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GOOD HEALTH

A MONTHLY JOURNAL OF HYGIENE DEVOTED TO PHYSICAL AND MENTAL AND MORAL CULTURE.

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Volume XXIII. Number 1.
BATTLE CREEK, MICHIGAN. JANUARY, 1888.

THE NOSE AND ITS USES.*

LADIES AND GENTLEMEN: It is my purpose to begin this morning a series of lectures on the subject of acute nasal catarrh,—its nature, symptoms, causes, consequences, prevention, and successful treatment. The increasing prevalence of this disease, the common impression that it is incurable, and the personal experience which many of you have had with this malady, assures me that the subject is one in which you will be interested. I shall endeavor to present this subject, as is my custom in all medical talks before an unprofessional audience, in such a way as to make it comprehensible, and so far as possible, interesting, to those who are not versed in medical lore, and shall make use of no unnecessary technicalities. I hold that the laity have a right to as much medical knowledge as they are capable of comprehending and can make valuable use of. The medical profession is, or at least should be, the most thoroughly philanthropic of all professions; and from my standpoint, it is the duty of a physician to diffuse as widely as possible such information, which he may gather by study and observation, as will be of service to the public in the prevention of disease and consequent suffering; and so to warn the ignorant respecting their dangers and liabilities, as to lead them to pay proper regard to the laws of health. Doubtless a vast deal of harm has come by the extensive use of various bad nostrums recommended in flaming newspaper advertisements for the treatment of nasal catarrh. All intelligent physicians condemn these remedies, and yet it seems hardly consistent to make a wholesale condemnation of this sort without offering something better by way of contrast. To accomplish this is one purpose of these lectures.

Nevertheless, I wish to clearly state at the outset that it is no part of my purpose to convey to any one the impression that nasal catarrh is a malady so simple that, by means of a few written or printed directions, every person can become thoroughly competent to treat it successfully. I am certain that any one who carefully follows me in the discussion of this subject, will defend me from the imputation of any such purpose. It is true, however, that a large part of the treatment of nasal catarrh is of such a character that it may be satisfactorily carried on by the patient himself; and in many cases, especially those in which the disease is still in its infancy, the faithful employment of such measures of treatment as the patient can himself administer with efficiency, may secure the most satisfactory results. An important purpose of my presentation of this subject shall be to communicate to you such information concerning this malady as will give you a just appreciation of its gravity, and will impress upon you the importance of consulting for the relief of its

*A Lecture delivered by the editor in the Sanitarium Parlor, Battle Creek, Mich.

graver forms, not the advertising or traveling quack, no matter what his pretentions as a specialist, but a well-informed, reliable physician, who has given to this subject special attention, in connection with a thoroughly scientific medical education. It is certainly important that the public should know that chronic nasal catarrh involves conditions which require the most careful and skillful surgical attention, and cannot be cured, and in many cases not even temporarily relieved, by any other measures whatever.

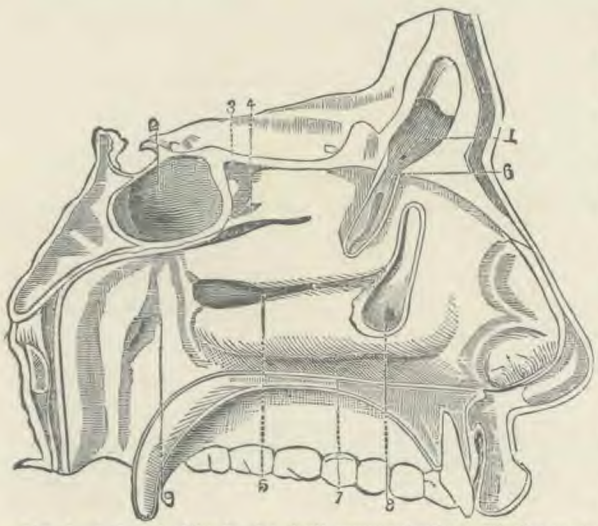

Fig. 1.—1, 2, 8, Cavities in the skull communicating with the nose; 4. Upper passage; 5. Middle passage; 7. Lower passage; 9. Mouth of Eustachian tube, leading to the ear.

But before we can undertake to study this disease understandingly, we must become somewhat familiar with the most important features of the structures involved in it. That portion of the face which we call the nose, is really the most insignificant part of this important organ. To get anything of an idea of the nose proper, or of its most essential parts, we must take a peep inside. This we are able to do by means of a strong light and various instruments, specula, mirrors, etc. But as we have not these conveniences at hand, we may obtain a fair idea of the territory to be examined by means of this chart. [See Fig. 1.] Here we have an inside view of the nose, such as would be obtained by dividing the head perpendicularly, exactly in the middle line of the face. Looking at the cut surface of one half, we will notice first a large cavity in the skull, which contains the brain. In front and beneath this, we see another large cavity nearly divided into two parts by the roof of the mouth and the soft palate. The lower portion of this cavity, or, as we may now say, the lower cavity, is what we are familiar with as the mouth. The upper cavity is known as the nasal cavity, which from its more hidden position is less familiar to us. Please observe that it is nearly as large as the mouth, and freely communicates with the back part of the mouth through a space beneath the soft palate, the pendulous continuance of the roof of the mouth at its back part. Please observe the considerable extent of the nasal cavity. Also notice that the interior surface is largely increased by three scroll-shaped projections standing out from either side. They are placed a little distance apart, thus forming three horizontal canals on each side of the nasal cavity. Next, I will call your attention to the fact that the nasal cavity is divided in its forward, or anterior, portion by a partition, or septum, which can be easily seen and felt through the external opening of the nose. This partition extends backward about half-way to the back side of the nasal cavity. It is mostly composed of bone; but the front is a flexible cartilage, which gives to the end of the nose its flexibility, and prevents many serious injuries which would otherwise result to this projecting portion of the features.

The back part of the nasal cavity is regularly dome-shaped, its floor being formed by the roof of the mouth and the soft palate. Its back wall is continuous with the back of the mouth, with which, as before remarked, it freely communicates through the opening behind the uvula and the soft palate. Having now obtained a pretty good idea of the general form of the nasal cavity, let us observe that it is lined throughout with a delicate mucous membrane similar to that which lines the

mouth. In health, this membrane is of a pink color, closely resembling the color of the lips. In disease, it becomes very greatly changed. In health, the mucous membrane is also often found to be constantly moist. This moisture is derived from several sources; first, certain little glands corresponding to the glands of the skin, which produce sweat, or perspiration. Some of these pour out from the mucous membrane a slightly viscid fluid; others produce a thin, watery, or serous, fluid. Still another source of moisture is the tears, or lachrymal secretion from the eyes, which constantly pour down into the nose through the little bony canal which communicates with the eye at its inner corner. Lastly, moisture from the expired breath is constantly deposited in the nose, which being nearer the outside of the body is of a lower temperature than the inner recesses of the lungs, from which the breath escapes.

The Pharyngeal Tonsil.—At the top of the dome-shaped back portion of the nose is found a conspicuous collection of glands, by which a considerable quantity of secretion is formed. These glands extend down upon the back side of the nasal cavity nearly to a level with the roof of the mouth. Everybody is familiar with the fact that we have two tonsils in the throat. Tucked away in this hidden recess of the head is a third tonsil. The collection of glands just described is called the pharyngeal tonsil. It derives its name from its position. The back part of the nasal cavity is sometimes referred to in connection with the rear portion of the mouth, the two cavities together being termed the naso-pharynx. I believe it important that you should be made acquainted with the pharyngeal tonsil, for the reason that it is an exceedingly troublesome part of one's anatomy, and in a diseased condition is responsible for a very large share of the inconvenience experienced by persons suffering from catarrh.

The main object in supplying the mucous membrane of the nose with moisture is to enable it to add moisture to the air drawn into the lungs through the nose, which is ordinarily drier than the air which escapes from the lungs. If no prevention of this sort were made, the process of breathing would remove moisture from the body much too rapidly, and the mucous membrane lining the lungs would be dried to such an extent that it could not perform its work of purifying the blood from poisonous gases. It is interesting to note the ingenious economy which nature practices in saving for this purpose the tears, which have first moistened and lubricated the eyeball in its movements beneath the lids, and further in throwing out into the cavity the numerous shelf-like projections against which the warm, moist air from the lungs impinges in its passage outward, thus facilitating the condensation of the moisture, so it is again taken up by the incoming air, which is thereby moistened and rendered more agreeable by contact with the delicate lining membrane of the lungs. The wise purpose of the numerous scroll-shaped projections along the side of the nasal cavity is also apparent, as by this means a larger evaporating surface is secured.

Another useful purpose is also accomplished by the bony projections referred to, in that they present a large surface covered with mucous membrane, which is densely crowded with blood-vessels, through which the warm blood is rapidly coursing; so that the external air, which is ordinarily of a much lower temperature than the interior of the body, is warmed in its passage toward the lungs. Nature seems also to have wisely calculated the proper size for the passages through the nasal cavity, so as to properly regulate the tide of air which is constantly made to move in and out like the bellows-like action of the lungs.

The Nose as a Strainer.—A close inspection of the external openings of the nose will reveal the fact that just within the outer edge of each opening may be found a collection of short hairs, the evident purpose of which is to act as a strainer, to prevent dust, insects, and other foreign matters which may be suspended or moving in the air, from entering the nasal cavity and the lungs.

—Work is a good medicine.

HYGIENE IN EQUATORIAL AMERICA.

BY PROF. E. M. BRIGHAM.

ONE of the first observations of a traveler on the Amazon is the special poverty of man's display, where nature's pageant is most regal.

As our ship was ploughing into the mouth of the great river, the forests of the islands and the margin were so dense and rampant in their thousand tropical greens, that they seemed to float on the surface of the brown water. The scene was one of water and leaves. There was no visible landscape,—no place whereon, in the Irishman's phrase, "the hand of man could set foot." Everywhere, as if against invasion, nature had reared her fortifications of leaves; and I was curious to witness with what success man had attacked them.

In a few hours we reached Para, where I left the steamer, to spend a short time in the Amazon's metropolis. Under the awning of the hurricane-deck, in the breeze created by the motion of the steamer, the temperature seemed moderate; but as soon as I stepped on land, I began to realize all the effects of a combined sun and vapor bath.

The Amazon carries the equator in its mouth; and Para is only a little more than one hundred miles from the line. Accordingly, the sun looked not upon the earth in a tangent, but glared perpendicularly upon it with a multiplied fervor, and seemed to have dropped to half his former height to give special attention to the very top of my head. There was no shady side of the street, no friendly shadow anywhere. The heat beat back into my face as though I walked upon an oven. This is Sol's regular initiation for all visitors to the Amazon. But he soon relents. In a few days he tempered the air as agreeably to me as to the natives. But he always requires those who wear shoes and a starched shirt to walk under the shade of a silk umbrella. The better class of Paranese never venture on the street without their *chapeos de sol*, or sun-hats, as they call their umbrellas; and at midday all who can do so, take to their hammocks for a more or less prolonged *siesta*.

From my hotel I saw the forest standing like a green wall at the end of the street, and in my walks, found it encroaching on all sides as though begrudging the inches man had appropriated—as if ready to rush in and re-occupy the city's site. There were no bordering farms or gardens. Here and there a foot-path wound into the forest, making a tunnel through the dense foliage. I often followed these paths. Some I traced into the dark, dark fastnesses, and watched the half-nude, clay-bedaubed rubber-gatherer as he prowled from tree to tree. Other paths branched into the forests where the Assai Palm abounded. The natives hunt this palm for its fruit, which hangs like a cluster of grapes, a yard in length, just beneath a crown of graceful leaves. The trunk of this tree is about five inches in diameter, smooth and branchless, and like the majority of palms, of equal size the whole height. It is often eighty feet tall; and as the fruit grows at the very top of the trunk, it would be extremely difficult to obtain without the device which the native employs. He forms a band of the tough leaf-stalk of the Assai; and by encircling his feet with this, he is enabled to clasp the trunk securely and obtain the fruit with comparative ease.

On others of these forest paths I would find a hut, and perhaps a little garden besieged by an army of weeds. Sometimes the only cultivated plant to be seen would be a pepper bush or a cotton bush. Around other huts there would be a cluster of banana plants, a few pine-apples, and a patch of mandioca. The last-named plant produces a fruit from which a substitute for bread is made. In different parts of the city there were a few gardens somewhat better attended, but the total space occupied by gardens for the 80,000 to 100,000 inhabitants would be insufficient for a North American city of 10,000.

Occasionally, there may be seen in the grounds about a residence, one or more kinds of fruit-trees and the banana plant; but little of this fruit ever reaches the market. Potatoes, cabbages, and grapes, in small quantities, are imported from Europe. Beans, rice, peas,

and flour are also imported—the last from the United States, *via* Baltimore. All except the flour could be produced on their own soil. From baskets carried on their heads, the bakers peddle little puffy rolls of bread so small that one could be hid in a coffee cup.

I often visited the central market, which occupies one entire square near the river. On entering the market, one looks down a court, on each side of which are two rows of meat stalls. Next to meat, the article most conspicuous is tobacco. This comes to market in spindle-shaped rolls a yard or more in length, and wound with rattan. Most of it is sold in this form, but the more industrious dealers occupy their time between sales in shaving the roll preparatory to the manufacture of cigarettes. In one corner of the building, farina was being sold in baskets of thirty-two pounds each. In another corner I saw the women preparing and dispensing the fruit of the Assai above described. The thin pulp is grated, and washed through a sieve, then sweetened and drunk from calabashes. I found the drink rich and refreshing.

In the fruit and vegetable stalls were bananas, plantains, oranges, limes, pine-apples, mangos, attas, ingas, guavas, cajus, radishes, cucumbers, egg-plants, melons, and pumpkins. Excepting the last five, all seemed faultless as to quality; but the quantity, though equal to the demand, was contemptibly small.

I was much interested in inspecting the groceries, the number of which may be imagined when I say that there is hardly a corner of a square, except in the very center of the city, which is not occupied by one. I found the greater part of their stocks to be in bottles, cans, casks, and demijohns. At first glance one would think he had strayed into an unalloyed grog-shop. There were no vegetables, save a string of braided garlic, and now and then a crate of worthless potatoes from Portugal. There was an equal paucity of fruit, the stock never being more extensive than a bunch of bananas and a basket of limes; and I have often gone from corner to corner and square to square, searching in vain for even these.

From the frequency of sales, I at first

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thought these corner grocers to be driving a very lucrative trade; but I soon found that the purchases were in bits and pinches, the majority ranging from one to four cents' worth. The people live from hand to mouth.

The articles most in demand are coffee, sugar, sweet-oil, cachoca (native rum), tobacco, and soap. The use of comparatively large quantities of soap by a people who have little idea of cleanliness as a sanitary measure may more appropriately be explained in another paper.

Below the city, on the bank of the river is the slaughtering house, controlled by the municipal government, where large numbers of cattle are slaughtered daily. Most of these cattle are brought in small vessels from the pampas, or prairies, on the great island of Marajo, twenty miles distant. I spent several weeks on this island, and though for several days the guest of a wealthy cattle-owner on the border of prairies of everlasting verdure, not an ounce of milk did I see, nor could an ounce be had, and native butter is unknown. Cattle are kept solely for beef, and even beef qualities are not cultivated, the breed being degenerate and dwarfed.

In the city a little milk is used, but it is mostly the condensed article in cans, and comes from France. A Para milk-man pastures his cows on the back streets. Early in the morning, he goes his rounds driving from one to three cows with their muzzled calves tied to their tails. Bells on the cows' necks announce their coming. The man carries a "nest" of cans, ranging in capacity from a gill to a pint. While the customer waits, he milks the desired quantity, which though usually less than a pint, has unquestionably the excellence of real milk. Much more milk would doubtless be used, were it not for the prevailing belief that it engenders fevers.

Sufficient beef from the municipal slaughtering establishment goes to the central market to occupy half the space of the provision stalls. There are also, scattered about the city, minor meat markets, where choice meat is sold till noon, when the dealer blows a trumpet,—a stone bottle with the bottom knocked out,—announcing to all within a radius of several squares that cheap meat is for sale. Then the poor come to purchase what remains after the stock has been culled. All must be disposed of quickly, for in that climate it perishes in a few hours. Besides these regular dealers, there are numerous perambulating venders of meat,—scrap-men, with wheelbarrows, who begin their rounds long before sunrise, with such inferior parts as heads, tails, feet, lungs, kidneys, intestines, and the like. Everything from hoofs to horns is eaten. The character of this stock is at any time disgusting to the eye, and often becomes equally so to the nose before being sold out; but even from this corruption there is only a slight residue for the waiting vultures. Besides the beef and considerable quantities of mutton, pork, and fowl, there is a less constant, but more limited supply of game, consisting of turtles, iguanas, armadillos, deer, pacca, agoutis, etc.

From the slothfulness of the people, and their highly concentrated food, with its accompaniments of strong liquids, oil, scalding peppers, and sweetmeats, the hygienist will infer most pernicious effects. The beri-beri,—a strange and fatal paralysis,—yellow fever, leprosy, liver disorders, and general cadaverousness are but the legitimate results of these vitiating habits. It is a common and accepted saying, that "In Para the way to death is short."

(TO BE CONTINUED.)

GINGER-DRINKING.

A PECULIAR kind of dissipation known as "ginger-drinking" is becoming quite prevalent in some of our large cities. A correspondent of the *Brooklyn Citizen* writes upon the subject as follows:—

"The article used is the essence of ginger, such as is put up in the several proprietary preparations known to the trade, or the alcoholic extract ordinarily sold over the druggist's counter. Having once acquired a liking for it, the victim becomes as much a slave to his appetite as the opium-eater, or the votary of cocaine. In its effect it is the most injurious of all such practices, for in the course

of time it destroys the coating of the stomach, and dooms its victim to a slow and agonizing death. The druggist who told me about the thing, says, that as ginger essence contains about one hundred per cent of alcohol, and whisky less than fifty per cent, the former is therefore twice as intoxicating. In fact, this is the reason why it is used by hardened old topers, whose stomachs are no longer capable of being intoxicated by stimulation from whisky. They need the more powerful agency of the pure alcohol in the ginger extract.

