

BEAUTIFUL SNOW.

Beautiful snow! beautiful snow!
Falling so lightly,
Over the dwellings of lofty and low;
Homes are peering,
Cherishing the snow.

Beautiful snow! beautiful snow!
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The Sabbath Recorder.

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CONSUMPTION IN AMERICA—II.

By Dr. HENRY L. BOWEN.

WANT OF SUNLIGHT AS A PROMOTER OF CONSUMPTION.

It is hard to prove the direct agency of a want of sunlight in the production of consumption. Reasoning from analogy, however, we might infer that, as plants grow up thin and white and shrivel in quiet times, and die, so, under similar circumstances, the human being would suffer. But we see the evil influence on man caused by absence of the sun's rays, in the pallid and emaciated forms of many of the children of the poor, particularly of those living in the direct sunlight cannot enter. It is true that want of proper food, &c., must usually have their own specific effects conjoined with this. Nevertheless, to any one who has experienced the genial glow coming from the sun on an early spring day, little will be needed to see its strengthening power. All modern science tends to make the sun the centre of force and of life to vegetables and to man. The ancients knew better than we, for they had their solaris on the house-roofs, where they could enjoy in quiet times all the benefits of the sun's rays. We, on the contrary, often place our sick on the north side of the house, where the sun never enters; or perchance, if we have them in a southern room, we close all the blinds and curtains of its windows for the sake of quietness, thus robbing them of the sun's rays, and demonstrating that we think more of our fiery than of the health of our households. We believe firmly that to the influence of pure air and direct sunlight we owe a vast deal of our comfort, every-day health. Hence, in the treatment of our sick, we will endeavor to utilize these advantages. We have been told by some consumptives that one of the best prescriptions we have made has been their removal from a north room to the sunny south chamber. As we write two cases come to mind, strikingly illustrating the value of the sun's rays. One was attending at an orphan asylum, a girl about twelve years old, who had been long ill of severe typhoid fever. She was wholly prostrated in mind and body, and emaciated to the last degree. It was plain that she was falling into the hands of the angels, and the powers of life that at once precedes consumption. Day after day we visited her, but all recuperative power seemed lost. Half dead and alive, the little creature neither spoke nor moved, and ate only on compulsion. One day, on our way to visit her, we passed a little way from the warm rays of the sun in the early cold weather of spring. We involuntarily leaped along, and were instantly struck with the fact that "virtue had gone out of us" when we left behind us the sunlight and warmth of the sun's rays. We entered our northern chamber, the dormitory of the orphan. That inspiring influence the invalid had never experienced in the slightest degree during the whole of her sickness, as, owing to its peculiar situation, not a ray of direct light had ever entered the chamber. We went to the end, and for the first time considered the depth of her loss, and our own remission in regard to her. The air of the room had been pure, the ceilings of the infirmary were lofty, and the attendants were kind and warm. Nothing seemed lacking, in fact, to restore health. Yet it did not come. On the contrary, there seemed a constant downward tendency. "A sun-bath in the warm rays of this delicious spring day is what the girl needs," we instantly said to the superintendent, and he immediately consented to the change, and placed the little patient in another room having a southern aspect, and consequently filled with sunlight. The invalid immediately recognized the change, and she regained her strength, to have the curtains closed, so as to let in the full blaze of the light. Soon she wanted to sit up, and declared that the easy-chair, in which she was propped, should be so placed as to allow her whole body below her face to be exposed to the direct rays of the sun. It was the natural tendency of disease, seeking for all life-renewing influences. And we have never met with so marked or so rapid improvement as immediately began in the body and mind of the girl. Appetite and strength increased, and with them went out again all the joyousness of the child's heart.

Another analogous case, which, although we do not demonstrate by it the influence of the sun alone, we cannot forbear to name, because by such examples we impress perhaps more upon the mind the great principles underlying the whole question. A lady aged about thirty, resident in the northern part of New England, consulted us for undoubted tubercular disease of the lungs. Her house was well situated, and on the side towards the south were two small piazzas raised on stone steps, which were raised two or three feet above the ground. The winter was approaching and rules were to be given. Having full faith in these divine influences of pure air and sunlight, we directed her to have the curtains of the piazzas drawn during the winter, unless it were too stormy. It was so arranged as to shut out the cool air on three sides, and to admit the full blaze of sunlight in front.

lung disease have a difficulty of breathing when in a room thus warmed. By ordering their removal, and by opening the chimneys, relief more or less marked has always been immediately obtained by our patients. A certain freedom of breath has been restored to them, which they did not have while the stove contaminated the air with its noxious vapors. Hence, we have arrived at the conclusion that this must be our first object in the treatment of any pulmonary difficulty. It is next in importance to exercise in the open air.

