, were lulled with soothing syrup (and let it always be remembered that this syrup derives its "soothing" power from the morphine it contains), or doctored with paregoric or the more potent Laudanum. They never learn to bear pain heroically. They grow up inclined to self-indulgence, and if hard work and sickness overtakes them, they fall an easy prey to morphine. Do you know that a person who becomes addicted to morphine cannot be decent without it? It is said that a morphine drunkard can never be trusted to tell the truth. She becomes at last so unbearable in disposition, when not under the influence of the medicine, that her friends make every effort to gratify her morbid appetite. All this I have said applies equally to opium, morphine being but another form of opium. Neither should be used, except in some emergency, when given by a skillful physician.

CARE OF CHILDREN'S EYES.

It is no common thing now to see, or hear of, mere children using eye glasses because of some defect of sight. Myopia (or near sightedness) is the most common defect, and it is said to be manifestly increasing among school children. In other countries as well as our own, the eyes of school children are especially liable to suffer. Reading tires weak eyes, and eyes grow weak or diseased from too steady application to books. There are many disadvantages connected with learning the alphabet in very early childhood, and danger to the sight may be reckoned among them. The eyes of children, like all their other organs and faculties, are adapted to the study of natural objects, or the phenomena of the world into which they have lately come. This study is play to them, and tends to a healthy development of both mind and body. Their introduction to the fine long lines of little black letters in print should not come too early or too rapidly—not until a love for nature and a faculty for observation have been so cultivated that reading will not be immediately attractive. Then, they must learn to read and study in a proper light, one that shines upon the book or paper, and not directly upon the eyes. A hanging lamp is much to be desired, and those who read in the evening can sit so that the light comes down upon the page from behind them. In gathering about the evening lamp upon the table, those who read should sit so that the light shines upon the book or paper from the shoulder—and the left shoulder if practicable. The eyes suffer severe strain from reading when lying down. One who is too tired to sit up, is too tired to read. When the body is enfeebled by disease, the eyes are weak sympathetically, and should not be allowed close application. Reading in any place where it is impossible to keep a steady focus for the sight, causes strain and injury to the eyes. Children should be taught to avoid all these injurious practices.

Most of these youthful cases of near-sightedness within my knowledge are those who began to learn piano playing when quite young, and it seems to me that the fixing of the sight upon the

note, while the energies are at the same time bent upon schooling the fingers, has a peculiar tendency to develop near-sightedness. Ought not a child's music lessons be made very short, and the hours of practice few and of brief duration? I think so, not only for the sake of the eyes, but also for the sake of the spinal column and the nervous system.

STARCH FOR FINE MUSLINS.

A solution of Gum Arabic in water makes a nice starch for lawns and thin muslins, giving them a new appearance. Dilute the gum until you find by experiment that you have it just right. It takes but a minute to rub a cloth in it, slightly dry and iron it, to test the strength of the gum water. I am unable to give exact proportions. Lawns renewed in this way, after washing, not only look as though just made up, but retain their good appearance wonderfully well.

TO KEEP LEMONS FRESH.

I have found that lemons may be kept fresh for many weeks if put into water. Some use sour milk instead, changing the lemons from one pan to another as the milk grows old. This involves more trouble and risk, and I hardly think it can be any improvement upon the method with water. Still another way (recommended by one in whose judgment I have confidence), is to bury them in the sugar barrel. We don't all have barrels of sugar, but I suspect that salt would answer the same purpose—anything that prevents the evaporation of the fluids of the fruit and keeps it cool. I wonder whether the lemons would not impart some flavor to the sugar in which they were buried. Of course this would not be desirable. My friend said nothing about that.

IN MAKING LEMONADE.

We usually pare off the yellow peel, unless the lemonade is to be used immediately, because the peel, by standing with the sugar, imparts a bitter taste to the drink. Some roll the lemons before they are peeled and sliced, to break the cells and set free the juices. Others slice the lemons upon a board, and the proportion of one lemon to two large lemons of sugar, mashing the slices with the sugar and leaving it just covered with water for 10 or 15 minutes before filling up with water.

LEMON FLAVORING.

May be prepared at home in two ways. 1. Save the peelings of lemons used for lemonade or other purposes, when the peel is not all required by the recipe. With a sharp, thin knife, cut off the yellow part and dry it quickly without scorching. Keep it in a dry place, and when needed, grind to a fine powder before using. 2. To two ounces of the thin yellow lemon rind, add one pint of good alcohol, improving it if you choose with a few drops of oil of lemon. In a few days it is ready.