"He told me he had two regular customers,—one, a woman who had contracted the habit by employing the ginger on several occasions for stomachic pains. The relief it afforded her was so grateful that she took to it upon any recurrence of her trouble. She found, too, that the slight exhilaration of the alcohol banished mental depression. In this way she began using it regularly, and finally to such excess that she was often grossly intoxicated. Large doses produce a quiet stupor; additional doses induce a profound lethargic slumber, which lasts in some cases for twenty-four hours. His other customer was a peddler, who came at a certain hour every morning, bought a four-ounce bottle, and drank its contents before noon. The man craved the stuff so ardently that he was unable to go about his business until he had set the machinery of his stomach in operation, and started the circulation of the blood by means of the fiery draught. The druggist says that the habit is well known to the drug trade."

SLEEPLESSNESS.

THE *London Lancet* says in regard to the proper length of time for sleeping and the cause of sleeplessness:—

"Practically, man should sleep until he is refreshed. The mistake many persons make is in attempting to govern what must be a matter of instinct by volitional control. When we are weary, we ought to sleep; and when we wake, we should get up. There are no habits more vicious than adopting measures to keep awake, or employing artifices, or, still worse, resorting to drugs and other devices, to induce or prolong sleep. Dozing is the very demoralization of the sleep function, and from that pernicious habit arises much of the so-called sleeplessness—more accurately, wakefulness—from which multitudes suffer.

"That day is not the time to sleep is evident upon the face of the fact that nature has provided the night, wherein no man can or ought to work. Instead of trying to lay down arbitrary rules as to the length of sleep, it would be wiser to say: Work while it is day; sleep when you are weary, which will be at night if the day has been spent in honest and energetic labor. When you awake, rise; and if the day's work has been sufficiently well done, the time of waking will not be earlier than sunrise. The difficulties about sleep and sleeplessness—apart from dreams—are almost uniformly fruits of a perverse refusal to comply with the laws of nature. Take, for example, the case of a man who cannot sleep at night, or rather, who, having fallen asleep, wakes. If he is what is called strong-minded, he thinks, or perhaps reads, and falls asleep again. The repetition of this lays the foundation of a habit of awakening in the night, and thinking or reading to induce sleep. Before long the thinking or reading fails to induce sleep, and habitual sleeplessness occurs, for which remedies are sought, and mischief is done. If the wakeful man would only rouse himself on waking, and get up and do a full day's work of any sort, and not doze during the day, when next the night came round, his sixteen or twenty hours of wakefulness would be rewarded by a sleep of nine or ten hours in length; and one or two of these manful struggles against a perverted tendency to abnormal habit would rectify the error or avert the calamity. The cure of sleeplessness must be natural, because sleep is a state of natural rhythmical functions. You cannot tamper with the striking movement of a clock without injuring it, and you cannot tamper with the orderly recurrence of sleep without impairing the very constitution of things on which the orderly performance of that function depends."

HARD STUDY NOT UNHEALTHFUL.

THE exercise of the brain, under the proper conditions, is no more unhealthful than the exercise of the arm, or of any other part of the body. It was made for use. Its functions are as essential to life and health as those of the stomach and lungs, and its full and powerful development is essential to the highest health and perfection of the bodily powers. Like all other parts of the body, the brain is subject to waste, and demands nourishment, more, in proportion to its size, than any other organ of the body. The fresh air, general exercise, and proper alternations of repose required for the health of all the other parts of the physical system, are also requisite for a healthy brain; and the withholding of these will kill a student as quick as it will any other man, but no quicker. The loss of health in so many students is due not to hard study, but to close confinement without fresh air, and to insufficient general exercise. Intellectual efforts ought to promote health, and doubtless do, when the other functions of the body are not sacrificed for them. We are not so badly constructed that in order to be fat, we must consent to be fools; nor is a dyspeptic stomach the necessary companion to a wise head.

Only the best and the worst students usually show injury,—the best because of overwork and insufficient rest, bad air, and inaction; the worst because of idleness and dissipation. Students between the two classes usually escape injury, except as they approach either one or the other of the classes named.

The marking system in our colleges, while it has certain advantages which professors are quite ready to perceive and use, is fraught with so many dangers and positive evils that it can scarcely be defended. The system of college honors, which usually stands connected with and crowns the system of marking, is another of those bad and dangerous usages to which we expose college life. It is questionable whether the public exercises with which the school year of our public high schools i usually closed, have not the same bad effects. And worst of all, the stimulation excited by these systems of which I have spoken is as unfriendly to sound scholarship and real intellectual power as it is to good health.—*Dr. Gregory.*

A NEW EDITION OF "DO N'T."

DO N'T keep the sun out of the rooms in which you live and sleep. Sunlight is absolutely necessary to a right condition of the atmosphere that we breathe and for our bodily well-being.

Do n't sleep in the same flannels that you wear during the day.

Do n't wear thin socks or light-soled shoes in cold or wet weather.

Do n't catch cold. Catching cold is much more preventable than is generally supposed. A person in good physical condition is not liable to colds, and will not fall victim to them unless he is grossly careless. Keep the feet warm and dry, the head cool, the bowels and chest well protected; avoid exposure with an empty stomach; take care not to cool off too rapidly when heated; keep out of draughts; wear flannels; and with the exercise of a little common sense in various emergencies, colds will be rare. If colds were a penal offense, we would soon find a way to prevent them.

Do n't forget personal cleanliness, but use the bath with moderation and in accordance with your general health. The daily cold bath is right enough with the rugged; but it is a great tax on the vitality of persons not in the best of health, and should be abandoned if the results are not found to be favorable, and tepid water used instead. In these things each man should judge for himself; that which is excellent for one is often hurtful for another.

Do n't have too much confidence in the curative nature of drugs. Remember that Dr. Good-Habits, Dr. Diet, and Dr. Exercise are the best doctors in the world.—*Youth's Companion.*

—"Where the sun does not enter, the doctor does."—*Italian Proverb.*

Ill-Health Hangs on Dishonesty.—A fanatical woman whose child was very ill with diphtheria, said to me, "Ah, sir! but I fear his illness is a visitation of Providence on me for having neglected to pray enough." I said, "Do you think God carries the virus of diphtheria and small-pox and typhoid fever about, and inflicts it on innocent babes, when their parents do not sufficiently honor him? The cause of diphtheria is in your ignorance and filth. Your sewer is neglected. You have rotten vegetables in your moldy cellar. You neglect personal cleanliness, and cover it up on Sunday with finery. Your child is sick because you lack honesty in small every-day affairs. One-half the sickness of any family, and of all the people, hangs on dishonesty."—*Selected.*

A Disgraced Rooster.—On last Christmas morning, Mrs. Peter Boudreau, of Saulnierville, Digby County, went to the barn, as usual, and got a mess of oats, which she gave to her fowls. Later in the forenoon, she noticed very strange actions among them, and that the rooster was stretched on the ground, apparently dead.

Mrs. Boudreau, to make the best of it, plucked him slick and clean, with the exception of a few tai and wing feathers, and consigned his remains to the manure heap, feeling convinced that he had been poisoned. Towards noon, to the great surprise of the whole family, he was up again, strutting about as gay as ever, though deprived of his costly and necessary apparel.

But the good lady, being equal to the emergency, took him into the house and fitted him with a fine suit of overalls; and at last accounts he was doing as well as could be expected under the distressing circumstances.

Mrs. Boudreau, determined to find out the cause of this strange phenomenon, went to her oat-barrel, and found that a bottle of liquor had been placed in the barrel, and had leaked out onto the grain, which explained the whole mystery. The rooster was drunk, as many other bipeds in larger communities were on Christmas day.—*Montreal Witness.*

Steal a Horse.—Abernethy once had for a patient a distinguished gouty nobleman. The nobleman's habits of life were so irregular and indiscreet that Abernethy labored in vain to re ieve him of his ailments, and finally said to him: "I would advise you, sir, to steal a horse."

"What do you mean, doctor?" exclaimed the nobleman in great surprise; "I did not come here to be trifled with!"

"I am not disposed to trifle with any one, sir. Steal a horse."

"Why, doctor, what do you mean?"

"I mean, sir, if you steal a horse, you will be put where you will have proper food, and a proper amount of exercise; where you will be obliged to retire at the proper time for going to bed, and be compelled to rise early in the morning, and go to work. In brief, you will be placed where you will be made to lead a rational life; and this is all that is needed to make a well man of you, sir. Steal a horse."

Good Prescriptions.—All physicians are not as frank as the doctor who, having been visited by a lazy man that complained of dyspepsia, gave him the following prescription:—

RECIPE:—

Wood-saw 1
Cords of wood 5

Order: To be sawed into stove lengths within three weeks.

Nor are they so frank as another doctor, who was visited by a lady that said she was constantly troubled with loss of sleep, and loss of appetite, and languor.

The doctor wrote her a prescription.

"Follow this faithfully," said he, "and you will be able to sleep and to eat, and will feel as brisk as a child at play."

The lady took the prescription and went out. She had scarcely reached the stairway before she opened and read it, thus:—

"Stop at the first shoe-store you come to, buy six pair of boots, and wear them out in three months."

DRESS.

THE increasing and well-recognized importance of the subject of this department, justifies the intention of the managers of this journal to devote, hereafter, to its discussion at least a few pages in each number. The extravagant lengths in folly to which Dame Fashion has led her devotees, as well as the agitation of "dress reform," has set thousands of intellectual men and women thinking on this subject to good purpose; and at the present time there is probably a larger number of persons who are earnestly seeking emancipation from the fetters of unhealthful fashion than ever before. The cry is, "Show us a better way, and we will gladly walk in it." The object of this department is to aid in pointing out the "better way," and to make this way as easy and its difficulties as few as possible. All phases of the dress question will be discussed, the newest devices and inventions of merit will be presented, and appropriate subjects will be illustrated; by which means it is hoped that this department may be made one of the most interesting and instructive in the journal.

CLOTHING FOR GIRLS.

MANY mothers who clothe themselves with a reasonable degree of regard for the requirements of health, still adhere to erroneous methods in the clothing of their children, simply because they "look so pretty" in the stylish, though unhealthful apparel which fashion often prescribes for little girls. Health, rather than style or fashion, should be the consideration. A generation of weakly girls is growing up to become weakly and sickly women.

At this season of the year, the little girl should be so clad that every portion of her body will be thoroughly protected. The arms and limbs should be as well protected as the trunk. In order to secure this equable protection of the body, the under-garments should be made in one piece. They should be of flannel, the best material for children's wear at all seasons of the year; thick flannel being worn in the winter, and in the summer time the thinnest woolen fabrics, if the weather is very hot. Children often complain that flannel irritates their sensitive skins. This difficulty can be obviated by wearing thin gauze suits underneath the flannel garment. The stockings should always be of wool except in very warm weather, and should invariably be suspended from the shoulders by means of elastic straps either passing over the shoulders or attached to the under-garment.

High boots with thick soles should be worn, and should be supplemented with warm, knit leggins extending above the knees.

Fortunately, short-sleeved and low-necked dresses are out of style now, so we need not say much with reference to this abominable mode of dressing children which has been so long in vogue. It must have a passing notice, however, as the fickle Dame may soon return to her old folly, and insist that the arms and bosoms of children shall be exposed at all seasons of the year, regardless of the pernicious effect of such exposure upon their delicate constitutions. The upper part of the trunk contains the heart and lungs,—two of the most important vital organs. Chilling of this portion of the body is certain to result disastrously to health. There is no doubt

that many of the weakly, sickly, consumptive girls of the present generation owe their feeble condition to the low-necked, short-sleeved dresses which they wore in childhood.

We are glad to know that mothers are becoming more sensible in this matter. It is now not an uncommon thing to see upon the streets a little girl who is warmly and sensibly clad. We hope that this course on the part of some mothers will be contagious, so that we may have a thorough-going revolution in the dress of little girls.

A STREET SCENE IN CHINA.

CHINESE DRESS.

WHATEVER may be said in condemnation of Chinese fashions from an esthetic point of view, they have at least one advantage over our kaleidoscope fashion-plates—they are permanent. For the garments of his family a Chinaman can afford to purchase the very best material that money will buy, knowing that they can be worn by his descendants to the third and fourth generations, if the material will last so long, with no possibility of their wearers being "out of fashion." In fact, for a Chinaman to make any innovation in the matter of costume, especially on a public occasion, would bring him under the censure of the Board of Rites and Ceremonies, by whom all the "modes" are prescribed.

In the accompanying engraving, representing a street scene in one of the Chinese cities, are shown a variety of costumes of both the lower and the upper classes. The costumes for the sexes are so similar that at a distance they are undistinguishable, except by the difference in the head and the foot wear. A long tunic, loose-flowing trousers, and, in the case of the women, a short underskirt, are the principal garments. The sleeves of the tunic are made long enough to answer for pockets, and can be drawn down over the hands to take the place of mittens.

A lady writer thus eulogizes the dress of the Chinese women :—

"It covers the whole person, and, unlike many western costumes, which make more noticeable what they profess to conceal, it shields the contour of the body from observation. It takes but eight yards of yard-wide cloth for a complete set of winter garments, and there is no waste in cutting, and no false or unnecessary appendages. Its truest economy, however, is the saving of mental worry, the garments always being cut by the same,

pattern, thus obviating all need of fitting. It allows unrestricted play to every muscle, is of the same thickness over the whole body, is not in the way when at work, and has little weigh , while it has all needful warmth. Many women look handsome in it who are ugly in western attire. This desirable dress may make us less sorry that half the women in the world are Chinese. Careful consideration of the effects of modes of dress in both countries has made me sure that the custom of binding the feet hampers the body and soul of Chinese women less than the following of ever-changing fashion does that of American women. This healthful dress may be a reason why, with floorless and windowless houses, poor food, and unwholesome surroundings, Chinese women live to very old age."

We commend to our lady readers a careful study of the dress of their sisters in China, in which they will find many profitable suggestions.—*Sunbeams of Health and Temperance.*

LEGLETTS, A NEW GARMENT FOR COLD WEATHER.

THE dress of women, as generally worn, is so arranged that it insures to the wearer a hot head, congested internal organs, and cold extremities. When cold weather comes, every one seeks more or less to protect the body by additional clothing. Woman adds to her wardrobe an extra number of thick skirts and furs. When she goes out for a walk, a heavy outer wrap of sealskin, plush, or other similar material is put on ; while the feet and legs are often clothed the same as they were in dog-days, with the exception of a pair of rubbers. The added weight of clothing impedes locomotion, overheats the trunk of the body ; and at the same time the extra skirts, if it be damp outside, aid in chilling the lower extremities by the larger amount of water they absorb and hold, and prolong the cooling process even after returning in-doors, for few ladies change their under-wear for mere dampness.

The wearing of union under-suits renders extra and heavy skirts unnecessary ; and the donning of legletts, a garment intended for out-of-door wear, especially when going out for a walk, affords a complete protection to the lower parts of the body. These legletts are cut like an ordinary pair of pants, the lower portion being finished like a pair of leggins, with straps to go under the shoe ; and fitting closely around the instep and ankles, they prevent dampness of the under-wear and protect from draughts. They are as easily adjusted as a pair of ordinary leggins ; and fastened to the waist or union suit by four buttons, they cannot become so disarranged as to present the often untidy appearance of such useful garments. On coming into the house, the legletts can be removed, leaving the under-wear clean and dry.

The garments are made of knit Jersey cloth, elastic and easy fitting, and are just suited for a place in the wardrobe of every lady who has a care for her health. They are especially useful for school-teachers and other working women whose vocations call them out-of-doors in all kinds of weather ; also for school-girls, who often lay the foundation for many serious diseases of after life by sitting in school with cold, damp clothing several hours a day, the stove overheating the head, and cold draughts of air chilling the damp lower extremities. KATE LINDSAY, M. D.

DRESS AND ILL-HEALTH.

THE general tendency to ill-health in women has been attributed to various causes, according to the class to which attention has been specially directed. First, it is overwork that is blamed ; then, too much devotion to study; now, it is the sewing-machine ; and again, the many stairs that have to be climbed in modern mansions. Now, it is the standing in shops ; then, it is the exposure to all weathers, and the rapid, monotonous movements exacted from the factory operative. Then we hear that it is the luxurious idleness of the drawing-room, or the late hours and excitement of the woman of fashion that is at fault. With another writer, the diet is the

sole trouble; while some one else lays the blame to the fact that girls cultivate delicacy of health in order to increase their attractiveness.

That so many reasons are found for ill-health proves, in the first place, that there is a great deal of it to be accounted for; and, in the second place, that there is something radically wrong in our arrangements. All the causes named are probably at work to produce the effect, but a moment's reflection will show that there is hardly one of them which is not aggravated by the prevalent errors in dress. If standing all day, running up numerous stairs, or overwork be injurious under any circumstances, how much more so will it be, if heavy skirts drag the internal organs out of position, and at the same time free breathing is prevented! If the diet be faulty, digestion is certainly not helped by the corset-steel and waistband pressing the stomach out of shape. Exposure to the weather is not dangerous, if suitable clothing be worn. Hard study would not have the same chance to injure, if the body of the growing girl were not cramped in clothes which prevent the natural development. The child is early taught to substitute an artificial shape for that given her by nature; and it is not altogether wonderful if in other matters she distrusts nature, and attempts to improve upon it.

Dress thus intensifies and aggravates every other cause of ill-health; and it becomes the duty of every sensible woman to do what she can for its reform.—*Sel.*

Night-Clothing.—Never wear at night a single article of clothing which has been worn through the day. It may seem hardly necessary to speak thus upon this subject to intelligent people, but some most absurd notions relating to clothing have been spread broadcast in the newspapers, which need to be counteracted. It has been asserted that the clothing should not be changed too often, not more often than once a month, on the ground that it is supposed that the clothing in some mysterious manner accumulates vitality from the body, which is wasted when the clothing is changed. This is a most absurd notion, since the only thing which the clothing accumulates is dirt.

