

" It seems to be the mission of one-halt of volvel by mental activity is recuperated only 'It seems to be the mission of one-hall of mankind to point out and disprove the mis-mankind to point out and disprove the mis-takes of the other half. One of the most ancient and time honored sayings, which has been repeated, parrot-like, until we have come to believe it true, is the one that ecome to believe it true, is the one that may not be the immediate cause of sleep. This theory have only to look at the work being done have only to look at the work being the blood; others declare cerean alterna theory by women for women, to see, without argument being necessary, that of all fallacies this is one of those farthest from the truth. The ready response and hearty co-operation of the women represented by the articles of the women represented by the articles of the women represented by the articles of a hearty meal, drain the system of a great area of a feeling of drowsiness. upon this page, is an added proof of this

Here we stand, shoulder to shoulder, upon the broad platform of usefulness to humanity, to bear the burdens, to cheer the desponding, to relieve the suffering of those who need us. We represent different schools of medicine, different creeds in religion, and different parties in politics, but we are one, in love to our kind, and the determination and prep--brighter and better. We do not talk much of our "rights;" we simply take them. It is very much easier, and has the advantage of conclusive proof of our position. It is much better to do a thing than to say you can do

fact.

We have no controversy with the men in the profession. They recognize the fact that of all places where women should be, it is in the professional ministration to her aex. As a rule, they are kindly and own aex. As a rule, they are kindly and courteous. They treat us like "men and brethran." To be sure we maet occasionally a Dr. Hammond, who assures us that we can never do the work of the profession, because there are "marked points of difference in the male and female brain." But the fact re-mains, that we are in the profession and doing the work-15,000 of us-and Dr. Spitka, the great specialist and suthority on analomy. doing the work-15,000 of us-and Dr. Spitka, the great specialist and authority on anatomy, eays: "No man living could distinguish the male from the female brain by post mortem examination." Then Prof. Bischoff of Mu-nich spent much time in this brain business. He said: "The brain of the average woman is smaller and lighter than that of the aver-age man; she cannot possibly, therefore, at-tain his intellectual level." But he died the other day at St. Bataraburgh. He was a man; she cannot possibly, therefore, at-his intellectual level." But he died the tain his intellectual level." But he died the other day at St. Petersburgh. He was a great and good man, but by actual weight "his brain was found to be lighter than that of the average woman." Thus another precious theory falls to the ground. There to be something necessary besides We call attention to the practical weight. subjects which have been chosen for this page. Our professional women might have paralyzed us by their scientific knowledge and technical skill. They have rather shown "usefulness"-and give plain, simple, helpfu helpful suggestions, which may be appropriated by

We thank them most heartily, and trust that this mutual interest for the mutual good, may prove to be an added "tie which binds."

HEREDITY.

From earliest times the doctrine of heredity has received attention, and now it is an accepted fact that each child inherits characteristics physical, mental and moral, from the parents.

This idea is not new to stockmen, who will not deal in inferior cattle or allow those of good pedigree to cross with poor, their idea being to produce a higher grade of stock which experience proves can only be by careful breeding. So patricians and those of royal blood will not allow inter-marriage with those in the lower walks of life. Is not the future of humanity of equal importance with that of our cattle, and should there not be as much interest manifested in the health of our children and garndchildren as is shown by breaders in their stock?

There are those who, knowing of latent There are those who, knowing of latent disease within themselves, have never mar-ried, but they are the exception. Diseases of the perents are perpetuated in their chil-dren and grandchildren, more especially where both have the same hereditary disease, as consumption, cancer, insanity and alcohol-tere