LEMON PUDDING SAUCE.

One lemon—the juice and half of the grated peel. One heaping teaspoon of sugar, one-third of a cup of butter, one egg. Beat well together the sugar, the butter and egg, then the lemon (and little nutmeg if you choose). After a thorough beating together, add slowly half a teaspoonful of boiling water, stirring it constantly for a few minutes, keeping it hot as possible without boiling it.

BAKED RHUBARB.

A delicious sauce is made by baking the sliced stalks of rhubarb with sugar. Cut the slices an inch thick, and bake in a deep earthen pudding dish, after mixing a teaspoonful of sugar to a pint of sliced rhubarb. This can be preserved by canning while boiling hot, the same as fruit.

RHUBARB AND ORANGE MARMALADE.

Take one dozen oranges; pare off the yellow peel, discarding the thick white rind and seeds. Cut the peel into fine bits, and put it with the sliced pulp. Add two quarts of sliced rhubarb, and three pounds of loaf or granulated sugar. Boil the whole slowly until it is quite thick. Turn into cups and cover, when cool, with paper varnished over with white of egg, pasted to the cup.

BLACKBERRY ROOT GOOD FOR SUMMER COMPLAINT.


(Agriculturist.)

We have great faith in a decoction of fresh blackberry root for looseness of the bowels. Last summer it completely cured a severe case of chronic diarrhoea, after the other remedies of the best physicians had proved unavailing, and it invariably aided in many other cases where it was afterward recommended. Dig the green roots, rejecting those that are large and woody. Wash thoroughly clean, and steep in water at the rate of a quart to half a pound of the root, boil down one-half and then strain and pour off. Put the liquid in a bottle with about one-eighth its bulk of brandy, whisky, or alcohol, to keep it from souring, and cork tight. A tablespoon of this, rather less for a child, is to be taken three or four times a day, say, before each meal time. We would not go from home, especially southward, without taking this preparation along. The blackberry brandies, or cordials, made from the berries, are of little account as remedies for the diarrhoea. The virtue lies in the roots, not in the berries.

HOW TO AVOID SUNSTROKE.

The New York board of health has just issued the following circular, which we commend to the attention of our readers as pertinent to the extremely hot weather: "Do not check perspiration, but drink what water you need to keep it up, as perspiration prevents the body from being overheated. Have, whenever possible, an additional shade, as a thin umbrella, when walking, a canvas or board cover when working in the sun. When much fatigued do not go to work, but be excused from work, especially after 11 o'clock in the morning on very hot days, if the work is in the sun. If a feeling of fatigue, dizziness, headache or exhaustion occurs, cease work immediately, lie down in a shady and cool place, apply cold cloths to and pour cold water over the body and limbs, and apply to the head pounded ice wrapped in a towel or other cloth. If there is no ice at hand, keep a cold cloth on the head and pour cold water on it as well as on the body. If the person is pale, very faint, and pulse feeble, let him inhale ammonia for a few seconds, or give him a teaspoonful of aromatic spirits of ammonia in two teaspoonfuls of water with a little sugar."

An unpleasant passenger in a street car is a crying baby. In such cases Dr. Cullen's Baby Syrup should be given to the little sufferer to ease its troubles. 25 cents a bottle.



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PAIN in the right side, under the edge of the ribs, increases on pressure; sometimes the pain is in the left side; the patient is rarely able to lie on the left side; sometimes the pain is felt under the shoulder blade, and it frequently extends to the top of the shoulder, and is sometimes mistaken for rheumatism in the arm. The stomach is affected with loss of appetite and sickness; the bowels in general are costive, sometimes alternative with lax; the head is troubled with pain, accompanied with a dull, heavy sensation in the back part. There is generally a considerable loss of memory, accompanied with a painful sensation of having left undone something which ought to have been done. A slight, dry cough is sometimes an attendant. The patient complains of weariness and debility; he is easily startled; his feet are cold or burning, and he complains of a prickly sensation of the skin; his spirits are low; and although he is satisfied that exercise would be beneficial to him, yet he can scarcely summon up fortitude enough to try it. In fact, he distrusts every remedy. Several of the above symptoms attend the disease, but cases have occurred where few of them existed, yet examination of the body, after death, has shown the LIVER to have been extensively deranged.

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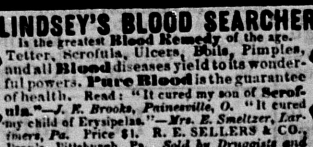
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