On retiring at night, remove every garment which has been worn through the day, and don a sleeping garment of cotton, wool, or mixed fabric, according to the season of the year or the climate. In very cold weather the night-dress may be of wool; but in general, a cotton night-dress is to be preferred. Wool is much the best for day-wear, but a change to cotton at night is often very grateful to the skin, which is sometimes overstimulated by continual contact with wool, causing itching, and not infrequently a very annoying eruption. Wearing a cotton garment at night gives the skin a rest.

Persons who are much troubled with cold feet and legs at night, may be able to correct this unpleasant and unhealthful condition by wearing warm bed-socks or leggins. This method of keeping warm is much to be preferred to the common one of taking to bed a hot brick or a hot-water bag, or even as in one case known to the writer, a small stove. If necessary, the cotton garment may be worn as the lining of a woolen one added for warmth.

The Burden of Clothing.—A lady of an inquiring turn of mind recently visited a fashionable *modiste's* establishment, and had weighed a number of dresses exposed for sale, with a view to ascertain the average burden of clothing in which women are accustomed to appear at ease. Taking into view the disparity of strength between men and women, and the fact that male attire hangs almost wholly from the shoulders, the portion of our frame most capable of sustaining a serious weight, the discoveries of the investigator are suggestive. Jet-trimmed dresses weighed from thirty-four to forty-nine pounds, plain walking dresses from twelve to nineteen pounds, and the lightest dresses weighed as much as ten pounds. This is apparently exclusive of other articles of attire. It may be surmised that ladies robed in this heavy manner require but little exertion to be overcome by fatigue.—*London Exchange.*

THE NEW YEAR.

(See Frontispiece.)

THE wave is breaking on the shore,
The echo fading from the chime;
Again the shadow moveth o'er
The dial-plate of time!

* * * * *

Spring, with her change of sun and shower,
And streams released from Winter's chain,
And bursting bud, and opening flower,
And greenly growing grain;

And Summer's shade, and sunshine warm,
And rainbows o'er her hill-tops bowed,
And voices in her rising storm,—
God speaking from his cloud:

And Autumn's fruits and clustering sheaves,
And soft, warm days of golden light,
The glory of her forest leaves
And harvest-moon at night;

And Winter, with his leafless grove,
And prisoned stream, and drifting snow,
The brilliance of the heaven above
And of the earth below.

—*Whittier.*

Written for GOOD HEALTH.

SOPHY—BAKER'S SECOND COUSIN.

BY PRISCILLA ANN BAKER.

TALKIN' about sickness, makes me think of that spring after we sold the old homestead down on Nubbin Ridge, an' moved up here by Bean Blossom. The folks we bought from wus powerful sickly, an' I do n't wonder at it sence I've reformed, so to speak. They went away to Floridy fur their health as soon as we bought 'em out, but I do n't know whether they found it or not. We moved right up here that fall, so as to be here ready fur work in the spring. Well, we wus here in the spring sure enough, an' so was the work, but we wa'n't ready fur it—Baker nor me, neither one.

Part of the house was pritty good an' new,—a two-story front on the side of the kitchen, which was on the north of the house, an' had a bedroom north of it, agin along the end like. The kitchen part had ben built nigh onto forty years, an' was kind of sunk in the ground, an' had a cellar under it that wa'n't walled up nor nothin'. But it kep' our garden stuff from freezin' by bein' banked all round.

We thought we'd build 'fore a great while, but we wa'n't in no hurry. We'd alwus ben well—Baker an' me—exceptin' my rheumatiz an' his bilious spells, which I never drempt we could do without; but we both kep' a-bein' right smart worse that winter, till by the first of March he wus plum down in bed with typhoid, the doctor said, an' I wus that done out an' draggy I could n't much more'n waggle; an' old Dr. Duncan (he wus tendin' on Baker) says he, "You'd better be careful, Mrs. Baker, or I'll have another patient."

Well, when Baker 'd ben dangerous three or four days, an' I'd ben up with him the hull night, one morning I jest set down in the kitchen to rest a while, if 't was nine o'clock, fur I could n't go no longer till I did, with my head a-achin' an' a-singin' as it was. The table was settin' jest as we'd had breakfast, an' the floor had n't ben swep' fur two days (I had n't had time frum Baker), an' everything looked like a young harrycane had ben a-visitin' us. I'd got Uncle Dan'l Philip's Ben to do the chores an' tinker round; but land! I had a time of it, for I could n't hire a girl nowheres; they was all afraid of ketchin' the fever.

I had n't set but a little spell till somebody knocked on the door kind of gentle like, an' thinkin' it was some of Uncle Dan'lses to see how Baker wus, I set still, an' says "Come in." When the door opened, in walked a strange lady (I say "lady" for Sophy is one from the crown of her head to the sole of her foot), an' says she, "I suppose you are Cousin Priscilla? You do n't know me though, so I'll explain. I'm Sophy Randolph, a daughter of Hannah Randolph, your husband's cousin, who lives in Bloomfield."

My stars! thinks I to myself, I wish you wus in Halifax! Not but what I like Baker's kin, an' like to have 'em come an' visit us when there's a decent chance of treatin' 'em like white folks. But I managed to say, "Oh, you are? I'm glad to see you, only Baker's powerful sick, an' I'm afraid you won't enjoy it much," says I.

"Do n't worry about my enjoyment," says she, a-kissin' me, "I jest come because he's sick."

An' while she wus layin' by her wraps, as she calls her cloak an' things, she told me how she'd jest got home from—Sammy Terryum's, I think she called it, where she'd ben several months a-learnin' how to take care of sick folks; an' her ma a-readin' in the *Bean Blossom Globe* (she's always took it) about Baker's bein' sick, an' her a-wantin' to come an' "put some of her learnin' into practice," she said, an' her ma a-bein' right in fur it.

Jest then I heard Baker, an' went in to tend on him, an' as he was purty bad, I had to stay quite a spell. When I come out agin, that young woman had washed them dishes, an' swep' an' dusted that kitchen as clean as a new copper, an' was a-steppin' round with my checked apron on a-tendin' to the bird—poor little feller! I'd forgot him. My heart, which had dropped plum down below zero when I first see her, begun to rise right smart, I tell you; fur I see she meant what she said about helpin' me. If ever I needed help, 't was then. The neighbors come in some, but 'peared like they did n't take holt to do nothin'. We had n't ben there long, you know, an' they wus mighty skeared of the fever any ways, an' I do n't blame 'em overly much neither. None of Uncle Dan'lses wus able to help much, fur they wus about all down with the influenzy; so there I wus.

Well, I took Sophy in to see Baker; an' bein' part out of his head, he thought she wus her mother (she does look a sight like her), an' he called her "Hanner," an' kep' a-talkin' about when they wus children.

Purty soon she says, "Why Cousin Priscilla, there's not enough air in here, is there? an' it's so warm too."

"I do n't know," says I, "Dr. Duncan had me shet up the winder tight so he would n't take cold, an' said to keep a good fire a-goin'."

"Why, that's so strange," Sophy says, "they taught us at Sammy Terryum's that fever patients should be kep' cool, an' talked so much about havin' the air fresh an' pure."

"Well, I'm in fur what's pure," says I, "but I gen'ally go by them as is s'posed to know. Dr. Duncan's gettin' purty old, an' mebbe he wus n't learnt the same as you've ben. Baker's got the fever, you know, an' I would n't have him take cold for nothin'."

She did n't say nothin' fur a spell, but jest set an' watched Baker, an' bathed his head, an' looked round at the stove an' at the winder now an' agin. I see she wus mighty uneasy, an' I jest happened to think of bein' at Jonas Gaston's, down on Nubbin Ridge onst when they had the fever, an' young Dr. Duncan, a son of the old doctor's, a-talkin' jest like Sophy about air, an' urgin' 'em to let in plenty air; not right on 'em, of course, but have it ventilatin' out an' in, an' circulatin'. He said not to keep 'em too warm neither, fur they wus havin' a warm enough time of it. The more I thought about it, the certainer I wus Sophy wus right; fur that young man's called the best doctor in Brush County, an's sent fur far an' near. I told her about it, an' then I opened the winder some, top an' bottom (there wa'n't but one), an' we shet off the stove some too, an' 't wa'n't long till Baker quit a-flouncin' round like he'd ben the hull night an' mornin', an' dropped asleep, her

a-coolin' his head; an' I see the old doctor wus wrong there.

When Baker'd lay quiet a spell, she got up an' motioned me to foller her out, an' asked what I wanted got fur dinner, an' where to find the things, an' then would have me lie down in the front bedroom, an' rest. I never waked till noon, an' when I went out, Ben wus eatin' his dinner, an' she wus comin' out from Baker with an empty glass. She'd coaxed him to drink some milk after he'd woke up. While we eat dinner, she says, "Cousin Priscilla, I do n't want to be officious, but do n't you think Cousin Felix [she meant Baker] would be more comfortable in the parlor, away from the noise and smells of the kitchen?" "Yes," says I, "I've ben a-wishin' he wus in there." An' so Ben a-helpin', we set up a bed, an' moved him into the front room; an' there bein' a hall between it an' the kitchen, 't was a heap better fur him, an' comfortabler.

The doctor come that night, an' raised a rumpus about Baker takin' cold, with them winders open. "There's entirely too much air in here," says he, a-struttin' across the room jest like our old gobbler. "There haint neither," snapped Baker, jest like he does to me sometimes when nobody's here. Not that he's overbearin' with me, only crabbed now an' agin, like other men.

Then Sophy, though she wus mighty respectful, begun an' talked quite a spell to Dr. Duncan, an' told as how we all, an' particular anybody sick an' feverish, needs lots of fresh air; an' what his son had said; an' what a fine thing our fire-place wus, a-ventilatin' the air an' carryin' it right up the chimbly. An' then a-lookin' at him as respectful an' confidin', as if he wus a hull doctor college, drug-store an' all, says she, "Is n't it true, sir, that a fever patient seldom takes cold?" At that he made her a bow, an' says, "Well, well, madame, well, well, you are probably right;" an' then, glancin' at me, "We'll see how it'll work in this case, with Mrs. Baker's consent."

I told him to give Sophy his directions out in the kitchen; she could mind 'em better'n me. So he give 'em, an' she listened right along till he said to give eggnog made of brandy, with an egg beat into it, ever so often. My! how her eyes flashed! an' says she, "I can't do that. I'm a W. C. T. U., an' he's burnin' up now."

"He must have it to keep his strength up," says he, a-lookin' like *he* needed something strengthenin'. Then Sophy begun. She's said since, she never give a temperance lecture; but if she'd been a-talkin' to a church full of folks instead of jest one, I'd a-called it a powerful good lecture, if 't wa'n't long. She got him lectured right smart anyway, fur he finally agreed that to use lemonade in place of the brandy wus "probably as well in this case." I foller'd him out to ask how Baker wus doin', an' he said he thought he'd pull through all right, only he seemed tired, bein' moved; an' then he asked, "Who is that young woman, Mrs. Baker? She's very intelligent, very."

NOTE.—Incredible as it may seem, the writer has excellent authority for the statement that as late as 1886 a physician pursued the course here described,—having doors and windows kept closed in a house where there were several cases of typhoid fever. Happily, however, such antique precautions have become a great rarity among medical practitioners.

(CONCLUDED NEXT MONTH.)

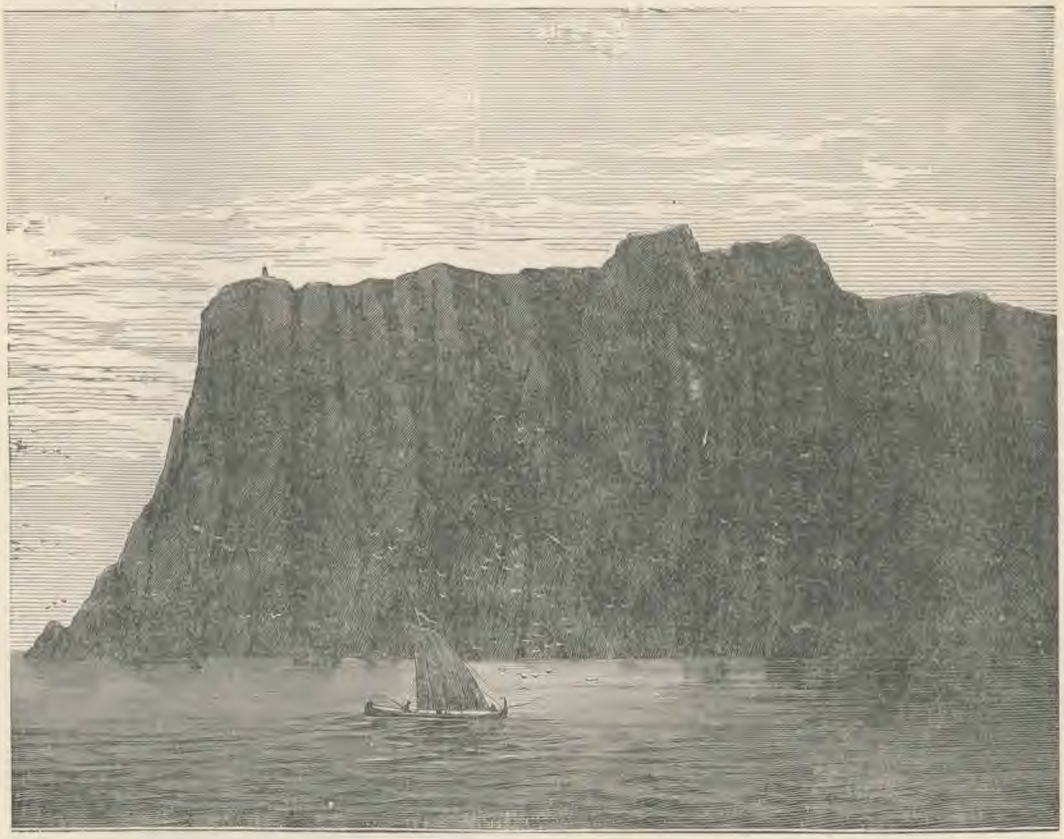
UNDER THE SOUTHERN CROSS.

BY ELD. D. A. ROBINSON.

THE fourteenth of last May we embarked on the steamer Baltic, of the White Star Line, for Liverpool, *en route* for South Africa. As our noble craft steamed out of the dock, we bade adieu to friends, and in a few hours were out upon the briny deep, our native shores lost to view. The first twenty-four hours were all that the poorest sailor could desire, the water being remarkably smooth. The second and third days "Old Ocean" behaved quite badly; and all belonging to our company, save two, were seasick, the writer being fortunate enough to be one of the two. To us the entire voyage was enjoyable. Off Newfoundland Banks, one morning just as the sun was rising, we had a most magnificent view of a monster iceberg.

On reaching Liverpool, it was decided that instead of proceeding southward by the next steamer from London, a few of our company

would go to Norway to attend a religious gathering about to convene there. The two who were not sick in crossing the Atlantic were very desirous of proceeding to Norway across the North Sea. Others were inclined to cross the Channel, and go overland. Seamen told us that if a rough sea was what we wanted, we would get all we desired on that trip; but in this we were disappointed, for it was grand beyond description. The river winds its way through immense forests of Norway pines, which in some places grow down to the water's very edge; while in others, the trees seem to look down from the rocky cliffs like silent sentinels watching one's approach. The country, in some respects, presents rather a primitive appearance. Some of the wagons for heavy teaming would



NORTH CAPE, NORWAY.

was the smoothest sail we ever had on salt water. The Captain told us that were we to go twenty times, we would not be likely to have such a passage again. About fifty hours' sail took us to the beautiful city of Christiania, which has a population of about one hundred and twenty thousand. The clear air and the bright sunshine of Norway were in marked contrast to the damp, cloudy, rainy weather of England. The ride up the Christiania River hardly be recognized by an American teamster as of any account, unless he saw them in actual use.

The Norwegians are noted for their politeness and their hospitality. Two weeks' sojourn in the country at the season of the year we were there, impresses one that it is a fine place to live, at least in the summer season. Probably the extremely short days and the long nights of the cold winter season

would not be so desirable. To gratify curiosity, and to see really how near the morning and evening twilight come together, two of us spent one night in determining the matter. At midnight we could see distinctly to read by the evening twilight, and thirty or forty minutes later, we could see much better by the morning twilight. From North Cape, a point in the northern part of Norway, the midsummer sun may be seen during the whole twenty-four hours. Hundreds of travelers annually make a trip to this high latitude for the purpose of witnessing this strange spectacle.

The contrast in the appearance of the heavens in June and July as viewed under the Polar Star and the Southern Cross is most sharply drawn. In Norway, although the sky may be clear, the stars, to the naked eye, seem to be few in number, and appear very dim. Of course this is owing to the long twilight. Under the Southern Cross, or as the Dutch say, the "Zuiderkruis," in a clear July night the heavens present a grand appearance. But we confess to some disappointment after we crossed the equator, and took our first view of the Southern Cross. The Dipper, with the Polar Star, is much more dignified in appearance.

England, upon our return in June, presented a magnificent sight, with its beautiful green fields, its flowering shrubs and trees, and tidy, well-kept hedges and grounds, which give one the impression of thrift among the people. This, no doubt, would be true, were it not that so many thousands of acres are used for other than agricultural purposes.

On the sixth of July we again took passage, on the steamer Hawarden, of the Castle Line, for Cape Town, South Africa, where we arrived the twenty-eighth, having been three weeks and one day on the water. We made a stop of twenty-four hours at the city of Dartmouth, and a stop of ten hours at Lisbon. Dartmouth is built on a steep hill-side, and rows of houses rise terrace above terrace. Between these rows are narrow streets, not over ten or twelve feet wide from house to house. If one desires to go to the topmost street direct from the water, he can do so by ascending stone steps; but if he is not disposed to walk, then he must be content with the more circuitous route of going to one end of the city, and winding his way up the hill-side. Here are to be seen old Roman walls, and portions of an old castle still standing, that was built in the time of Cromwell.

It is not a little surprising that in England an American has difficulty sometimes in making himself understood. We experienced a rather amusing illustration of this at Dartmouth. Going into a shop, we called for a bottle of mucilage, when the young lady in attendance looked up in blank surprise, and said, "Muse-ledge, muse-ledge, what is that, please?" After considerable discussion we were able to make her understand what was wanted, when she replied, "Oh, you want some sticking-gum."