In one foreign country insanity is inherited as the parent and alcoholism is found more frequently in the second generation than the first. The more free from constitutional taint a child is, the less liable to contagion is he, and the less violent is the course of all acute a physician for some obscure trouble, he almost invariably asks questions concerning the family history, and bases his diagnosis prognosis and prescription thereon. We find that laws governing mental and moral characteristics are not less prominent than those relating to the physical. History furnishes us many instances of mental great ness perpetuated, as the Bach family, noted musicians through two centuries. But we also find through Galton, I believe, that mental greatness is not so liable to be perpetuated as moral depravity. Some families are prominent only by their lives of crime. The Max Jukes family is perhaps as well known as any of recent times. The family cost the state millior of dollars, and of the descendants during seventy-five years, 570 grew to be criminals and depraved characters, while 300 died prematurely. The case is recorded of a prominent business man, a wine drinker for many years, in perfect health, and still, in his family of eleven, five died young and six lived to become inmates of asylums. Perhaps the most terrible legacy to leave a child is an inherited appetite for strong drink, and that is what thousands of men do leave, and all they leave to their children. Heredity should certainly not be despised when we are responsible for posterity, and especially upon the young fathers and mothers does this depend. Some interesting facts were lately presented by a Pittsburg paper, showing the influence the work of the mother during pregnancy has upon the child. An Australian lady had three children. Before the birth of the first, a girl, the mother was obliged to sew and plan for herself. Before the second, a girl, was born her occupation was the study of literature and art, and before the third, a boy, her work was more mechanical. Each child showed a special adaptation for the work she performed before its birth. Another case, her friend, had four children who became prominent in ornithology, medicine, art and general housework, the work of the mother being along these lines before their birth. The boys and girls of today are developing into what their children will be, and can we not give them a little more education along Teach them God's plans conthese lines? cerning their physical bodies; answer them faithfully, lovingly, by beautiful illustrations Teach then self control, to live for others; teach them that bad habits, if formed while young will also be the habits of their children o cause them sorrow in after years-that the laws of God are fixed, and as He says He will "visit the injuity of the fathers upon the children unto the third and fourth gen raions," so it will be. Dr. Mary Wood Allen of Ann Arbor, Mich. written a pamphlet, "Child Confidence arded," that is instructive along this Rewarded. line and it should be read by every mother It is an "expose" of the erroneous ideas

fect case.

amount of blood and a feeling of drowsiness

amount of blood and a reting of drowsness it pectuary neight in diseases of women ensues, resulting in the desire for an after dinner nap. In all probabibility the phe-nomenon of sleep results physiologically from some stimulus imparted by the tired brain to the sympathetic system of merves that control the greater part of the circulatory apparatus, causing a contraction of the central ing pain. A very marked and thus disciplication of the central arteries and thus diminishing the supply of

blood to the brain. Before passing into this state of sleep the individual experiences a feeling of drowsi-ness, sluggish mental activity, muscular relaxation and diminution of the acuteness of the special senses till at last he becomes completely unconscious.

During the period of repose sleep varies in intensity, being deeper about two hours after the onset and uctuating between this and the state of waking in accordance with the influence of external and internal acute or

stimuli, When volition is suspended, preceding or following the period of deepest slumber, oc-cur the varied productions of the mind known as dreams, which are but the result of reflex stimulations of various origins and properly called "Creations of the mind."

That a dreamless sleep is the only physio-logical state of rest cannot be assumed, but stand the time and method of application. one of refreshing character is certainly that designed by nature, and is as essential to perfect health as proper food for baby growth or regular exercise for muscular development. The length of time a person can live without any sleep is estimated at three weeks, the same period that he may exist without food.

Normal sleep is modified by the influence of age, sex, individuality, and to some ex-tent by occupation, race and climate. In infancy, when the organism undergoes

ally, yet we should not expect this without most rapid development, from fourteen to sixteen hours a day are spent in sleep, but effort upon our part. We do not, as a rule find a strong, active mind in connection with as age advances the requirements are les-sened by the balance of the opposing forces, a frail, suffering body. Commencing with the teething period, we see the need of care and watchfulness in the waste and repair, till in adult life the natural rest covers a period of about eight hours and gradually shortens. flet. During the formation of the teeth the blood is robbed of much of its lime, phos phates and silfca, which go to form th

child wants it.

care.

Women need from one-half to one hour more sleep than men. Some people are so constituted as to require but six hours, while for others ten or twelve are necessary. People who drop off to sleep quickly and sleep soundly are capable of performing a greater amount of mental or physical labor than those who find it difficult to get to aleep and are awakened easily.

It is said that brain-workers as a class left to the taste and desires of the children. sleep less than laborers, and that among northern races and in colder climes sleep is as is too often the case. It is not a proof of love to give a child that which will do it harm. The 3-year-old, in his high chair sounder and of longer duration. No definite rules can be hald down to meet the requirements of all individuals, but throne, issues his orders right regally, "Dive me cake, dive me pia," and too often are from the analogy of the heart's rest we these commands obeyed. It is much better to keep him away from the family table especially is this true if he is not well. He reason that at least one-third of the time

should be spent in sleep. DORA M. JUDKINS, M. D. OUR INDIAN PALACE.

