

NURTURE.

THE conditions influencing nurture are more far-reaching than is generally supposed, and are not confined in their operation to physical effects alone, but influence the temperament, the character, and the dispositions of animals and this to a remarkable degree. The subject is interesting from every point of view.

A remarkable example of the effects of the quality of food upon the physical development is met with in the honey-bee. Sir William Roberts says, "It is well known that, when by some untoward accident a hive loses its queen, the community have the power of providing themselves with a new queen. This is effected in the following manner: They take one of the ordinary neuter eggs, which in the ordinary course would produce an imperfect female, or worker bee, and place it in a peculiarly shaped cell, and feed the larva when hatched with a peculiar kind of food which bee-keepers term "royal jelly." The ordinary worker larva only gets one meal—its first—of this dainty, and is afterwards fed with some coarser stuff, but the intended queen is fed throughout her larva-ship with "royal jelly." The consequence of this difference of diet is that the larva so fed arrives quickly to maturity, and instead of turning out a neuter, turns out a fertile, or queen, bee.

Darwin, in his work on "Animals and Plants under Domestication" (vol. ii. p. 269), says, "It is well known that hemp-seed causes bullfinches and certain other birds to become black. Mr. Wallace has communicated to me some much more remarkable facts of the same nature. The natives of the Amazon region feed the common green parrot with the fat of large *Siluroid* fishes, and the birds thus treated become beautifully variegated with red and yellow feathers. In the Malayan Archipelago, the natives of Gilolo alter in an analogous manner the colours of another parrot, namely, the *Lorius garrulus* (Linn.), and thus produce the Lori Rajah, or King Lory. These parrots in the Malay Islands and South America, when fed by the natives on natural vegetable food, such as rice and plantains, retain their proper colours."

Again an authority says, "Experience has taught trainers that the vital habits and qualities of horses and dogs are considerably modified by the nature of their food. The characteristics of each strain are transmitted by heredity, but in order that they may be maintained in perfection, the offspring must be fed with appropriate food. Trainers will tell you that the hunter and the draught horse require to be fed differently. . . . The hunter is fed on a concentrated and stimulating form of food, chiefly on the heaviest and most expensive oats, which is practically the beef of the vegetable feeders; and, unless he is so fed, he will not perform satisfactorily in the hunting field. The draught horse is fed on a lower and less stimulating diet—on Indian corn and chopped hay—food which tends to increase bulk and weight."

Beef and mutton are required for the coursing greyhound, oatmeal and weak broth for setters and harriers, slow-going dogs.

Probably nothing contributes more to impart great momentum than meat, and indeed, high feeding sometimes appears in certain families to be indispensable to the production of genius. Roberts shrewdly observes:—"It is remarkable how often we hear of eminent men being troubled with gout, and gout is usually produced either by personal or ancestral high feeding." In this connection it may be recollected that the consumption of meat per head per annum is estimated at 136 lbs. in England, 46 lbs. in France, 35 lbs. in Prussia, and 84 lbs. in Belgium. It is larger in

cities than in rural districts, and is largest of all in London.

The ancient physicians maintained that they could, with diet alone, make a man mild or vicious, calm or irritable, &c. Most people know something of the effects of under-feeding or low feeding, and high feeding or over-feeding. A consultant remarked the other day, "I could produce dyspepsia in any body." Sydney Smith averred that a bit of cheese had broken the friendship of years. The devil has been said to be simply dyspepsia, and the origin of sin has been attributed to the liver. Scurvy, rickets, scrofula, infantile wasting, and consumption are undoubtedly conducted to by improper food. Every organism is dependent for perfect health upon the kind of pabulum received. How great and important, then, must be the influence of feeding in disease.

The eaters of oil in cold climates enjoy an immunity from consumption, and it has been found that, for persons suffering from the disease, there is nothing half so beneficial as cod liver oil, uniting as it does a food and a medicament in one. This should not, however, be taken plain or in emulsion—any more than butter should be taken without bread—but, blended with some other food, as in the Kepler Solution of Cod Liver Oil in Extract of Malt. The influence of this on rickets and scrofula, of milk in Bright's disease, of the grape cure, of malt-foods (such as Kepler Malt Extract in dyspepsia), and of foods peptonized with Fairchild Peptonizing Powders in gastric and other troubles, are a few instances of the effects of foods in disease.

COLDS AND ALLIED TROUBLES AND HOW TO CURE THEM.

THE catarrhal conditions of the nose and throat may be satisfactorily treated by insufflations, inhalations, and gargling. If there be apparently an excessive secretion of mucus, and an irritable condition of the mucous membrane, a Naso-Pharyngeal Tabloid dissolved in half a wineglassful of tepid water may be sniffed up the nostrils or be employed for gargling the throat. In addition to this treatment, a Chlorate of Potash or Voice Tabloid may be allowed to dissolve slowly on the tongue.

Inhalations of volatile medicaments, menthol, eucalyptia, or pinol, may be taken by using the Menthol Pocket Inhaler of Burroughs, Wellcome & Co. This consists of a tube filled with absorbent material contained in an outer metal case. The medicament to be inhaled is poured upon the absorbent medium, and then the patient takes deep inspirations of air from the mouthpiece of the Inhaler. In so doing, air is drawn through the inner tube and becomes saturated with the inhalant, so being conveyed into the respiratory passages and air cells of the lungs.

For nasal inhalations the end of the tube is placed just inside the orifice of the nostril, the opposite one being closed by pressing with the finger, and inspiration is taken which will draw up a quantity of the vapour, and which acts directly upon the inner membrane of the nose.

Bilious chills may develop ultimately a very irritable and distressing cough. For the treatment of these, there is nothing better than an occasional Ipecac. Tabloid, one-tenth of a grain, and a little Linctus composed of equal parts syrup of tolu, paregoric, and oxymel of squills. We trust, however, that the experiences of our readers will not be of an uncomfortable character. Should they, however, be led into indiscretion either in diet or bibulation, or be unfortunately subject to a bilious chill, they will find the foregoing remarks and suggestions well worthy of their attention.

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