Cape Town, South Africa.

(TO BE CONTINUED.)

FAMOUS WOMEN INTERESTED IN HYGIENE AND SANITARY REFORM.

Florence Nightingale.

THE subject of this sketch was born in the beautiful city of Florence, Italy, in the year 1820. Her father, William Shore Nightingale, was an Englishman of wealth; her mother was the daughter of the eminent statesman and philanthropist, William Smith, from whom, no doubt, the granddaughter inherited some of her benevolence and philanthropy. The early years of her life were spent on the family estate, Lea Hurst, in Derbyshire, a lovely home in the midst of most beautiful and picturesque scenery. She was carefully reared and educated, and through extensive travel attained great proficiency in the modern languages.

Although favored with wealth and beauty, Miss Nightingale had little inclination toward fashionable life. She loved rather to visit the poor and sick near Lea Hurst; or with her father's old friend, the clergyman of the parish, to take long rides about the country, seeking out the needy and ill, whom she took great de-

light in helping to succor, and nurse back to health. From a mere child she exhibited the greatest tenderness toward dumb animals; and the story is told that on one occasion when Florence and her old friend were out for a ride, they came upon a shepherd, who, with his favorite dog, Cap, lived alone in a cottage on the edge of a wood. The shepherd was in great distress because some mischievous school-boys had thrown a stone at his dog, and so greatly injured him that the shepherd, believing his limb to be broken, had made up his mind to end the poor brute's misery by hanging him, as soon as he should return to the cottage.

Thinking that the shepherd had been too hasty in his conclusion, Florence and the vicar hastened to the cottage, where they found poor Cap, his injured leg greatly swollen and badly bruised, but no bones broken. Delighted that the dog's life could be saved, Florence at once sought some means to alleviate its sufferings. Striking a light with the tinder-box, she started a fire, and soon with hot water and flannels was giving the swollen limb a thorough fomentation. For several days she visited the cottage, tenderly treating and caring for the dog until he was again quite well.

It is not to be wondered at that she, who could feel so keenly for dumb animals, should be interested in saving the lives of human beings. As this interest grew upon her, she felt the need of study, and whenever with her family spending a season in London or traveling in other countries, she spent much of her time in visiting hospitals, asylums, and benevolent institutions, carefully noting the treatment given in each.

Finally, she determined to take a course of instruction in the great Lutheran Hospital at Kaiserworth, near Dusseldorf, on the Rhine. Upon the completion of this course, during which she distinguished herself as a person of superior aptitude in the care of the sick, she returned to her lovely home at Lea Hurst, but soon left it again to give her time and fortune for several years to the management of a hospital in London for overworked teachers.

When the Crimean war broke out, and thousands of English soldiers in the desolate country of the Black Sea were dying of cholera, cold, and hunger, with none but the sick to care for the sick and dying, Miss Nightingale saw opened before her the great work for

Florence Nightingale

which she had made herself ready by many years of study and experience. When the dreadful state of suffering and destitution of their soldiers on the battle fields of the Crimea became known to the English people, Mr. Herbert, the Secretary of War, said he knew of but one woman who could bring order and comfort to those far-away hospitals, and that woman was Florence Nightingale. He wrote to her, asking if she could be prevailed upon to make the attempt. By a

strange coincidence, Miss Nightingale, her heart stirred for the suffering soldiers, had on the same day written to the Secretary of War, offering her services for this very purpose.

A few days later, accompanied by a little band of thirty-four nurses, Miss Nightingale set out upon her mission. It was a great undertaking for a woman frail in health, refined and accomplished beyond most of her sex, to go thousands of miles from home and kindred to live in the germ-laden air of hospitals, where there were only men. Her coming did not meet the general approval of the military or medical officers, and at first many difficulties beset her pathway; but with the heart of a true woman and the manner of a lady, calm and unobtrusive, she went about her work, assisting the surgeons, sympathizing with the suffering, adjusting their pillows, writing their letters, and soothing their sorrows,—a veritable ministering angel. She established a laundry and an invalids' kitchen, where appetizing food could be prepared; and besides her attendance upon the sick and wounded, supervised the proper cooking of food for many hundred men who could not eat the ordinary fare. As the result of her efforts, the death-rate in the hospital was reduced from sixty per cent to a little above one per cent.

When at last the dreadful war was ended, and while all London was preparing to accord her a royal welcome, with characteristic modesty, she quietly returned, unknown to any one, to her home; and, in the words of another, although "there was a murmur of disappointment at first, the people could only honor all the more the woman who wished no blare of trumpets for her humane acts." The English government presented her with two hundred and fifty thousand dollars as an expression of their appreciation of her services; and although she would accept nothing for herself, she was glad to receive the gift, and with it established the celebrated Nightingale Training-School for Nurses, in connection with St. Thomas' Hospital in London.

Miss Nightingale is the author of two excellent and well-known works,—"Hospital Notes" and "Notes on Nursing." She is a most earnest advocate of hygienic measures and sanitary reform, believing that pure air, pure water, and plenty of sunshine are essential, both for the sick and the well.

E. E. K.

Temperance Notes.

—According to statistics collected at Washington, $700,000,000 are annually spent in this country for malt and spirituous liquors.

—It was decided by the Lutheran synod recently held in Richmond, Indiana, that users of tobacco will hereafter be debarred from positions in their theological institutions.

—Prohibition sentiment is very strong in Colorado. Pueblo, the second city in the State, has an anti-saloon government; and many smaller towns have local option in active operation.

—The Belgians have a law that whenever a man is fined for drunkenness, the tavern-keeper who sold him the last drink is also fined. The best of all is that the law is enforced.

—In 1841, when the population of Great Britain was twenty-six million, twenty-three million pounds of tobacco were used. In 1887, with a population of thirty-seven million, fifty-three million pounds were consumed.

—The National Temperance Society has prepared a memorial to be presented to the United States Congress the coming winter, calling attention to the great devastation now being caused among the native races of Africa by the introduction of liquors, and asking that measures be adopted for the suppression of the infamous commerce.

—It has been decided by the United States Supreme Court in the cases recently brought up, involving the constitutionality of prohibitory law, that a State has the power to prohibit the manufacture or sale of intoxicants, without making compensation for property thereby injured or destroyed; that the liquor traffic can be suppressed by injunctive proceedings which deprive the defendant of a jury trial; and that it is within the police power of the State to prohibit the manufacture of beer for personal use. This decision is a great victory on the side of prohibition.

Popular Science.

HOW THE STONEHENGE WAS BUILT.

ONE of the most remarkable of the open temples built by the early Britons for use in their Druidic ceremonies was the Stonehenge, or hanging stones, situated near Salisbury, England, of which the accompanying cut is supposed to be a perfect representation.

THE STONE HENGE.

In an area some three hundred feet in circumference, stood three concentric circles of massive granite bowlders, some of them twenty feet in height, and weighing from eleven to seventy tons. These were connected by enormous flat stones, as perfectly fitted in their places as modern masonry could have arranged them. There has been much conjecture and many theories advanced as to the manner in which the stonehenge was erected.

The following paragraph, from the "Journal of the Asiatic Society" of Bengal, respecting similar structures erected by the Naga-Hill people, one of the tribes of India, offers, perhaps, a solution of the problem.

"Huge monoliths exist here. These stones, which are often very large, and have sometimes to be brought long distances, are dragged up in a kind of sledge formed out of a forked tree, on which the stone is lowered, and then carefully lashed with canes and creepers; and to this the men, sometimes to the number of several hundreds, attach themselves in a long line, and by means of putting rollers underneath, they pull it along until it has been brought up to the spot where it has been decided to erect it. Here a small hole is then dug to receive the lower end of the stone, and the sledge being tilted up on end, the lashings are cut adrift, and the stone slides into position. Some leaves are then placed on the top, and liquor poured over it. This done, a general feast follows, and the ceremony is complete."

—Natural gas has been found to be of service in ridding fruit-trees of insects. This fact was discovered by a jet of natural gas burning near some peach-trees; but whether it is that the flame attracts and consumes the insects, or that the vapors kill them is not well established.

—One of the most remarkable salt formations on the globe is located on the island Petit Anse, off the southwestern coast of Louisiana. The deposit is pure crystal salt. There are at least one hundred and fifty acres, of unknown depth, explored one hundred and forty feet down, and covered with earth from ten to twenty-three feet in depth. On the top of the salt, beneath the earth, have been found the remains of the mastodon, mammoth sloth, horse, tusks and bones, interspersed with Indian relics. Above the salt is a deposit of pink sandstone and a coal formation.

"Blessed are the Pure in Heart."

DRINK AND VICE.

DRINK and impurity have been well named "the Siamese twins of degradation;" they go hand in hand to lure their victim on to destruction. This fact is most forcibly set forth in an article upon the subject, in a recent number of the *Philanthropist*, from which we quote the following paragraphs:—

"Among the agencies of evil inciting to immorality, intoxicating liquors are pre-eminent. To abnormal sexual passion, alcohol is as fuel to the devouring flame. In his 'History of Prostitution,' Dr. Sanger, as the result of extended and careful inquiry, says: 'Our decided impression is that not one per cent of the prostitutes in New York practice their calling without partaking of intoxicating drinks.' A large number, in reply to the inquiry, 'Do you drink intoxicating liquor? if so, to what extent?' revealed the fact, by their own confession, that these unfortunate women, who, as a business, give themselves up to the service of sensual men, nearly all drink 'moderately,' 'intemperately,' or are 'habitual drunkards.' One is quoted as saying: 'No girl could lead the life we do without gin.' Another says: 'If we did not drink, we could not stand the memory of what we have been, and the thought of what we are, for a day.' 'Drunkenness and debauchery,' says Dr. Sanger, 'are inseparable companions, one almost invariably following the other.' The bottle is as much a requisite of the brothel as the Bible of a church. . . . .

"A shocking feature of the horrible story of Mr. Stead's 'Maiden Tribute,' revealing the dreadful crimes against girlhood in London, was the use made of wine and strong drink in accomplishing the ruin of children and young girls. One young girl of fifteen, of, singularly interesting countenance and pleasing manner,' with whom Mr. Stead conversed, was beguiled by a procuress into a restaurant to take ices and cake, where they were presently joined by a 'gentleman.' The girl says: 'He asked us to have some wine and something to eat, and we sat eating and drinking. I had never tasted wine before, but he pressed it on me, and I took one glass and then another, until I think I had four glasses. My head got very queer, and I hardly knew what I did.' Then, half unconscious, she was bidden to follow the two up stairs, and their evil designs upon her were accomplished, the procuress being paid therefor by the man.

"The appalling tale also recounts the experiences of girls lured to places of evil by the offer of high wages, or other attractive considerations; tempted to drink, if possible made drunk; then to awaken to the discovery that their ruin had been accomplished, and their character gone. Then, 'hopeless and desperate, without money, without friends, all avenues of escape closed, she has but one choice; "she must do as others do"—the great formula—or starve in the streets,' and 'thus the brothel acquires a new inmate, and another focus of sin and contagion is added to the street. . . . .

"But it is not girls alone who are thus seduced from the pathway of virtue, and their moral ruin wrought through the agency of intoxicating beverages. Multitudes of young men begin their evil course in this way. With the false notion, perpetuated by society,

that they may properly, for a season, 'sow wild oats,' they go forth to 'see the world,' and are confronted directly, in improper associations, with the drink temptation. Vicious women, themselves not unlikely betrayed in the beginning, then abandoned, and socially outlawed, take their revenge, as well as gain their livelihood, by bringing within their toils as many young men as possible. Here again the medium of a common moral degradation is strong drink. . . . . Many a gilded, high-license liquor saloon, fitted up with especial æsthetic attractions for young men, is but the open portal to the invisible brothel.

"In fashionable society life, where no evil is intended, and no immediate evil act may ensue, with the heated apartments, the late hours, the indelicate exposure of the persons of ultra-fashionable young women, the wine-cup and the punch-bowl become factors of especial danger. Not infrequently they prepare the way for an easy descent into serious moral laxity, and ultimately lead to wrecked lives, ruined homes, and shocking social scandals.

"An essential safeguard to purity in both sexes, is abstinence from all intoxicating beverages, the lighter as well as the stronger intoxicants. The State, whose proper function it is to protect the weak against the strong, and, according to Mr. Gladstone, 'to make it easy to do right and difficult to do wrong,' and which maintains public schools for the education of its children, should, in the interest of public morality, abolish the saloon as a center and propagandist of obscenity and impurity, and outlaw the drink traffic, fitly denounced by a distinguished senator, on the floor of the United States Senate, as 'the gigantic crime of crimes.' In this connection, to every philanthropic, Christian citizen, comes with peculiar significance and force, Isaiah's message, 'Prepare the way, take up the stumbling-block out of the way of my people.' Isa. 57 : 14."

One Hundred Divorces in One Day.—The newspapers have been cracking jokes over the fact that recently one hundred divorces were granted in the Chicago divorce courts in a single day. This is no matter for flippant jests. The fact that a single city can produce such a record as this is a most startling evidence of the lowered moral standard recognized in the society of the present day, and of the loss of regard for the sanctity of the marriage vows. In no direction is the moral decadence of the age more evident than in this. Among the responsible causes for this alarming state of things may be named, our loose social customs; the precipitate haste with which marriages are contracted; the lack of investigation on the part of officers when called upon for licenses; the reckless manner in which clergymen and others preform the responsible duty of uniting unsuitable persons in marriage; and lastly, the abominable divorce laws, which in different States recognize twenty-five different grounds upon which divorce may be granted, some of which are most absurdly trivial. All of these causes are responsible for the present most deplorable state of things as regards divorce.

THE WIFE OF PYGMALION.

MRS. MARY LIVERMORE,—one whose wise and original thoughts, forcibly and tersely uttered upon the platform, long ago placed her at the head of women orators in this country,—never uttered more beautiful or eloquent sentiments than the following, the truth of which must impress itself upon the mind and heart of every reader:—

"I would make marriage what the Catholic Church calls it, but does not make it, a sacrament. I would have the young man woo his wife as Pygmalion wooed the statue which his own hands had wrought. He asked of the gods a wife like unto the statue. The answer was, 'Make thyself worthy, and thy prayer shall be granted.' He tried to do this, and went again and said, 'Am I not now worthy of the wife you have promised me?' He pressed his lips to the cold lips of the statue; and lo, the marble throbbed, the blood ran through the veins, the eyes opened and smiled down into his; the lips parted, smiled upon him, and said, 'I am thy wife; and thy pure, holy, manly affection hath

evoked life into the marble statue that thine own hands have cut.'

"It is only a graceful tale of the old Greek mythology; but it has been a verity in the lives of hundreds of women, who, by the holy living, and reverent love of noble husbands, have been lifted up out of the darkness and coldness, compared to which their former life was death. I would have such a marriage as was that of Elizabeth Barrett Browning. I would have the marriage to be like that of Aurelian to Zenobia, not walking with manacled hand and downcast eyelid, but a willing captive, sitting on the seat beside the conqueror, his equal; and the banner over them not the cruel eagles of Rome, but the banner of love.

"When husbands shall carry themselves toward their wives with this royal and pure love, standing forever on the white height of chastity that they demand of their wives and there abide forever, practicing self-control and self-continence, as they demand of all women—believe me, women will step out from behind the masks that have hidden them through all ages, and match men in the grandeur of their living, the depth of their tenderness, and the strength of their attachment. Then they shall build a home whose pillars shall reach to heaven. Then shall a statelier Eden come again to earth, and the children trooping about it shall have for their training such divinities as the Old World never saw reigning on old Olympus."

TOBACCO AND OBSCENITY.

WE have long held that tobacco-using is a recruiting officer of vice. This has been questioned by those who are inclined to look upon the use of the weed as one of the "smal vices" that may easily be condoned, even in those who profess a high standard of morals; but the fact stated in the following paragraph, to the truth of which no witnesses are needed, as every tobacco-store in the land affords the evidence, ought at least to cause serious reflection :—

"The window of the average tobacco-shop is a place into which no true woman can look without a blush, nor any child without a bruise upon its tender moral nature. The indecent placards of the most degrading theater are pure when compared with the disgusting and bestial pictures that flash with gaudy coloring and licentious posturing from the show-cases and plate-glass windows of these stores where tobacco is retailed."

From the above it is evident that the tobacco-shop has become an open anteroom of the brothel. What man whose conscience is not paralyzed by vice, or benumbed by a vile narcotic, could be induced to display before his place of business such vile pictures as may be seen in the show-windows of these places? And does not the selection of such a means of attraction also demonstrate too clearly for controversy, the general mental and moral drift of tobacco-users as a class? Who would patronize a baker, a grocer, or a druggist, whose place of business was thus decorated? Surely the customers of such a man would be chiefly made up of those to whom the obscene display was, to say the least, not repulsive.

Aids to Immorality.—Among the most potent of the modern missionaries of vice are the theater—especially the ballet, and "nude art." Under the guise of "art," sensuality is fostered and propagated. Pictures and statues representing half-nude figures show not only a depraved taste on the part of the artist and the art-loving public, but the degradation of some woman who posed as a model for the artist. All lovers of purity may encourage purity reform by condemning these nude or half-nude figures, whenever they are encountered.

Street Flirtations.—Thoughtless young girls often allow themselves to be drawn into a street flirtation with some casual acquaintance, without the thought of any grave wrong. The following criticism upon such conduct is certainly none too severe :—

"The girl who will indulge in flirtation with strange young men in public places, however

harmless and innocent it may appear, places herself in their estimation upon a level with the most abandoned of her sex, and courts the same vile regard. The boat that dances like a feather on the tide a few miles above the commencement of Niagara Rapids is just as much lost as when it enters the swirling, swinging water of waters, unless a strong hand pulls it up stream and out of danger. A flirtation to-day is a ripple merely, but to-morrow it will be a breaker, and then a whirlpool; and after that comes hopeless loss of character."

