The Bloomfield Gimes.

Tuesday, July 23, 1873.

FARM AND HOUSEHOLD ITEMS

We invite communications from all persons who are *interested in matters properly belonging to this department.

Milk as Medicine.

The London Milk Journal says, on the authority of Dr. Benjamin Clarke, that in the East Indies warm milk is used to a great extent as a specific for diarrhosa. A pint every four hours will check the most violent diarrhoa, stomach-ache, incipient cholers, and dysentery. The milk should never be boiled, but only heated sufficiently to be agreeably warm, not too hot to drink. Milk which has been boiled is unsit for use. This writer gives several instances to show the value of this substance in arresting this disease, among which is the following. The writer says: "It has never failed in curing in six or twelve hours, and I have tried it, I should think, fifty times. I have also given it to a dying man who had been subject to dysentery eight months, latterly accompanied by one continual diarrheea, and it acted on him like a charm. In two days his diarrhoa was gone, in three weeks he became a hale, fat man, and now nothing that may hereafter occur will ever skake his faith in hot milk. A writer also communicates to the Medical Times and Gazette a statement of the value of milk in twenty-six cases of typhoid fever, in every one of which its great value was apparent. It checks diarrhoa, and nourishes and cools the body. People suffering from disease require food quite as much as those in health, and much more so in certain diseases where there is rapid waste of the system. Frequently all ordinary food in certain diseases is rejected by the stomach, and even loathed by the patient, but nature, ever beneficent, has furnished a food that in all diseases is beneficial-in some directly curative. Such a food is milk. The writer in the journal last quoted, Dr. Alexander Yale, after giving particular observations upon the points above mentioned, viz. : its action in checking diarrhoea, its nourishing properties, and its action in cooling the body, says "We believe that milk nourishes in fever, promotes sleep, wards off delirium, soothes the intestines, and, in fine, is the sine qui non in typhoid fever." We have also lately tested the value of milk in scarlet fever, and learn that it is now recommended by the medical faculty in all cases of this often very distressing children's disease. Give all the milk the patient will take, even during the period of greatest fever ; it keeps up the strength of the patient, acts well upon the stomach, and is in every way a

Be Always Neat.

blessed thing in this sickness.

Some folks are very charming at evening parties but surprise them in morning when not looking for company, and the enchantment is gone. There is good sense in the following advice to young ladies :

Your everyday toilet is part of your character. A little girl who looks like a "fury" or a "sloven" in the morning is not to be trusted, however finely she may look in the evening. No matter how humble a room may be, there are eight things it should contain ; a mirror, washstand, soap, towel comb, hair brush, nail brush and tooth brush. These are just as essential as your breakfast before which you should make good use of them. Parents who fail to provide their children with such appliances not only make a great mistake, but comunit a sin of omission.

Gook tidy in the morning, and after dinmer work is over, improve your toilet. Make it a rule of your daily life to "dress up" for the afternoon. Your dress may or need not be anything better than calico, but with a ribbon or some bit of ornament you can have an air of self-respect and satesfaction that invariably comes with being well-dressed.

A girl with fine sensibilities cannot help Teeling embarrassed and awkward in a ragged and dirty dress, with hair unkempt, should a stranger or neighbor come in. Moreover, your self-respect should demand the decent apparreling of your body. You should make it a point to look as well as you can, even if you know nobody will see you but yourself.

13 The Rockford (Illinois) Journal says: "During the season of 1871, Mrs. S. C. Wilder, of Harlem, made and sold, from three cows, a little over six hundred pounds of butter, besides having sufficient milk and butter to supply a family of three persons all the time, and five during the busy season of seeding, haying and harvest.
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