Yes, here we dwell in Indian town Of monstrous age, and great renown; Whose tragedies, if they were told, The world itself would scarcely hold. Our palace is a quaint old place— A palace scarce in it you'd trace. Its wails of brick, new brown and old With city smelle and Monsoon mould, Were r third once an orange hus, Bedecked with lines of brightest blue. For such is native taste you know, And Indian fash on has it so. A Purdah house- no window here. Through wh h God's meenight may ap-pear.

The steeping infant, no'er can feel A mellow radiance round it steal, As, through the lattice work at night, God sends His messenger of light,

ease were treated and not the disease it is as yet unsetted. One would suppose that applications were made to the seats of the seats of symptoms, instead of the seat of the disease, hence numerous blunders and fail-ures. Many of those early experimentors ways find it so; she is looked upon with suspice and it so; she is looked upon with suspicion and if she ventures among the would be exclusives and is approached frigidly or given the cut direct. New as the is her ex-The unlearned are sometimes given the cut direct. New as she is her exof medicine. of medicine. The unlearned are sometimes willing to tread where he who knows just enough to fear hesitates. It remained for the nineteenth century and the latter half of that to investigate and develop the uses of electricity as a remedial agent. We, in this age, only claim to be on the border-land. What power hidden away in this great field may yet be disclosed? Who can will and field agent best social position, who will appreciate her services. To all such she will give her hest skill and fullful attention. Jesloua of her

skill and faithful attention. Jealous of her colleagues? Never, unless they fail to come up to her standard of mental, moral and sci-

EMMA J. DAVIES, M. D.

FOODS FOR GROWING CHILDREN.

entific fitness. ELEANOR STALLARD DAILEY, M. D. HYGIENE.

"Hygiene is that part of medicine who object is the preservation of health. It embraces a knowledge of healthy man, as

Electricity is not a nanacea for all ills well as of the objects used and employed by him, with their influence on his constito which flesh is heir, yet it is indicated in a wide range of disorders. I have found it peculiarly helpful in diseases of women tution and organs."

I believe that the clearer the knowledge is, and the closer we follow the rules of health the surer the prevention of disease time treatments are being taken and they will be. It is certain beyond a doubt, that less misery, disease and death would mar our happiness if we would all live up to our knowledge of the required laws o nature, and not allow our mistaken notions ing pain. A very marked and permanent effect is improvement in sleep, after genand often our passions, to rule us.

In

exist forever.

the colleges.

something.

What are some of the hygicale measures to be considered? The rational and methoderal treatment. The immediate effects of general faradization are feelings of exhilaraion, relief of pain, drowsiness and increase | lcal use of food, clothing and of everything warmth of body, much the same as a coo essential to life, both in a state of health bath or brisk walk, only more lasting. It is often the case that the tonic effects are and disease. It is very often necessary to restrict the diet and through this measure felt more keenly after the treatments are prevent the development of disease, espe

abandoned, just as the tonic effects of a fally some of the postilential diseases. Two qualities must be considered in select-ing food. It must be nutritious and digestivoyage or a trip are not always appre ciated till the return home has been made and work again resumed. It is in the subble. The results of over-feeding infant discases that electricity form the leading factor in the great mor tality of children during the heated term Be careful, mothers and nurses, that the has its greatest field of action. Electric treatments in my opinion should always be given by one who understands the effects little ones have foods that are digestible. and causes of disease as well as the effects When discase comes from foods not prop of electricity. If given properly it is a very complex study. How, therefore, can an amateur or a novice be expected to undererly assimilated, the secreting glands ar sluggish and do not respond to hygienic measures. Close attention should be paid

to the clothing as well as the feeding of small children. The stomach and abdomen should be protected during the summer months the same as during other season of the year.