A New Antislavery Crusade.—About twenty years ago the English government set in operation in Great Britain and India what has since been known as the "Contagious Diseases' Acts," which was essentially a system of licensing and regulating prostitution, as liquor-selling has been regulated in this country. A few years later, an agitation was begun by Mrs. Josephine Butler and others, in opposition to these laws, the result of which has been the creation of a strong public sentiment against this iniquitous system. In referring to the agitation of a demand for the repeal of these laws, the *Sentinel* makes the following reference to an interesting incident which was the beginning of the antislavery movement in this country:—

"A century and a half ago a young Quaker clerk, named John Woolman, listening to the dictates of the voice of God in his soul, refused to make out a bill of sale for a negro slave, who belonged to one of his master's customers. This act of faith was the beginning of the agitation which never ended, until negro-slavery was swept away from every land in which the Bible is an open book. But there were many stages in that agitation. Men, good men, did not all at once see the full bearings of the question; and so we find that those who listened to the voice within, began insisting that their brethren in the faith should well-treat their slaves, educate them, and provide comfortably for them in their old age. But they found, as they listened to, and obeyed this voice, that they were led on to further and higher standards of duty, until at last we find John Woolman and his friends engaged in visiting all the members of various 'meetings' of Quakers in America, exhorting them that their duty as followers of Christ was to give up all property in negro slaves; and at last getting resolutions passed that all members who did not, after suitable admonition and time given for repentance, set their slaves free, should forthwith be disowned, and separated from the church. So earnestly did they work, that it was found necessary in only three cases to proceed to this extreme measure; and not only were the slaves liberated in the other cases, but many of them were paid by their former owners for years of past service.

—The marriage of young girls to men advanced in years has always been recognized as a fruitful cause of domestic infelicity, infidelity, and divorce. Civilized and Christian nations allow this gross disregard of natural laws, but the heathen have been less blameworthy in this matter. According to Brown, the eminent traveler, the sacred books of the Brahmans forbid marriage after fifty years of age.

—At the present time the District of Columbia has no laws with reference to adultery, incest, or seduction, so that these crimes are committed with impunity at the very heart of our so-called "Christian" government. It is certainly time that this matter were brought before the law-makers of the land in a manner to demand their immediate attention.

—In the large cities of some of our western States, scores of young orphan girls are kept in houses of prostitution as messengers. Who will undertake the task of rescuing these waifs, whose bereavement is made the means of their present and eternal ruin?

—The infamous "Contagious Diseases' Acts" have been repealed in England, but there are those who are laboring most assiduously to secure their enactment in this country.

GOOD HEALTH

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SPASMODIC EXERCISE.

WHEN the writer was a medical student, he observed that a fellow-student who was engaged in scientific studies was in the habit of stepping out into the back yard once a week, and taking three big jumps, in which he exerted himself to the uttermost. On making inquiry as to the cause of this somewhat curious practice, we were informed by our friend that his time was so closely occupied with study that he was unable to find leisure for regular daily exercise, and so he made up the loss by devoting a few minutes to violent jumping once a week. He advocated the practice on the ground that he could make himself as tired in five minutes by jumping as by an ordinary walk of an hour or two, and that the amount of physical energy expended was undoubtedly fully as great; and, consequently, he believed the benefits derived from the exercise must be equal to those obtained through exercise of a more moderate character; and certainly the economy of time was a very important consideration.

Although at that time we had given very little attention to the physiology of the subject, we were convinced of our friend's error, and made an unsuccessful attempt to persuade him to adopt a more sensible mode of exercise. He continued the same economical habit, and before his first six months had expired, exhibited marked symptoms of dyspepsia, which might easily have been avoided by pursuing a more rational course.

Exercise, like food, should be taken daily and regularly. A medical writer speaks as follows upon this point: "Spasmodic exercise is worse than none. A woman who habitually leads a sedentary life does herself more harm than good when she wearies herself out by taking an absurdly long walk once or twice a month, under the impression that exercise is always beneficial, and especially so when it leads to fatigue. A brisk walk of half a mile every day is far more advantageous than a five-mile tramp once a fortnight."

THE MEDICAL VALUE OF OYSTERS.

THE *Christian at Work* is responsible for the following enthusiastic recommendation of oysters as a remedy for indigestion and sundry other ailments:—

"It is not generally understood, as it should be, that oysters have medicinal qualities of a high order. They are not only nutritious but wholesome, especially in cases of indigestion. It is said, 'There is no other alimentary substance, not even excepting bread, that does not produce indigestion under certain circumstances; but oysters, never.' Oyster juice promotes digestion. By taking oysters daily, indigestion, supposed to be almost incurable, has been cured; in fact, they are to be regarded as one of the most healthful articles of food known to man. Invalids who have found all other kinds of food to disagree with them, frequently discover in the oyster the required aliment. Raw oysters are highly recommended for hoarseness. Many of the

leading vocalists use them regularly before concerts and operas, but their strongest recommendation is the remarkable wholesome influence exerted upon the digestive organs."

It is evident that the writer of the above paragraph has taken to spinning medical theories out of the scanty medical knowledge of his own brain, rather than from the facts demonstrated by experience. For some years, the notion prevailed among people, and to some extent in the medical profession, that oysters, if taken raw, possessed the ability not only to digest themselves, but to aid in the digestion of other food. There seemed to be good grounds for this idea, for it might be considered a very natural supposition that a digestive apparatus capable of digesting such a loathsome diet as this scavenger bivalve subsists upon, would be capable of digesting anything likely to get into one's stomach, oysters included. Some three or four years ago, however, an inquisitive doctor tried the experiment of chopping up some raw oysters, and keeping them in an artificial digesting apparatus, the temperature and other conditions being as nearly as possible identical with those found in the stomach. Contrary to his expectations, however, the oysters failed to digest, showing at once the fallacy of the theory which has induced so many chronic dyspeptics to swallow the bivalves by the dozen, alive and squirming from the shell.

A microscopic examination of oyster soup would doubtless convince the writer of the above paragraph of his error in supposing that "oyster juice" promotes digestion. The truth is that oyster juice is simply alive with germs, or bacteria, of many sorts. Not long since, a Frenchman who discovered this fact, suggested that raw oysters ought to be disinfected before they are eaten; and he even went so far as to undertake an elaborate series of experiments for the purpose of discovering some substance which would kill the germs in the oyster juice, and at the same time would not kill the eater. The results, however, were not satisfactory.

It is true that the oyster is easy of digestion, and the same is true of earth-worms, birds' nest pudding, and a variety of other substances, which are not only quite as digestible, but certainly in every way quite as wholesome as the oyster.

A writer says that the man who first ate a raw oyster must have been "brave as well as hungry." We can readily admit the hunger, but the quality of courage exhibited in the act of devouring a live animal seems to us to be akin to the sort of courage which leads the natives of the Cannibal Islands to show a decided preference for the flesh of their enemies. We quite agree with the sentiment expressed by an anonymous poet:—

"That man must have had a palate covered o'er
With brass or steel, who, on the rocky shore,
First broke the oozy oyster's pearly coat,
And risked the living morsel down his throat."

A MIND-CURE EPISODE.

THE following instance related by a newspaper reporter is doubtless somewhat overdrawn; but no one who has read the standard expositions of the mind-cure philosophy will dispute that it faithfully depicts the spirit and method of this fraudulent and mercenary business:—

"Have you a pain or an ache anywhere in your body? Would you like me to try the mind-healing art on it?" said a distraught-looking gentleman to me at the recent mind-healers' convention, soon after the body adjourned *sine die*.

"Yes, sir," I said, "I have a very severe pain in my ankle, resulting from a wound received in the army. If you can relieve it, I will thank you."

He led me to a corner of the room, and bade me sit down. Then looking me squarely in the eyes, he said:—

"Do you realize that the mind is efflorescent and pervasive; that the music of the spheres is only the collision of soul-worlds; and that your body is the periphery of an all-pervasive center?"

"Yes," I said, "I think I do, but——"

"Well," he said, interrupting me, "so far, so good. Cast your mind forward fearlessly

on the supernals. Break loose from fleshly moorings, and re-establish the ruptured harmony between the visible and invisible. The moment you do this, the springs of vitality in your body will send forth their healing streams, and pain and death will become impossible."

"Very true, very true," I murmured, "I have often thought——"

"One moment," he interjected; "swing your soul now freely out of its earth-born conditions, and revel in the fruition of its antipodal relations. I will give you absent treatment this evening at nine o'clock. Two dollars, please."

AN INTERESTING LETTER FROM TURKEY.

A FRIEND of GOOD HEALTH has been sending the journal to a lady missionary in Turkey, and recently received a very interesting letter, from which we are permitted to make a few extracts. After expressing her appreciation of the journal, the writer makes the following observations concerning Turkish dietetic customs as compared with those of this country:—

"I think Americans use too much meat, especially pork, and too much pie, especially in the country; and they do not use vegetables enough, nor the various grains; and the bread is too white. Two years ago I visited America, after an absence of fifteen years. I noticed the great difficulty of procuring bread at the railroad eating-houses. There was plenty of pie and cake; but my children had seldom, if ever, seen the former, and rarely the latter, and the scanty supply of bread on the tables seemed rather strange to them. In this country, bread is really the staff of life. If a man has all the bread he wants to eat, he does not care if other food is scarce. Bread and salt, bread and a piece of raw onion, or leek, or salted curd, makes him an ample breakfast, which is eaten about eleven o'clock. He takes on rising, at about four o'clock, a tiny cup of Turkish coffee, which may or may not be of real coffee, (most likely parched barley or peas), and a morsel of bread. He takes his second meal about an hour after sunset. It consists of bread and some kind of meat-stew, unless it is 'fast time,' when he will scrupulously avoid all kinds of animal food, milk, eggs, butter, cheese, and fish, and regale himself on beans seasoned with red pepper and spinach, rice and olive-oil, large green peppers stuffed with rice, or baked sour-krout dolmas, *i. e.*, rice rolled up in cabbage leaves."

From the above it will be seen that the Turk takes but two meals a day; for his morning luncheon of barley coffee and a bit of bread can scarcely be called a meal.

The Turko-Russian war demonstrated the fact that Turkish soldiers, who were fed upon two scanty meals of barley, were more than a match for an equal number of Russians, who were furnished with a liberal supply of meat in their rations.

Another feature of the dietetic habits of the Turks, which is to be recommended, is the postponement of the hearty meal until after the heavy labors of the day are past. An hour or two after sunset is doubtless a little later than the most favorable conditions for health would require, and yet even this custom is to be preferred to the American custom of eating a hearty meal at mid-day, and then at once engaging in fatiguing labor, by which the digestive organs are deprived of the vital forces needed to enable them to perform in a perfect manner the duty imposed upon them. Doubtless the late hour is for the Turk a necessity, as his hours for labor are from day-break to sunset.

Milk versus Brandy.—Dr. Clauston, of Edinburgh, the eminent superintendent of the Royal Asylum for the Insane, in the annual report of that institution, speaks thus respecting the comparative value of milk and brandy in the treatment of a class of insane patients for whom it is the custom in nearly all asylums to make a free use of stimulants:—

"I tend more to substitute milk for stimulants. In very acute cases both of depression and maniacal exultation, where disordered working of the brain tends rapidly to exhaust the strength, I rely more and more on milk and eggs made into liquid custards. One

such patient the past year consumed eight pints of milk and sixteen eggs daily, and recovered. I question whether he would have done so under any other course of treatment. He was nearly pulseless and about dead when admitted."

ARSENICAL WALL-PAPER.

A FEW years ago, the danger of poisoning from arsenical wall-paper was so thoroughly exposed and so widely agitated that large numbers of persons discarded the use of paper upon their walls, and adopted the more wholesome method of calcimining or painting. Recently, however, public alarm upon this question has been quieted by the assurance of manufacturers that arsenic is no longer used in the coloring of wall-papers. If this has been true at any time previous, it certainly is not at the present, as within a few months a number of cases of poisoning through this means have been reported. A case of this kind recently occurred in Springfield, Missouri, an account of which was sent us by a friend residing in that city. We make the following extract from the same:—

"Two weeks ago a lady, with the aid of a servant, papered her room. One week later, she was lying with her muscles as perfectly paralyzed as one can imagine, except that she breathed, and could talk with difficulty. She could open and close her eyes, but could not lift a finger. Her sensations were similar to those of one borne down by heavy weights; and, indeed, her weight physically was more than double her normal condition. Some small amount of nourishment was given for a few days, but for the past four days, nothing could be taken except by enemas."

Words are inadequate to express a proper opinion of the utter want of conscience shown by manufacturers who will introduce into so commonly a used article as wall-paper a poison capable of producing such baneful effects upon human life. To investigate a case like the above, and trace the poisonous paper to the parties by whom it was made, would be a task requiring very much less detective ability than that often expended in the apprehension of some petty theft; and yet, such is the apathy respecting their duty in this regard, of those in whose hands rests the care of the lives of Christian citizens, that we have yet to learn of a single case in which punishment has been inflicted upon any manufacturer of wall-paper for the criminal offense of converting an article intended for the adornment of a home into a weapon of death. If the difficulty lies in the lack of proper laws, let wide-awake citizens in every State, at the very next meeting of their State Legislature, see that such laws are enacted, as will eventually put a stop to the manufacture or sale of wall-papers or of any other article of domestic use containing poisonous or deleterious substances.

ARISTOCRATIC SNUFF-DIPPERS.

UNTIL recently, the disgusting habit of snuff-dipping has been supposed to be confined to women belonging to that wretched class of people in the Southern States known as "poor whites." According to recent newspaper reports, however, the morbid desire for something capable of producing a new sensation has induced worn-out fashionables of Washington society to adopt this most disgusting and loathsome practice. This however, is certainly a variation from the not less pernicious, although less repulsive practice of cigarette smoking, which has for years been in vogue among the ladies of genteel society in Washington. We quote as follows from what we suppose to be reliable authority:—

"This winter, the practice of snuff-dipping has found great favor among the fair sex, and many genteel and high-bred ladies in society have indulged in it. Each snuff-dipper has her bottle and swab stick, from and by which she conveys the filthy dust to her lips. The article used for this repulsive purpose is the old-fashioned yellow Scotch snuff, of which four times as much is consumed in this way by the women of this metropolis as for the titillation of the olfactory organ by all the snuff-takers of both sexes. When this practice has once fastened upon a

woman, it is said that she rarely, if ever, is able to shake it off. Neither ruined health, self-respect, love for her husband, children, or friends can give her sufficient resolution to abstain from 'digging,' or 'dipping,' as snuff-chewing is called."

Probably there are few men even among acknowledged devotees of fashion, who will not condemn the use of tobacco in women; yet all the pledges we have seen offered for the use of tobacco by men will apply with equal force to women. If men need tobacco to soothe their nerves and tranquilize their minds, why do not women as well? If there is any one who stands really in need of the quieting influence of some narcotic, it must be nervous, hysterical, irritable young women worn-out by fashionable dissipation.

QUARRELING LIKE BROTHERS.

A PESSIMISTIC wag, on seeing two men abusing each other, remarked to a by-stander that they quarreled "just like two brothers."

A similar state of brotherhood or sisterhood, as the case may be, seems to exist in the mind-cure fraternity.

The various classes of mind-curers—meta-physical-healers, Christian meta-physicians, and faith healers—into which this new class of doctors has been for some time divided, are splitting up into still smaller sub-divisions; and the vocabulary of the language is being exhausted to find expressive names for new metaphysical sects. Each one claims to be "the only genuine," and all the rest are counterfeits.

The mind-cure movement claims to be the introduction of a new dispensation,—the second coming of Christ, the millennium, the impersonation of all that is pure, wholesome, and elevating. It claims to be a new religion, which ignores and repudiates many of the essential elements of all orthodox systems of religion, and appropriates to itself much of the mysticisims of Veddas. Its conception of God is clearly pantheism; the idea of Christ, that of the Unitarians. Thousands of excellent Christian people are deluded into the acceptance of this pseudo-religio science, allured by its high moral pretensions and its extravagant parade of inappropriate scientific terms.

The voice of every Christian pulpit in the land should be raised against this dangerous delusion, which leads people to believe that they are religious when they are simply moral; to consider themselves well when they are sick; to suppose themselves to be recovering from disease when daily drawing nearer to the grave.

Danger in Confectionery.—Everybody knows, or ought to know, that most confectionery contains more or less poisonous substances in the form of flavorings, or coloring material, or substances used to cheapen the cost of manufacture. It has recently been discovered that poisonous coloring materials are in use as a substitute for the yolks of eggs, in coloring cakes and other confectioneries sold by bakers.

Vigorous Vegetarians.—The South American bark-gatherers who collect the bark of the cinchona-tree, from which quinine is made, live almost wholly upon bananas and other equally simple vegetable food, and yet are by no means the weak and feeble creatures which the majority of persons who imagine flesh to be a necessary element of human diet, would expect them to be. The daily task assigned these hardy mountaineers is to gather and bring to camp two hundred pounds of green bark, which they carry upon their backs, threading their way through dense and trackless forests, clambering over huge rocks, climbing steep mountain-sides, crossing deep ravines and dense jungles, and often being obliged to travel many miles in the accomplishment of their arduous task. How many English or American meat-eaters would undertake to carry upon their shoulders all day or for part of a day half as heavy a load as the South American bark-gatherer?

A friend of the writer, Mr. E. M. Brigham, who has spent several years in traveling through South America, tells us that the na-

tives of the eastern slope of the Andes often carry upon their back a load of two hundred pounds for a distance of thirty miles a day, and live for months at a time exclusively on bananas. The evidence derived from experience and the most extensive observation, show beyond any possibility of question that the notions which prevail in this country that persons who engage in arduous labor must eat largely of flesh meats, or so-called hearty food, which generally means a greasy, indigestible diet, is a gross and indefensible error.