WANT OF GOOD FOOD AND OF PROPER DIGESTION BRING CONSUMPTION.

Consumption literally means a want of proper nutrition. Hence it is evident that, if good food be not given, evil will be the result. Usually, the influence is seen in connection with the food. Deliberate agents are ready spoken of, such as location, contagion, the hereditary nature of the disease, and bad air and confined employments, so that it is hard to eliminate this cause from many of our cases. But by the following statements our readers will, we hope, be convinced that want of good food is not to be neglected as one cause of consumption.

WANT OF PURE AIR A PROMOTER OF CONSUMPTION.

We mean by this, not only air uncontaminated by distinctly unpleasant and noxious odors, but all air which, whether perceptibly bad or not, has lost the necessary elements for perfect health. Understood in this way, how few houses in modern times, especially in winter, nay, at all seasons, save in the warmest weather of summer, present the requisite amount of pure air for those who live in them. In this respect, we are infinitely poorer than our ancestors. We contend that, if it be possible, no person ought to breathe a second time the air that has once expired. Look at what occurs at each act of inspiration. The oxygen of the inspired air is partly absorbed into the system, and partly exhaled, and carbonic acid gas, useful to plants, but deleterious to man, is returned in expiration. If, therefore, we should definitely close up a room, and put a certain number of persons in it, without allowing any fresh air to enter, in a few days all of them would soon die of actual suffocation, or he at least would seriously ill, simply from breathing of such air. If more time were used, and a little pure air only occasionally were admitted to the apartment, a person of the inspired air is partly absorbed into the system, and partly exhaled, and carbonic acid gas, useful to plants, but deleterious to man, is returned in expiration. If, therefore, we should definitely close up a room, and put a certain number of persons in it, without allowing any fresh air to enter, in a few days all of them would soon die of actual suffocation, or he at least would seriously ill, simply from breathing of such air. 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Miscellaneous.

I had heard from time to time, during the winter, of a very wonderful canary bird in the possession of Herrin Professor...

On being admitted I was ushered into an apartment which led into a second room, where I was received politely by the lady of the house...

That is the little wonder, if you will have it investigated, you will find that the apartment which in pitch and quality I judged to be that of a child of from two to three years old...

But all speculation was suddenly cut short and all doubt suddenly dispelled, when the door opened, and the bird spoke—spoke as distinctly as I or any naturally articulate individual can.

I stood for one half hour in speechless astonishment, listening to this diminitive chatterbox, who seemed to take a true delight in showing off before me every art of which he was possessed...

How to MAKE COFFEE.—Mrs. Kate Hunnabee, whose diary is published weekly in the "Heart and Home," gives us many valuable hints.

THE YOUTH'S COMPANION, A WEEKLY PAPER FOR YOUNG PEOPLE AND THEIR FAMILIES.

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OUR GOLD PROSP. The Round Table has an interesting summary of the findings of our gold and silver mines during the year 1868.

WOODEN CAR WHEELS.—The Hudson River Railroad Company has recently placed twelve of the Mansell wooden car-wheels on their drawing-room car.

ALLEN'S LUNG BALSA M. A physician who has failed to cure his patients should try this medicine before they give up.

ODDS AND ENDS. General Grant is 47, and Mr. Colfax is 43; Andrew Johnson is 51; Mr. Seward is 60; Mr. Schiefelbusch is 58; Mr. Welles is 67; Mr. McCulloch is 58; Mr. Randall and Mr. Browning is 59; Mr. Wade, the President of the Senate, is 69; Senator Sumner is 58, and Senator Trumbull is 56.

ADD TO A POUND OF BUTTER, warmed so as to be of the consistency of cream, a pound of loaf sugar—sifted; beat them well together; then add nine eggs well beaten to a froth, and mix thoroughly.

WASH AND CLEAN six or eight heads of green celer; let them be about three inches long; boil tender, and pour off all the water; beat the yolks of four eggs and mix with a pint of cream, mace and salt; set it over the fire with the celer, and keep shaking till it thickens; then serve hot.

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