This subject is of the greatest importance Science is advancing step by step in all departments and the safeguards thrown out o mothers, or to any ong to whom is given by the boards of health in all the large cities and many of the small towns and the care of children. It must be carefully studied to obtain the proper knowledge of it. villages, if rigidly enforced, would in time deprive disease of its great supremacy. We desire the most perfect development of ur children, physically, mentally and mor-Physicians, and the people as well, should that the laws governing sanitation are enforced and insist upon the obedience of necessary requirements. In this way only can infectious diseases be stamped out. This great battle against disease consumes much of the thought and time of all con-scientious physicians, and it is only by living strictly up to the light which we have the subject of hygiene that we can look the for good and lasting results. We need the united efforts of all to help us. I believe teeth. Nature remonstrates against this loss in various ways, often by sores and eczema which will yield to no lotions, but disappear the great care taken two years ago pre when the lacking properties of the blood are vented this country from being invaded by supplied. As the child grows older the food should cholera. We should continue our vigilance the importance of which is better realized be selected by the mother with her best in-telligence and greater experience, rather than by physiciars than by any other class of people because it is the business of their lives to observe the natural history and cause of disease and we are all practically

agreed that health must come to the people who obey the laws of health. MARY J. BRECKINRIDGE, M. D.

REMINISCENCES. Would you like to know something of the

is not tempted by the sight of forbidde dainties or unsuitable food. One of th experiences of a lady physician in Nebraska nearly thirty years ago? Well, I can tell One of the great trials of the physician is the persis you of the times when in a city of seven or eight thousand people there was no such in giving forbidden food because the wants it. "A little fruit" or a "few thing as a hack or a cab to be secured and strawberries" may mean a fatal inflamma the state of the second no telephone to call one. No street cars either propelled by mule power or electri-city, had even been thought of. No gas lights, no electric lights, n opaved streets. But when called out at night, darkness and growth fo the body. Nature has furnished rough roads impressed one vividly with the this variety with a lavish hand. The whole animal and vegetable kingdom are before us for our intelligent selection. The nitrogenhardships of a physician's lift on the fron-tler. Many times has a farmer's wagon us foods contribute most to the growth of (and once a hay rack) driven to the door the body. Milk, cggs, rice, and other cereals are much superior to cat meal, which too often forms the breakfast of our children. Oat meal used continuously often causes Oat meal used continuously often causes eczema. If children from the age of 3 years would cat one graham cracker with each meal they would have strong and beau. the door. A man from the country ten or welve miles wanted the doctor to go imnediately with him. It is midnight ere they reach their destination. The physi-clan steps into the room where the sick lady was lying on the bed exhausted, more like a dead person than a live one. No many. experienced nurse is in attendance, in fact there is no nurse at all. Useless to medicine and leave directions with the fam-ily. The woman would be dead in a few ours unless she was properly attended to and cared for. There is nothing else for it, the doctor has to go to work save her patient's life, and so worked till daylight gratified then that the sick one appears to e out of danger, she is taken back to town again in the same elegant conveyance which had taken her out the night before. There is a hope on reaching home there will be a chance for a little rest after the arduous night. But no! Mr. T. has been valting for some time to see the doctor The baby has had a terrible spasm, and Mr. N's boy is very sick with laryngitis, and nust bo seen soon. The poor doctor, all tired out, scarce knows which one she ought to go to first. Mrs. N's family are very reliable patients. but the baby with the spasm may die it not attended to, so she makes her way to the poor man's house and treats the baby and gets away as soon as possible to see Mrs. N's sick boy, and he was sick indeed. his condition very dangerous. The doctor prescribes but cannot leave, for the anxious worn out mother is the only nurse there. After a while leave of absence is obtaine. and visit other a promise to re go patients of both. with with a promise to return as soon as possible. An hour's sleep is all that can be snatched from the busy day. return and in the evening the doctor returns Mrs. N's. The boy is still very sick, though there is some improvement. The family can not think of letting the doctor go, but insist that she must stay with them through the night, for their child is very precious to She may be able to get some sleep, them. but anyway they can't let her go. They would rather pay any amount of money. Sorry to say, when the bill was presented the money seemed so much harder to pay than it did that night. During that day ar fashion, eats three meals a day, is fond various patients had been visited and pre-of athletics and keeps in touch with the scribed for, besides many prescriptions were scribed for, besides many prescriptions were world mentally and physically. She is not quite perfect, this new woman, she is somewhat perturbed by the new stand are possibilities and responsibilities another country ride before her. Arriving another country ride before her. Arriving at the house the onor of onions and coffe natural law of individual differentiation, which will clearly outline her true status. Narrow, prejudiced, illiberal people do not like the new woman particulation of not like the new woman, particularly if she is a child of about 3 years was restlessly tossing ver the bed with blobd running from its nose and mouth. It was a most malignant efforts. case of diptheria and the child died before preparation for her work this up-to-date woman has come to stay, regardless of the opinion of those who believe that sex rather children were sick,... Medicine was left for children were sick. Medicine was left for them with directions at near midnight, the the individual. She discards all pathles, creeds and questionable methods, thinking only of an honest and honorable career. She does not parse as a natural born doctor, she Busy? well I should say so; sheep was nearly school out of the question and rest impossible. All came through but one boy of 5 years of age belonging to the same family where the first case was, and the doctor was grieved to lose a patient. I am afraid I will weary you with these commonplace difficulties of a physician's life