Fifty Years a Vegetarian. — Hon. J. E. Weeden, of Randolph, New York, is probably one of the oldest vegetarians in the United States. By request, Mr. W. sent us recently a short sketch of his experience as a vegetarian, in which he states that being naturally of feeble constitution in early childhood, and an almost constant invalid until he reached the age of twenty-five years, during which time his life was often despaired of. But by the adoption of vegetarianism, and abstinent and regular habits, at the age of thirty, he has now attained to nearly eighty years; and for half a century has enjoyed almost uninterrupted health. He is still engaged in the practice of his profession. He daily walks a mile to his office and back. He sleeps with his windows open summer and winter, and for thirty years has not been confined a single day by sickness.

Fifty years ago Mr. Weeden adopted the plan of eating but twice daily, discarding the use of tobacco, to which he was then addicted; and soon after abandoned the use of tea and coffee. His mother died at the age of thirty-two, from consumption. He was the oldest of thirteen children, all but the three youngest of whom have been dead for years. No one can reasonably doubt that the simple and temperate mode of life adopted by Mr. Weeden in early manhood has been an inestimable blessing to him, and the means of securing to him a long and useful life.

—An inventor has patented a process for aerating water with oxygen instead of carbonic-acid gas.

—The *New York Herald* says that the pale, æsthetic, sun-flower-worshiping girl has been laid on the shelf; and that the girl who walks, rows, swims, shoots, rides, plays tennis and cricket—who, in short, is a perfect counterpart of her brother, and who imitates him in everything, has taken her place, and bids fair to keep it. At first thought, this strikes one as a very wholesome improvement, but, unfortunately, the modern girl of fashion really, as the *Herald* says, imitates her brother in everything. She not only plays cricket, rows boats, and practices in the gymnasium; but she smokes cigarettes, talks slang, and cultivates a boldness of manner which is anything but womanly, and which tends in a bad direction. Fashion is no friend to goodness, either physical or moral. Whenever she seems to be leading her votaries in the right direction, she quickly switches them off the track, and leads them in as mad a race after folly as ever.

—The danger of too readily accepting the reports concerning the value of newly-discovered drugs, is well illustrated by a report recently made to the New York Medical Society by Dr. Porter. The doctor says that attacks of rheumatism and typhoid fever are more prolonged and more fatal when the so-called anti-pyretic drugs (medicines supposed to be capable of reducing temperature) are used, than when baths and other ordinary means are relied upon. It was also shown that the liver and kidneys are much more apt to be seriously involved when drugs of the sort referred to are employed.

—The *Grocers' Manual* gives the following list of articles which are generally adulterated, and likely to contain poisonous substances: cream of tarter, cayenne pepper, chicory, cocoa, burnt and ground coffee, confectionery, curry-powder, wines, liquors, pickles, preserved meats, Worcestershire and other sauces, teas, tobacco and soaps. Fortunately, most of these articles are such as sensible people who are informed on the subject of dietetics have no use for.

CONTAGIOUSNESS OF CONSUMPTION.

THE most recent investigations upon this subject have developed and confirmed the following facts :—

Consumption is undoubtedly a contagious and infectious disease.

The disease is not contagious through the breath. Experiments have been made, by causing animals to breathe air contaminated by the breath of consumptive persons; but it has been found impossible to communicate the disease in this way, as the expired breath contains too few of the germs, or tuberculose bacilli, to set up the disease, when breathed by another person.

The disease is communicated through the expectorated matter, either by inhaling the sputa when dried and reduced to powder, or by taking food or drink which has been contaminated by the expectorated matters.

Contamination may also occur through the medium of clothing, especially by means of handkerchiefs which have been contaminated by a consumptive person.

There are no facts which show that the disease is ever propagated in hospitals through the association of consumptive patients with those not affected with this disease; and the contagious nature of this malady simply requires that precaution be taken to thoroughly disinfect the expectorated matters of consumptive patients, and prevent the contamination of clothing, air, food, or drink through this means. This may be done by pouring boiling water into spittoons, or adding a five-per-cent solution of carbolic acid. Consumptives, instead of using ordinary handkerchiefs, should employ cheap cloth, which may be burned after being soiled.

It is found that flies may communicate consumption by feeding on the expectorated matters of consumptive patients; also that the flies, after feeding upon such matter, frequently die in a short time, and on examination their intestines, as well as the excreta, is found full of the germs, or bacilli, of this disease.

It is thus apparent that food may be contaminated with the germs of consumption by means of flies, which deposit their excreta upon everything with which they are allowed to come in contact. It is possible, also, that after the death of a fly, its body may be dried and broken, and the germs scattered and communicated to air, water, or food.

Experiments show that the germs of consumption are not destroyed by drying, putrefaction, nor by exposure to a temperature of 140° F.

It is entirely possible that consumption is communicated by the inhalation of atmospheric dust, which may often contain the dry sputa of consumptive patients.

The idea advanced in the preceding paragraph is confirmed by the fact that consumption occurs more frequently among those who live continually in a warm climate than among those who live in cooler climates, or who seek a cool climate during the summer months.

It is also found that consumption occurs most frequently after a period of excessively hot weather. Heat undoubtedly stimulates the development of these germs, and increases their activity. It also increases the amount of dust.

An Unsuccessful Operation.—According to a contemporary, a young physician who is just beginning practice, being called to attend a child that had gotten a bean into its ear, became involved in serious trouble after the following fashion :—

"Acting upon a brilliant inspiration, he attempted to remove the foreign body by syringing the ear with water. The bean, absorbing the water, swelled to double its natural size, and the effect upon the child may be better imagined than described."

Not knowing what else to do, the unfortunate medical man called an older physician in consultation, who picked the bean out with a hair-pin in half a minute. If the young doctor had been more thoughtful, he would have dropped a little alcohol into the ear, the effect of which would have been to cause the bean to contract, instead of swelling, and thus have facilitated its removal instead of hindering it.

Detection of Alum in Bread.—The simplest method is to dip a slice of the suspected bread in a solution of logwood in water (either the extract or fresh chips may be employed). If alum is present, the bread will become a claret color. A more precise method is the following. Macerate in three or four table-spoonfuls of water a half slice of bread; strain off the water, and add to it twenty drops of a strong solution of logwood. Then add a large tea-spoonful of a strong solution of carbonate of ammonium. If alum is present, the mixture will be changed from pink to a lavender-blue. This test will discover a grain of alum in a pound of bread.

—It is reported that in a certain county in a Southern State, an old hearse is used for peddling green apples and knurly peaches, which impresses one as being a very appropriate arrangement.

—A little girl, at the dinner-table one day, asked to taste a piece of pickle; but after eating it, she made a wry face, and said, "I don't like it; it *dazzles* my tongue."

Treatment of Cuts.—As a rule, deep cuts should never be covered with plasters. There is always likely to be more or less discharge; and unless the cut has been treated antiseptically immediately after the injury was inflicted, decomposition is pretty certain to take place. If the discharge is retained, blood-poisoning, more or less extensive, will occur. It is wrong treatment in this particular, which is the most frequent cause of suppuration of slight wounds. Good surgeons always take pains to see that good drainage of wounds is provided for.

Water-Drinking before Meals.—When the stomach is empty, its walls are often covered with mucus. This is especially true in cases of dyspepsia and slow digestion. A person who has bad taste in his mouth and a foul coat on the tongue may be sure that his stomach is in this state. Mucus is indigestible, and thus often interferes with the digestion of food. By swallowing a glass or two of water half an hour before meals, this adhesive mucus may be washed off. Cold water may be used by persons who are strong and comparatively well, but warm or hot water is usually to be preferred.

Ice-Water Enemata.—In cases of prolapse of the rectum as the result of dysentery or an acute attack of hemorrhoids, there is no remedy more serviceable than ice-water enemata.

About one-half pint of ice-water should be injected each time the prolapse occurs, after first pressing the rectum back into position.

Catching Consumption.—A recent experimenter showed that a lap-dog caught consumption from its mistress. A whole herd of hogs caught consumption from a lot of sick cows. Careful investigations show that meat of consumptive animals will communicate the disease, even after it has been salted a long time. Milk will communicate the disease, not only when raw, but after it has been made into cheese. In one case the cheese was two and one-half months old.

HYGIENE IN THE SCHOOL-ROOM.

THE afternoon session of the grammar school was over. A few of the girls still lingered in the pleasant school-room to chat with Miss Wright, the slender little teacher, while she performed a few last duties, preparatory to leaving for the night.

The school-room was a pleasant one, large and airy, and thoroughly ventilated. There were pictures on the walls, and plants in the windows. It was about these, that Miss Wright and the girls now hovered, giving them water, picking off a dead leaf here and there, chatting cheerily all the while. One bright-faced girl stood a little apart, evidently enjoying the scene, and finally exclaimed, "Miss Wright, you don't look a bit older than the girls, and you certainly are prettier. I never saw such a lovely form, you're so easy and graceful!"

"Really, Miss Minnie," said Miss Wright, "I'm glad I wear my years so lightly; as for your other and very pointed compliment, I might return it with interest."

"Oh, nonsense!" said Minnie.

"Have you a large mirror at home?" said Miss Wright.

"Yes, and I've looked in it often enough to know your charge is unfounded," returned Minnie.

"Better look again," put in one of the other girls.

"I know just what I'd see," retorted Minnie; "hair almost white, and straight as a string."

"Just as smooth and soft as silk," said Miss Wright.

"Pug nose, hopelessly and irretrievably pug," continued Minnie.

"Just puggy enough to be piquant, and mouth as sweet as a rose-bud," said Miss Wright. "Don't criticise any further."

"Isn't much use, if you are around," said Minnie, in mock despair. "What a bundle of beauty I am, girls! I'd like to have you show me a little more respect hereafter. I always thought a great deal of myself, but now I shall hold a higher regard than ever for said person. It's no more than right to worship perfection, is it?" queried Minnie, with a comical air. "Miss Wright, will you oblige me by seeing if my wings have sprouted?"

Miss Wright complied, carefully passing her hand over the place where wings are supposed to grow, and said, "I can see no signs of budding wings; am afraid the soil isn't just right to promote the growth of feathers; and yet," she added gravely, "I do find something here that may cause you to make a premature exit from this world without wings."

Minnie looked at the grave face, hardly knowing whether she were in jest or earnest; the other girls wondering inwardly what she could mean, when Minnie asked, "What is it, Miss Wright?"

"This," she replied, indicating the tightly-fitting dress, and the armor of steel and whalebone underneath.

"Do you mean my corset?" Minnie asked, still puzzled. "It's not tight."

"No," said Miss Wright, slowly and thoughtfully, "I can remember when I put mine on, and then pulled the strings up with both hands; and yet, if any one had said anything about it, I should have made the same reply, 'It's not tight.' Not that I meant to tell an untruth, but simply because I was unconscious of the fact. There was no side-ache or anything of the kind."

"I don't have any side-ache either," said Minnie, "you can't blame me for doing just what you did, can you?"

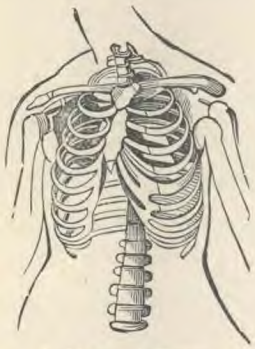
"I've lived to see the folly of it."

"In what way?" Minnie queried curiously. "I don't see what harm there can be, unless it causes present pain."

"That is where the trouble lies. If there were actual pain caused by the wearing of corsets or other tight clothing, people, not liking to suffer, would rather abandon the cause, than suffer from the effect. But it is in this way. The evil is an insidious one, and creeps upon us unawares."

"How?" said one of the girls. "I've heard corsets denounced by people, and yet never heard any one tell why their use is injurious."

"Well," said Miss Wright, "Can you imagine a human body just as the Lord made it? It is made perfect; and if you could take a peep inside, you would see all the vital organs fitted to a nicety in their proper places each one performing its proper function, and all working in perfect harmony to accomplish the purpose of a divine design. Now take this same body, put snugly-fitting corsets about it, and see the result. There was only room before for what it contained, and now with the outside pressure lessening the internal room, some of the contents must be crowded, defrauded of their natural place, or compressed so as to be unable to perform their proper functions. The derangement will be, of course, in proportion to the compression."



A Natural Form.

A Form Compressed by Corset-Wearing.

The girls had gathered around Miss Wright, and listened intently as she spoke. They had all learned to love the gentle little woman who daily taught them, not only by word, but also by practice and example, many truths not found in text-books. The subject was a new one to them; but coming as it did, from *her*, it demanded at least their respectful attention; and she felt she had a point, when she noticed how interested they seemed, and prayed inwardly that she might be able to press the truth home, at least upon some one of her fair girlish listeners.

There was a brief pause after she had ceased speaking, which was broken by Mamie Thomas, a sweet, thoughtful girl.

"Then the harm of wearing corsets is in the way they are worn? Is that the idea you wish to convey?" she said.

"No," said Miss Wright, "not exactly. I may have conveyed that impression, and the degree of injury does depend something upon how closely they are worn. I believe them to be very injurious, even though worn loose."

"I do n't see why they should be," said Minnie.

"Take out the steels and whalebones, or whatever it is that renders them stiff, and you will have removed the chief evil. But no one, that is very few, care to wear them unless they are stiff enough to give them some form, as they say, and keep them in shape. Whether worn snugly or otherwise, they are stiff and unyielding, and there is a constant pressure downward, upon the bowels and all the organs contained in the abdominal cavity; consequently many of the gravest diseases are caused simply in that way, by the downward pressure."

"I begin to see," said Minnie.

Miss Wright lifted the slender hand that Minnie laid in her lap, and apparently turning abruptly from the subject, said, "I always admired this ring," denoting the one she meant, by turning it gently on the girl's fair finger. "Can you take it off?"

"I always liked it too; Uncle James brought it from California when I was about eleven, and I've worn it ever since. I have n't had it off in a long time, and I can't get it off either," she replied, laughing.

"It seems large enough."

"Yes, but my finger seems smaller where the ring is than anywhere else."

"Yes, I see," said Miss Wright, "your finger has grown since you began wearing the ring. But wearing it constantly, and it being perfectly unyielding, the place it encircles has had no chance for growth. This forms a good illustration of the effect of corsets upon growing girls. The rest of the body grows, and comes to a certain point of development; but the waist, closely and stiffly encircled as it is, has no chance for growth or development."

"That is clear," said Minnie. "I never heard it presented in that light before."

"Nor I either," said Mamie; and the other girls echoed the same.

"I should think tight clothing of any kind would be injurious," continued Mamie, thoughtfully.

"It is," said Miss Wright, "though not as hurtful as the corsets themselves, inasmuch as no other garment worn is as stiff, and cannot well be made so. No article of wearing apparel that interferes in any way with the natural freedom of any part of the body ought to be worn. Inasmuch as it does interfere, just so far is it unphysiological, and therefore unhealthful."—*Woman's Magazine.*

A Sensible Boy.—Little Ned was dining with his parents at a friend's house. The horse-radish bottle was passed. He thought he would take some too. When he had recovered somewhat from the scorching sensation induced, it being his first acquaintance with the article, he remarked: "I guess I will wait till that gets cold before I try it again."

If all condiments were treated in the same manner, they would speedily go out of use, as the sort of heat possessed by these substances requires a very long time to cool.

Question Box.

[☞ All questions must be accompanied by the full name and address of the writer, as it is often necessary to address by letter, the person asking the question.]

"Baunscheidt" Treatment—Safe Kidney Cure—Alum—Water-Drinking.—H. W. inquires:—

1. "Do you consider Baum-scheidt treatment of any value?

2. "Is Warner's Safe Kidney and Liver Cure beneficial for what it is recommended?

3. "How may alum be detected in bread?

4. "Do you think it is beneficial to health to drink water freely, say from two to three quarts per day?"

Ans. 1. This treatment is a mode of counter-irritation, the same as blistering, burning, etc. Its value is the same as those methods,—neither more nor less.

2. This much-advertised nostrum has been recommended for the cure of almost every ailment. Plenty of persons can be found to testify that it has cured them of Bright's disease, which has long been recognized as an incurable malady. Our opinion is that persons who testify to having been cured, either never had the disease or suppose themselves to be cured when they are not.

3. You will find in the department of Domestic Medicine of this number directions for detecting alum in bread.

4. Water-drinking is very beneficial to many persons, but it is not good for every one. The quantity named is more than is ordinarily required, though in some cases so large a quantity may be taken with benefit.

Rice and Sugar Diet—Hot Water.—E. T., of Mississippi, inquires:—

1. "My present diet is simply boiled rice, hot water, and sugar. Is there anything lacking that I should have?

2. "Are sweet substances, such as molasses or sugar, when eaten on such food as bread or rice, or taken in hot water, deleterious from the standpoint of a perfect diet; and if not, are they necessary?

3. "Is it harmful to drink hot water at meal-time (I use no other drink whatever)? and if it is harmful how long after meals should it be taken?

4. "In estimating the weight of food to be eaten, should one estimate its weight before or after cooking?"

Ans. 1. Yes; almost everything is lacking. Rice is a very meager and insufficient diet. It is almost wholly composed of starch, and hence is lacking in the elements most needed to build up the nervous and muscular system. Sugar added to rice simply increases the difficulty, as it adds an element, in the form of starch, which is already too abundant in rice.

2. Molasses, sugar, sirup, honey, etc., often do harm, because sweets taken in this concentrated form are likely to be taken in excess, and are frequently added to foods which, like rice, already contain an excess of carbonaceous elements. The only apology for the use of sweet foods is that they render some foods more palatable than they would otherwise be. A thoroughly natural taste will prefer sweet fruits to sugar in any of its concentrated forms.

3. Hot water may be taken at meals in very small quantities without apparent detriment, and sometimes with benefit. The amount of liquid taken at meals should depend upon the kind of food eaten. If the food is dry, more liquid should be taken than if the food is largely of a liquid character. The best time for taking hot water, when it is taken for the benefit of the stomach or the liver, is a full hour before meal-time.

4. Neither method is correct. The estimate should be based upon the weight of the food when wholly free from water, as shown in tables giving the nutritive values of foods and their constituent elements.

Eustachian Catarrh.—W. S. F., of Pennsylvania, writes: "I have catarrh of the Eustachian tubes. It is of twenty years' standing, and one ear is seriously affected; the other is gradually failing. Is there any home-treatment by which I may be benefited?"

Ans. Eustachian catarrh is probably due to the disease extending from the nose in the direction of the ears through the Eustachian tubes. Most cases of deafness originate in this way. You ought immediately to put yourself under the treatment of a good specialist in naso-pharyngeal and ear diseases, as it is probable that it is not yet too late to arrest the disease; and most likely a very considerable degree of improvement may be secured.

Rheumatic Gout.—J. W. B., of Connecticut, has rheumatic gout, and inquires whether any external application would be of service in relieving the pain and soreness of the joints.

Ans. Sponging the parts with hot water, and warm packing of the joints at night may often be employed with great advantage.

Creosote for Catarrh.—F. H. B., of Connecticut, inquires:—

"Do you consider creosote a good and safe remedy for catarrh?"

Ans. We cannot recommend any single remedy for catarrh. There are cases in which creosote in appropriate solution might be employed to advantage in the treatment of catarrh, but the number of cases which will be benefited by this remedy is very small.

A Cheap Bath-Tub.—Mrs. A. C., of Pennsylvania, asks for directions for making a cheap bath-tub.

Ans. A cheap bath-tub may be constructed of wood, the joints being made tight by means of white lead. Copper bath-tubs may now be obtained for twelve or fifteen dollars.

Palpitation of the Heart.—E. A. P., of Ohio, is troubled with an intermittent palpitation of the heart, which is followed by fullness in the head and dizziness. Inquires what the cause is, and what to do to prevent it."

Ans. It is impossible to state the cause without further information. There may be an affection of the heart. It is more likely, however, that the difficulty is a sympathetic disturbance due to indigestion. It will not be possible to prescribe proper treatment without knowing more of the conditions present. The patient should consult some competent physician.

Rubber Water-Bags.—S. M. S. wishes to know whether rubber bags are as good to use in applying compresses and fomentations as wet cloths.

Ans. Practically, yes. Rubber bags may be used for applying either heat or cold, and that dry or moist, as desired. When moisture as well as heat is required, apply a damp cloth next the surface. In this way the effect of fomentations or of cold compresses may be secured as efficiently as in any other manner.

Neptune's Girdle.—L. B., of Illinois, inquires whether there is any danger in wearing a wet bandage at night in the winter.

Ans. The abdominal bandage, or Neptune's girdle, called by the Germans, *umschlag*, is an efficient appliance for the relief of some stomach and bowel troubles; but when used in the winter time, care must be taken to prevent chilling. It is only necessary to cover the compress with a number of folds of dry flannel. In the morning the parts should be sponged off with cool water, and afterwards rubbed with oil.

Nitrous-Oxide Gas—Cocoa—Vegetables.—Mrs. J. C., of Maine, inquires:—

1. "Can nitrous-oxide gas be taken safely by a person afflicted with nervous troubles?

2. "Do you consider cocoa a wholesome drink?

3. "What vegetables are most wholesome?"

Ans. 1. It is not easy to answer this question without knowing the nature of the nervous affection, though ordinarily we may say: Yes; if given by a careful person.

2. No.

3. Potatoes, peas, beans, lentils, asparagus, and cauliflower, are undoubtedly the most wholesome and digestible of vegetables.

Literary Notices.

THE January CHAUTAUQUAN offers its readers a long list of good things, of which the following are a few: "Drinks," by C. Fred Pollock, M. D., "Municipal Government," by James Parton; "Literature of the Far East," by Justin A. Smith, D. D.; "Canadian Literature," by W. H. Withrow, D. D.; "A Ride across the Balkan Mountains," by Bishop John F. Hurst, LL. D.

George Parsons Lathrop has the second installment of his interesting articles on "Home Life of New York Authors." "The Saloon in Politics" is the title of a symposium of letters upon the subject, from the pen of such able writers as Rev. Washington Gladden, Bishop H. C. Potter, Senator A. H. Colquitt Senator H. W. Blair, Gen. Clinton B. Fisk, and others.

Published at Meadville, Pennsylvania. Subscription price, $1.50 per annum.

THE New York WEEKLY GRAPHIC is one of the leading illustrated newspapers of the day. All important subjects receive due attention in its columns, while many curious and unfamiliar scenes are graphically portrayed in its numerous illustrations.

Published in New York City. Subscription price, $2.50.

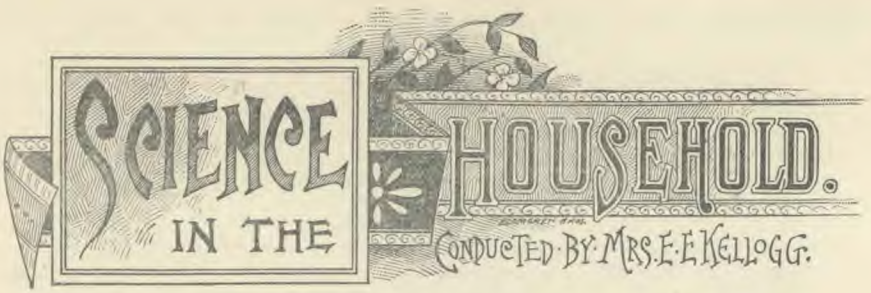
THE SOCIAL PURITY SERIES of leaflets, issued by the Philanthropist, box 2554, New York, which has from time to time been noticed in these pages, has reached its sixteenth number, which has just been published. The subject, Drink and Vice, is a most important one, and is well handled by the author of the leaflet, Aaron M. Powell. The leaflet ought to be widely circulated. Price per hundred, 50 cents.

THE DOMESTIC MONTHLY, 853 Broadway, New York.

This beautiful illustrated monthly gives every month a variety of readable miscellany, treating on the prominent social, artistic, and literary topics of the day. Subscription price, $1.50 per annum, with a free gift of one dollar's worth of paper patterns to every subscriber.

THE DECEMBER COSMOPOLITAN presents an article by Olive Thorne Miller, on "Mr. Crowley the Chimpanzee," finely illustrated by J. Carter Beard, the well-known animal artist, thus making it a charming study of a creature in the Central Park Zoological Museum that attracts more attention than any other New Yorker. "From Forest to Floor" gives a graphic, interesting, and valuable account of lumbering and lumber in Canada. A beautifully illustrated article on "The Shah and his Court," another entitled, "A Politician and a Saint," with sketches, stories, and poems, make the table of contents one of much interest to every one.

Published at 29 Park Row, New York. Subscription price, $2.00 per year.



SEASONABLE BILLS OF FARE.

DURING this season of the year, when the supply of fresh fruits and vegetables is limited to the more hardy kinds, which can be stored in the fall for winter use, it is often difficult to plan the daily bill of fare so as to provide a pleasing variety at all times. Much, however, can be done by different modes of preparing the same article of food. As an illustration of this, we offer the following dinner bills of fare, which, although employing much of the same material, are so differently prepared as to be wholly unlike:—

NUMBER ONE.

White Celery Soup,

Baked Potato with Cream Sauce, Mashed Squash,

Parsnips with Egg Sauce, Beet Salad,

Whole-Wheat Bread, Granola,

Cracked Wheat,

Orange Tapioca, Apples, Nuts.

NUMBER TWO.

Parsnip Soup,

Beets and Potato, Hulled Corn,

Celery,

Whole-Wheat Puffs, Dry Toast,

Steamed Rice with Raisins,

Squash Pie, Oranges, Apples.

It will, of course, be understood that cream, milk, beverages, sauce, and other common food accessions are to be provided with each bill of fare. Recipes for some of the dishes are given below, others will be found in this department of last year's volume.

Beets and Potato.—Boil six nice mealy potatoes and an equal quantity of beets separately until tender. When done, peel and slice. Put layers of beets alternating with layers of potato in a vegetable-dish, with salt to taste, and enough thin sweet cream to nearly cover. Brown in the oven, and serve hot.

White Celery Soup.—Cut two heads of celery into finger-lengths, and simmer in a quart of milk for half an hour. Remove the pieces of celery with a skimmer. Thicken the soup with a table-spoonful of corn starch braided with a little milk, add salt if desired, and a tea-cup of beaten cream.

To Hull Corn.—Put enough ashes into a large kettle to half fill it, then nearly fill with hot water, and boil ten minutes. Drain off the water from the ashes, turn it into a kettle, and pour in four quarts of clean, shelled corn of some of the field varieties. Boil till the hulls will rub off. Skim the corn out of the lye water, and put it into a tub of fresh cold water. Scrub the corn well with an old broom, changing the water as often as it thickens. Wash it in half a dozen or more waters, and then take the corn out by handfuls, rubbing each well between the hands to loosen the hulls, and drop again into clear water. Pick out all hulls. Cleanse the corn through several more waters, if it is to be dried and kept before using. If it is to be cooked at once, it should be parboiled in clear water twice, and then put into another water and cooked till tender.

Parsnips with Egg Sauce.—Scrape, wash, and thinly slice enough parsnips to fill a three-pint basin. Steam until tender. Have ready an egg sauce prepared in the following manner: Heat a pint of very rich milk or thin cream to boiling, and stir into it a level table-spoonful of flour, rubbed smooth with a little milk. Let this boil a few minutes, stirring constantly until the flour is well cooked and the sauce thickened. Then add the well-beaten yolk of one egg, turning the egg in very slowly and stirring rapidly, so that the egg will not curdle; add salt to taste, let the whole boil up once only, turn over the parsnips, and serve hot. The sauce should be of the consistency of thick cream.

Parsnip Soup.—Take a quart of well-scraped, thinly-sliced parsnips, one cup of shavings of bread (that shaved from the top of the loaf, simply the brown portion of the crust), one head of celery, one small onion, and one pint of sliced potato. The parsnips should be young and tender, so they will cook in about the same length of time as the other vegetables. Use only a sufficient quantity of water to cook tender without burning. When done, rub all together through a colander, then add sufficient rich

milk, part cream if desired, to make the soup of the proper consistency; reheat, season with salt if desired, and serve.

Beet Salad.—Cook nice beets until tender; chop fine, and turn over them a dressing prepared by thoroughly beating together three table-spoonfuls of lemon juice, one of sugar, and half a cup of whipped cream.

Bread Box.—A writer in the *Farm and Household* thus describes a box made to set bread in, to rise before it is baked: "A box of maple—though any odorless wood will do—was made large enough to hold the dish in which the bread is sponged, or the pans set, after the bread is made into loaves. On the outside of this box cleats are nailed, two on each side and on the bottom, and one on each end; then another box was made two inches higher, and just large enough to contain the box with the cleats. The cover should be made double, with an air space between the upper and under sides, and so that when the cover is closed, the lining of it will shut down closely on the inner box, and the other side on the outer box. In this way, an air space is secured all around the inner box, which tends to secure a uniform temperature. The cleats should be an inch thick and about an inch wide, with the outer box nailed through to the cleats of the inner, and the cover hinged at the back. Handles may be put on the ends. When you are ready to mix your bread at night, put one or two hot bricks in the box, and close it. When you are ready to put the bread in, lift the bricks out, set in the bread, and shut the box."

Marketing in Italy.—A recent writer on housekeeping in foreign lands, says marketing is a much more tedious undertaking in Italy than in America, since such a large number of shops must be visited to procure the various articles which in this country would be found at the grocer's. If flour is wanted, it must come from the baker, who also sells eggs, rice, beans, and macaroni. For butter one must go to the cheese-monger; for crackers to the confectioner; for sugar to the droghiero, where are also to be had candles, patent medicines, drugs, paints, etc., and where a prescription can be made up. For salt, the buyer must go to the tobacconist.

Ink Stains on Books.—To remove ink stains from a book, first wash the paper with warm water, using a camel's hair pencil for the purpose. By this means the surface ink is removed. The paper must be wet with a solution of oxalate of potash, or, better still, oxalic acid, in the proportion of one ounce to half a pint of water. The ink stains will immediately disappear. Finally, again wash the stained place with clean water, and dry it with white blotting-paper.

The Bread of the Ancients.—Biscuits, or cakes, made of nothing but meal and water, and then baked, are the oldest form of bread. Fragments of unfermented cakes were discovered in the Swiss-lake dwellings, which belong to the Neolithic age, an age dating back far beyond the received age of the world. Although this rude form of bread was early discarded for the fermented variety, yet in this, as in many other matters, it was found convenient to return to a discarded and apparently valueless process. Thin, unfermented cakes were found to possess merits for special purposes. They would keep good for a great length of time, and were convenient to carry, thus affording wholesome and nutritious food in a portable and convenient form. The simplicity with which they could be made and baked was also a point in their favor. It is not a little odd that the word "biscuit" embodies the process by which they were made from time immemorial to within the last century, if not later. *Bis*, twice, and *coctus*, cooked, shows that they were twice baked; and although the double process has now been discarded, the name is retained.

To Remove Bruises from Furniture.—Wet the part in warm water; double a piece of brown paper five or six times, soak in warm water, and lay it on the place; apply on that a warm, but not hot, flat-iron till the moisture is evaporated. If the bruise be not gone, repeat the process. After two or three applications, the dent will be raised to the surface. If the bruise be small, merely soak it with warm water, and hold a red-hot iron near the surface, keeping the surface continually wet, and the bruise will soon disappear.

An Excellent Way to Cook Rice.—To boil a pint of rice, heat half a pint of water to boiling, then add the rice. Boil over a slow fire until the water disappears, then cover the dish closely, and set it over a kettle of boiling water, and slowly steam the rice tender. Do not stir the rice until after it has been steamed some time, and then only a very little. If salt is considered indispensable, add a trifle to the water before adding the rice. Cooked in this way, rice will be thoroughly tender, yet whole.

—The cleanest and most perfectly polished floors have no water used on them. They are simply rubbed every morning with a large flannel cloth, which is soaked in kerosene oil once in two or three weeks. Take the cloth, and with a rubbing-brush or stubby broom go rapidly up and down the planks (not across them). After a few rubbings the floor will assume a polished appearance that is not easily defaced.—*Scientific American.*

Publisher's Page.

☞ Winter in Michigan thus far has been a failure. Till within a few days, the weather has been October weather almost all the time. Just now there is a fair prospect of enough snow for sleighing by Christmas. Just cold enough to be healthy.

☞ Many of our old subscribers, in selecting New Year's presents for their friends, will perhaps think of GOOD HEALTH, with its sanitary teachings, as a most appropriate New Year's gift, and an excellent means of aiding their friends to secure the happiness which they wish for them.

☞ We especially call the attention of agents and all friends of GOOD HEALTH to the numerous improvements embodied in this first number of the volume for 1888, which we trust will be an incentive to them to increase their efforts to extend its circulation.

☞ The SUNBEAMS of HEALTH AND TEMPERANCE, a large edition of which the publishers have recently issued, is selling very rapidly, and meets with general approval. The work is brimful of interest, and sells rapidly in the hands of canvassers. The book is not intended solely for the holiday trade. It ought to sell readily at any time of the year, where any book can sell. Canvassers are wanted in all parts of the United States.

☞ Beginning with the present number, the editor will contribute a series of ten popular lectures on Nasal Catarrh,—its nature, causes, consequences, prevention, and proper treatment, one of which will appear in each number of the journal until the series is completed. The lecture in the present number, entitled, "The Nose and Its Uses," should be read with care as a preparation for the proper understanding of those which will follow.

☞ Mr. Julius Ashmann, who has been a life-long sufferer from stammering, wishes to inform the readers of GOOD HEALTH that he has been entirely cured under the treatment of Mr. Rudolph Denhardt, Eisenach, Germany. Being personally acquainted with Mr. Ashmann, and knowing him to have made unsuccessful trials of many methods previous to this, we feel confident that this recommendation may be relied upon.

☞ We wish to call special attention to the new department begun in this number, entitled "Dress." This department will contain in each number some practical illustrated article relating to the subject of dress, which we trust will be approved by all our readers, especially wives and mothers, and all interested in dress reform. The dress of women and children will receive especial attention in this department, but the dress of the sterner sex will also receive due consideration.

☞ "Gone East for his health," was the reply of a lady resident of San Francisco to a friend who inquired after her husband. There are many invalids who are beginning to discover that the chilly dampness of southern latitudes during the winter season, more properly "rainy season," is by no means an unmitigated blessing. The dry cold of the North is a vital tonic which is of decided benefit to those who know how to care for themselves, and whose physical condition is not so reduced as to make it impossible for them to avail themselves of the advantages of this powerful natural stimulant.

☞ The editor has just returned from a five weeks' trip to the Pacific Coast. He had the pleasure of visiting San Francisco, Oakland, Los Angelos, also the College at Healdsburg, and the Rural Health Retreat at St. Helena, and was glad to find both of these institutions in a flourishing condition. Healdsburg College is one of the most flourishing educational institutions on the Coast. It has been a pioneer in California in Manual-Training as a feature of educational work, and has made a success of this branch of education as it has all others. The College was filled to its utmost capacity, and extensive additions are contemplated.

At the Rural Health Retreat, we found great improvements in progress. Two stories have been added to the main building, and are now being fitted up for the use of patients. When completed, we are informed it will accommodate one hundred persons. The Rural Health Retreat is located on the side of a mountain overlooking a beautiful little valley, and is said to enjoy the advantage of one of the most salubrious localities of the Golden State. We had the pleasure of meeting Dr. and Mrs. Maxson, Dr. Gibbs, Elds. Loughborough and Rice, and numerous other old friends, whom we found in good health, and enjoying the beautiful climate of the Pacific slope.

In returning by the southern route, we spent a short time with the Yuma Indians of Arizona and New Mexico, among whom, by the courtesy of the government physician, Dr. Cotter, we were enabled to make a large number of most interesting and valuable observations. By the aid of a letter of introduction from our friend, Mr. Waldby, a member of the United States Indian Commission, and the kind assistance of our excellent friend, Reuben Wright, we were able to make similar observations among the Indians of Indian Territory, an account of which we will give to our readers sometime in the future.

☞ With this number, GOOD HEALTH appears in a new cover, with new department heads, and several changes in the style of make up which we trust will meet the approbation of at least the majority of our readers. The additional eight pages make it a forty-page journal, double the size of most of its contemporaries published at the same price. Indeed, we know of no journal which gives so much matter for the subscription price as this. The greatly increased circulation of the journal, which within the last year has been nearly tripled, enables the publishers to make these improving changes, and they are glad by so doing to give their patrons so far as possible the benefit of the saving accomplished by the publication of the journal in so largely increased numbers.