average mothers's child-teaching and should become as popular with the mothers "Coin's Financial School" is with the NETTIE H. MANN, M. D. fathers.

SLEEP.

"Sleep hath its own world, A boundary between the things misnamed, Death and existence."

betimes to keep Nor can you trace you the floor The shadowid pletures over and o'er, As through your vine-clad window p he soft, pale light steals in again The sort pair fight areas in again, To captivate your sense, and win The busy mind from thought of sin. No vine is here, no oak nor pine, Through which God's moonlight soft may shin

The dusty road before us lies. The dusty road before us lies, From which discordant sounds arise. The angry, tortured, helpless throng With step incessant march along— Jangling, walling, fighting, screaming— Scarce a moment intervining; Full of hatred, envy, malice; Thus they loiter by our palace. All day, all night, with hidcous sounds This marrow, dusty street resounds. Enter with me our palace door. You'll need to stoop the threshold o'er, If more than five feet tall you be, So low and small it is, you see. So low and small it is, you see, Those holes, punched through, admit the light, When noonday's sun is shining bright;

light, When noonday's sun is shining bright; Else all within were dark and drear, You scarce could find your passage here. Beware! don't miss your step. I pray, It is a narrow, broken way. Here, take my hand, I'll guide you right Into 'Our Palace' of delight, We've scaled the stairs without a fall, We've scaled the stairs without a fall, We've scaled the stairs without a fall, And here we're in our palace hall. Just tweive by twelve it measures quite, And seven feet space in loftlest height. The ceiling low your hand could reach; The floor is KACHHA, native speech. Six other rooms of equal size, Our strange old palace does comprise. The walls a yellow red appear, With many a scratch, and many a smear; And blackened places here and there, Betokening an illness rare, When light from wick and grease was given,

When light from wick and grease wa given, To guide the trembling soul to heaven— If ever such a place there be In thought of Hindoo or Parsee. Oh! wierd the thoughts that must arise, As these smutched places meet the eyes— Of births, and deaths, and iliness grave, With nome to succor, none to save. No one to breache a simple prayer, Commending all to Jesus' care, Pointing the weary soul above— No tongue to tell of pardoning love. A suffering creature on the ground, Whith laugh and jeer and cry and fight, Filling the hours of dreary night. The sick one, now, in throes of pain, Filling the hours of dreary night. The sick one, now, in throes of pain, Longs for the morning light again; But when it comes she sighs the more, To see the darkness gather o'er. Oh' who can guess the suffering seen These grave, old palace walls between? If they could speak, methinks they'd tell Of anguish equaled but in hel. But I have told you all I know— The same old history of woe, Which must be found in purdah home, If hovel, or if palace dome.

SALENI ARMSTRONG HOPKINS, M. D. ELECTRICITY AS A REMEDIAL AGENT.

The term electricity is derived from the Greek word meaning amber, because as the story goes Thales, one of the seven sages of Greece, first discovered the manifestation of this force by rubbing a piece of amber with a dry cloth. As long ago as the days of

Pliny necklaces of amber were worn for the sake of their remedial power. The early history of electricity and medi-

cine is shrouded in obscurity. It dates back to the mythical and legendary ages. It is said that ages ago the inhabitants of western Africa were accustomed to dip their sick in the waters where lay the electric fish. The magnet and its mysterious power was known to the ancients, although we do not know that they used it extensively to during the middle ages aroused considerable during the middle ages aroused considerable attention in this line. The first electrical machine was made in 1672, it consisted of a globe of sulphur turned on its axis by The magnet and its mysterious power nown to the ancients, although we do now that they used it extensively to women." Quackery is of two kinds. There Death and the second se chance to generate bodily strength and re-store mental vigor. All organs have a period of functional rest, while energy is generated to replace that pre-viously exhausted during the period of act-tivity. For illustration we will notice the action of the seafty which pauses one-third sum of these little intervals amounting to eight hours of rest in each twenty-four hours of time. The waste of nervous tissue and energy in-The waste of nervous tissue and energy in-

each meal they would have strong and beautiful testh almost without exception. A word of warning against the harmful practice of allowing children to take food between the regular meals. It will derange and weaken the most perfect digestion. In a family of six children, four of whom I have treated professionally, all are physical wrocks, nervous dyspeptics, to whom life is a burden. One of them told me that when a child a whole meal would often be made of mince ple. That was an example of the food they were all allowed to eat. I wish I could im press every mother with the importance of this subject. We hear much of dress reform We hear much of dress reform, but little of food reform. Let us, as mothers give this subject the study and attention which its importance demands, that as per fect as possible may be the setting of the priceless jewels of the souls entrusted to our 100 LAURA A. EDWARDS, M. D.

THE NEW WOMAN.

"The new woman is distinctly a nineteenth century product, a result of its necessities and civilization. She is not an example of atavic reversion, nor a sign of mental and moral decadence or retrogression as alarm-ists would have us believe. The right of an individual to do anything can be measured only by hip or her ability to do that thing well. If a woman practices law or medicine or any other vocation successfully, her right to do so is no longer a matter of question. It is claimed that the interest of other pur uits will lead the new woman to abando her natural vocation-that of bearing and rearing children. Does anyone seriously be-lleve that woman will ever forget the obligations of the heart? Is nature so easily hwarted? Because a woman's character has been ennobled and developed, her mind hwarted? rained and her best powers called forth by saiduous devotion to a noble calling it does not follow that she will not love and marry, but she will raise the standard of marriage and there will be less prostitution, both in and out of the conjugal relation. Physiologically the new woman is a vast mprovement over the other woman. She is

not a delicate, pallid, emotional, unknown quantity. She is a creation full of energy and decision. She takes systematic stock of ner vital capital and endeavors in every way o increase it. She lives in a hygienic, regufrighten her a little and she is acutely con-scious that the world is gazing at her with

practicing medicine, and lose no opportunity to decry her virtues and belittle her efforts. Conscious of superior training and thorough than ability should measure the rights of the individual. She discards all pathies, does not nauseate you with stories of a pre-coclous childhood wherein she dosed her dolls and evinced other phenomenal characteristics.

or I could tell so much more of cases of various diseases and many experiences, for the physician has to go day and night H. B. DAVIES, M. D.

Inherited and Prenatal Influence.

Heredity is defined by one writer as "That law by which all beings endowed with life tend to repeat themselevs in their descend-ants."

first regard of every government." "There are laws to protect animals, but no laws to protect the people." Nothing more true But people are not property and animals are, and it is a very superficial observer who does not know the relative value of life and property. Look at the sweat shop and child labor, the white slaves at Pull-man and Homestead, the mine disasters from insufficient protection to workmen. Remember the 100,000 who yearly go down before the protected liquor traffic; the boys stunted and men enervated through the cigarette trade; the licensed brothel, the average life of whose victims is but seven years, not to mention the disease handed down to the generations unborn; notice the cheerfully paid thousands to the lawyer who

has saved property to his client; but the physician who has spent sleepless nights and almost foodless days in the interest of his patient-who thinks of compensation upon this basis? Then when long years have been given preparation and service, when such burdens have been carried as only those it the profession can understand, the awful re-sponsibility of life which bring the early

then when, perchance for health or other reasons a change of location becomes de irable he finds all this counts for nothing. He is confronted by the "examning board. which is made up largely of political influ-ence, personal friendship, self-interest and ool prejudice. It is small wonder that self-respecting physician, conscious of his ability, declines to enter states having such laws, and it will be found today that some of these states are already beginning

to realize their mistake. "Let the health of the people be the first

hey are needed. Our medical colleges with their rights of

charter, their well equipped service and conorable men and women as teachers may safely be trusted with the interests of the We wish they had no greater dangers.

JNO. J. FREYTAG.