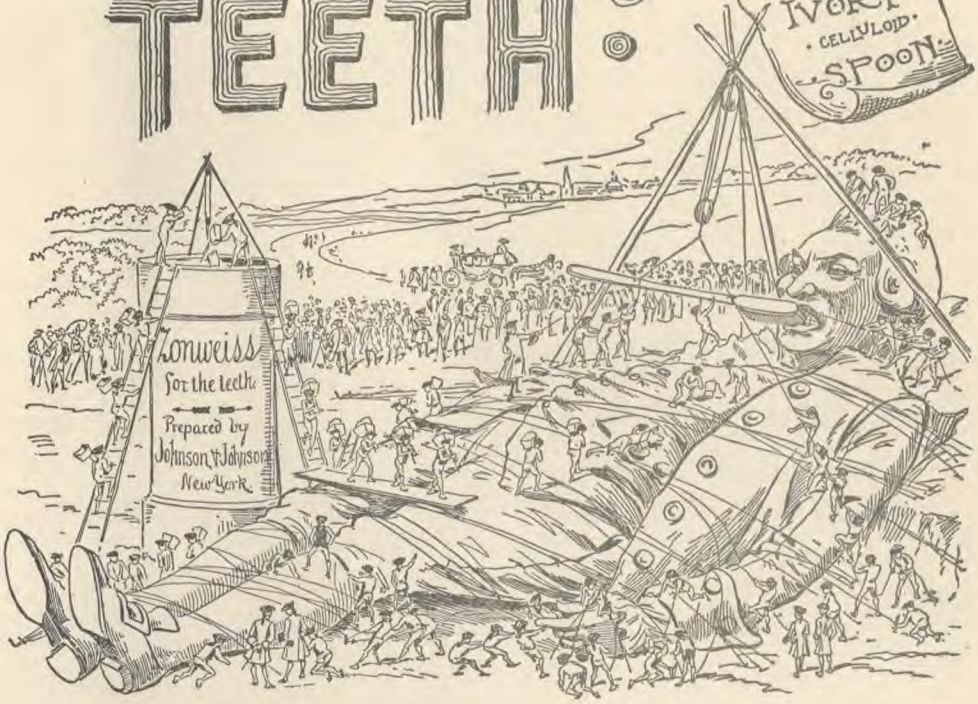
☞ With this issue, the subscription of quite a large number of those receiving the journal will expire. Our custom for years has been promptly to erase from our list the names of subscribers at the expiration of the time for which their subscriptions were taken. We do this because we do not wish to adopt the practice of those publishers who send their journals until the subscriber gives notice requesting its discontinuance, depending upon the aid afforded by the law for the collection of arrearages. This mode of doing business has the appearance of a desire on the part of the publisher to force his publication upon individuals, whether they desire it or not. The method of promptly cutting off the name of each subscriber upon the expiration of his subscription involves a great amount of extra labor, as a large number of these subscribers will renew within a month or two, so that the names must be replaced upon the list. Our friends who wish to continue receiving the journal during the next year will save us much labor, and perhaps save themselves the loss of one or two numbers, if each will renew his subscription immediately, so that we may receive it before the next month's issue.

☞ We have received an excellent Christmas story by Miss Ambrose, just too late for this number. Our readers shall enjoy it next month.

ZONWEISS

· A · CREAM ·
· FOR · THE ·
TEETH ·

APPLIED · TO · THE · BRUSH · WITH · AN · IVORY · CELLULOID · SPOON ·



"The · efforts · of · these · little · fellows · to · find · uses · for · my · toilet · articles, · particularly · their · attempt · to · scrub · my · teeth · with · my · tooth · brush · and · Zonweiss · amused · me · greatly · and · I · was · pleased · to · see · that · they · appreciated · an · article · of · such · rare · excellence · as · Zonweiss!" — GULLIVER ·

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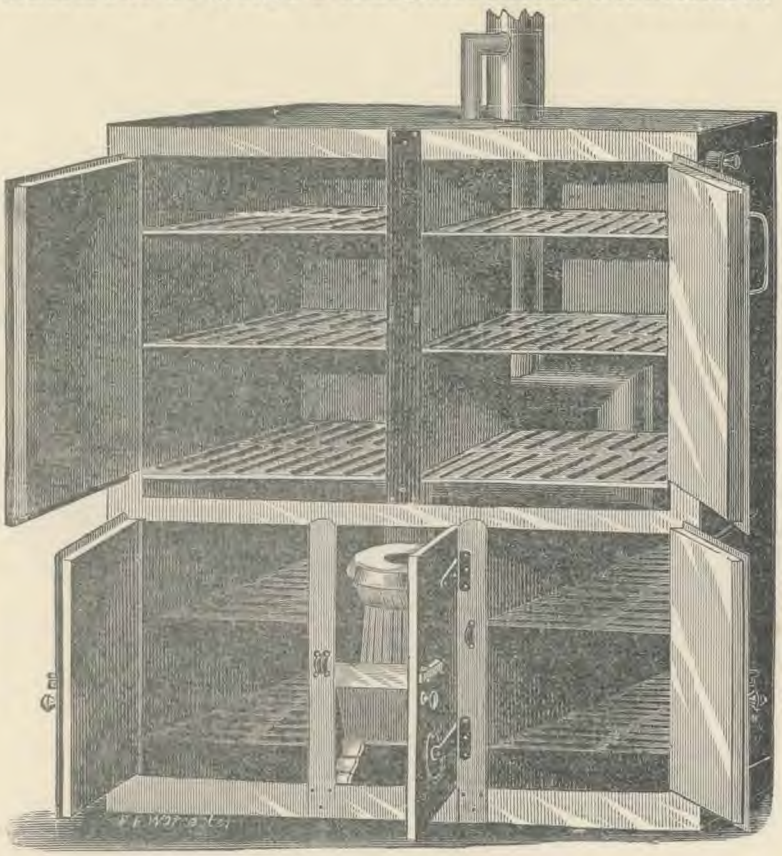
STEEL PORTABLE OVENS!

Send for 12-page Pamphlet and Circulars.

They cost 70 per cent less than brick. Do not get out of order. Do the work better and at one-fifth the cost of fuel.



Five cents' worth of fuel will bake a barrel of flour into bread, and roast meat in proportion.

This from a Practical Baker.

To Whom it May Concern:— *LeRoy, N. Y., May 20, 1887.*

I bought a No. 70 Oven from Mr. Reid about a year ago. About six weeks ago I bought another No. 70. I am using them in preference to brick. I like them. I have seen all the kinds. This "takes the cake." J. W. BROWNELL.

Adam Reid, Esq.,— *School of Domestic Economy, Iowa Agricultural College, Ames, Iowa, April 3, 1885.*

(LETTER No. 1.)—It is nearly a year since I first used your Bake Oven (No. 60), and I can say now what I have repeatedly said, that in all my experience I have never seen better work than that which your oven turns out. The one in use here works just as well as the one I first used at Chautauqua, N. Y., last year. Yours respectfully,

EMMA P. EWING.

May 2, 1887.

(LETTER No. 2.)—The oven in use here is still in "good shape," and continues to give satisfaction.

EMMA P. EWING.

I have recently sent them to the New Osborne House, and the new Powers House, Rochester, N. Y.; the Central House, Reading, Pa.; the Forest City House, Cleveland, O.; H. C. Austin, Binghamton, N. Y.; James Dick, Dansville, N. Y.; A. A. Alvord, Elmira, N. Y.; W. W. Whittaker, Lockport, N. Y.; W. W. Clemmons, Geneva, O.; Mansion House, Buffalo, N. Y.; Monteagle House and DeVeaux College, Niagara Falls, N. Y.; Geo. Davis, Mohawk, N. Y.; B. F. Simmons, Castle, N. Y.; A. E. Potter, Mansfield, N. Y.; S. K. Kimball, Alexandria, N. Y.; I. G. Corbett, Austin, Pa.; E. E. Proud, Saegerstown; Geo. Truscott, Mackinac, Mich.; Louis Bath, Wellsburgh, N. Y.; Joseph Mecklinberger, Suspension Bridge, N. Y.; Avery & Miller, Kalamazoo, Mich.; H. T. Williamson, Waterford, Pa. Here is a copy of an order for three after the fullest inquiry had been made:—

Mr. Adam Reid,— *St. Teresa's Academy, Kansas City, Mo., June 3, 1886.*

DEAR SIR,—Yours received in due time. You may send three ovens as soon as you possibly can. Address one to "Mother Clemence, St. Mary's Orphan Asylum, St. Joseph, Mo."; address the second to "Mother Liquori, St. Joseph's Hospital, Seventh and Penn Streets, Kansas City, Mo."; and the third you may send to the Academy, as also the bill for the three, and I will forward amount. Yours respectfully, SISTER MARY FIDELIA.

This from the Proprietor of the Whitcomb House, Rochester, N. Y.

Mr. Adam Reid,— *Rochester, N. Y., December 7, 1886.*

DEAR SIR,—Your oven is such a success, both as a baker and roaster, that you can write out something good and strong—you cannot make it strong enough—and put my name to it. I will honor your draft at any time. [Signed,]

RUSSELL COATS, Prop. Whitcomb House.

THREE SIZES, NOS. 50, 60, 70. Baking from 50 to 150 loaves. The readers of this magazine will please communicate with the undersigned. Shipping them in all directions; ride as easy as a packing trunk. OVER 2,600 IN USE.

ADAM REID, Patentee and Manf'r, **119 Main St., BUFFALO, N. Y.**

1831 THE CULTIVATOR AND COUNTRY GENTLEMAN. 1888

THE BEST OF THE AGRICULTURAL WEEKLIES.

DEVOTED TO

FARM CROPS AND PROCESSES, HORTICULTURE & FRUIT-GROWING, LIVE-STOCK AND DAIRYING,

While it also includes all minor departments of Rural interest, such as the Poultry Yard, Entomology, Bee-Keeping, Greenhouse and Grapery, Veterinary Replies, Farm Questions and Answers, Fireside Reading, Domestic Economy, and a summary of the News of the Week. Its MARKET REPORTS are unusually complete, and much attention is paid to the Prospects of the Crops, as throwing light upon one of the most important of all questions—*When to Buy and When to Sell*. It is liberally Illustrated, and by RECENT ENLARGEMENT, contains more reading matter than ever before. The Subscription Price is $2.50 per year, but we now offer a SPECIAL REDUCTION in our

NEW CLUB RATES FOR 1888!

Two Subscriptions, in one remittance..... **$ 4**
Six Subscriptions, do. do. **10**
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☞ SPECIMEN COPIES FREE. Address

LUTHER TUCKER & SON, *Publishers,*
ALBANY, N. Y.

HOLIDAY RATES TO CANADA.

The Chicago & Grand Trunk Railway, Detroit, Grand Haven & Milwaukee Railway and Michigan Air Line and Detroit Division of the Grand Trunk Railway, will sell round trip tickets for the holidays, to all Canadian points west of and including Toronto, Niagara Falls and Buffalo, at half rates. Tickets will be sold on December 24, 25, 26, and 31, and January 1 and 2, all good to return until January 3, 1888, inclusive.

Holds Ink enough to write 50 sheets paper at one filling.

Pen, Penholder and Inkstand all in one.

AGENTS WANTED

FOUNTAIN PEN.

Uses any kind of ink; filled by an automatic action of India Rubber reservoirs; feeds itself by the pressure of writing; carries in the pocket safely; will not leak; finely made and finished in hard rubber; prices reduced to **50 cts., or 3 for One Dollar,** including Pen, Holder, Case and Filler. In use and highly praised in the **N. Y. Post Office.**

Our Stylographic Pen is the marvel of Perfection, never gets out of order. Pen point will never wear out, and require no changing. A pen of similar construction has always retailed for $2.00; **our price, 65 cts., or 2 for $1.10,** gives universal satisfaction. Each pen is guaranteed as represented, or money refunded. 10 dozen in use in one dep't in the N. Y. Post Office. Samples postpaid.

SAFE FOUNTAIN PEN CO.,
37 Frankfort St., N. Y.

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IN 1888 **THE LIVING AGE** enters upon its forty-fifth year, having met with constant commendations and success.

A WEEKLY MAGAZINE, it gives fifty-two numbers of sixty-four pages each, or more than

Three and a Quarter Thousand.

double-column octavo pages of reading matter yearly. It presents in an inexpensive form, considering its great amount of matter, with freshness, owing to its weekly issue, and with a completeness nowhere else attempted,

The best Essays, Reviews, Criticisms, Serial and Short Stories, Sketches of Travel and Discovery, Poetry, Scientific, Biographical, Historical, and Political Information, from the entire body of Foreign Periodical Literature, and from the pens of the

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Address, **LITTELL & CO., Boston.**

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In the effort to meet the necessities of a large Sanitarium with its great variety of patients, we have produced a number of food preparations adapted to different diseased conditions, the merits of which are such as to secure for them a very large and increasing sale, not only to persons belonging to the invalid class, but to those who wish by "good living" to avoid disease. The following are the leading preparations:—

	cts. per lb.		cts. per lb.		cts. per lb.
Oatmeal Biscuit	12	**White Crackers**	10	**Wheatena**	12
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Plain Oatmeal Crackers	10	**Gluten Wafers**	30	**Granola**	12
No. 1 Graham Crackers	10	**Rye Wafers**	12	**Gluten Food**	40
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Sample packages containing specimens of each of our foods sent post-paid for 50c. Selected Samples, 25c.

☞ All grain preparations can be supplied in large or small lots, as we keep a fresh supply constantly on hand of goods which are largely made expressly for us, of a superior quality of grain. Address

SANITARIUM FOOD CO., Battle Creek, Mich.

MARVELOUS MEMORY DISCOVERY.

Wholly Unlike Artificial Systems.

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Recommended by Mark Twain, Richard Proctor, the Scientist, Hons. W. W. Astor, Judah P. Benjamin, Dr. Minor, &c. Class of 100 Columbia Law Students; two classes of 200 each at Yale; 400 at University of Penn., Phila.; 400 at Wellesley College, and three large classes at Chautauqua University, &c. Prospectus POST FREE from PROF. LOISETTE, 237 Fifth Ave., New York.

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ATLANTIC MONTHLY

FOR 1888

Will contain three Serial Stories:—

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The Despot of Broomsedge Cove,
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By JOHN FISKE.

Boston Painters and Paintings,
By WILLIAM H. DOWNES.

Three Studies of Factory Life,
By L. C. WYMAN,
Author of "Poverty Grass," etc.

Poems, Essays, Short Stories

May be expected from Mr. WHITTIER, Dr. HOLMES, Mr. LOWELL, Mr. NORTON, Col. HIGGINSON, Mr. WARNER, Mr. ALDRICH, Miss PRESTON, Miss LARCOM, Miss JEWETT, Mrs. THAXTER, Mr. SCUDDER, Mr. WOODBERRY, and many others.

TERMS: $4.00 a year, in advance, POSTAGE FREE.

The November and December numbers of the Atlantic will be sent free of charge to new subscribers whose subscriptions for 1888 are received before December 20.

Postal Notes and money at the risk of the sender, and therefore remittances should be made by money-order, draft or registered letter to

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11 East 17th Street, New York.

SEEDS GIVEN AWAY! A package Mixed Flower Seeds, (500 kinds), with PARK'S FLORAL GUIDE, all for 2 stamps. New flowers, new engravings; teems with floral hints. Everybody delighted. Tell all your friends. Send now.

G. W. PARK, Fannetsburg, Pa.

THE CENTURY MAGAZINE.

WITH the November, 1887, issue THE CENTURY commences its thirty-fifth volume with a regular circulation of almost 250,000. The War Papers and the Life of Lincoln increased its monthly edition by 100,000. The latter history having recounted the events of Lincoln's early years, and given the necessary survey of the political condition of the country, reaches a new period, with which his secretaries were most intimately acquainted. Under the caption

Lincoln in the War,

the writers now enter on the more important part of their narrative, viz.: the early years of the War and President Lincoln's part therein.

Supplementary War Papers,

following the "battle series" by distinguished generals, will describe interesting features of army life, tunneling from Libby Prison, narratives of personal adventure, etc. General Sherman will write on "The Grand Strategy of the War."

Kennan on Siberia.

Except the Life of Lincoln and the War Articles, no more important series has ever been undertaken by THE CENTURY than this of Mr. Kennan's. With the previous preparation of four years' travel and study in Russia and Siberia, the author undertook a journey of 15,000 miles for the special investigation here required. An introduction from the Russian Minister of the Interior admitted him to the principal mines and prisons, where he became acquainted with some three hundred State exiles,—Liberals, Nihilists, and others,—and the series will be a startling as well as accurate revelation of the exile system. The many illustrations by the artist and photographer, Mr. George A. Frost, who accompanied the author, will add greatly to the value of the articles.

A Novel by Eggleston,

with illustrations, will run through the year. Shorter novels will follow by Cable and Stockton. Shorter fictions will appear every month.

Miscellaneous Features

will comprise several illustrated articles on Ireland, by Charles De Kay; papers touching the field of the Sunday-School Lessons, illustrated by E. L. Wilson; Wild Western life, by Theodore Roosevelt; the English Cathedrals, by Mrs. Van Rensselaer, with illustrations by Pennell; Dr. Buckley's valuable papers on Dreams, Spiritualism, and Clairvoyance; essays in criticism, art, travel, and biography; poems; cartoons; etc.

By a special offer the numbers for the past year (containing the Lincoln history) may be secured with the year's subscription from November, 1887, twenty-four issues in all, for $6.00, or, with the last year's numbers handsomely bound, $7.50.

Published by THE CENTURY CO. 33 East 17th Street, New-York.

NO HOME BLESSED WITH A BABY is complete without the monthly visits of BABYHOOD, that delight, comfort, and aid of the mother. Only publication in the world devoted to the care of young children. We are glad to recommend it. (5 Beekman St., N. Y.) $1.50 a year; 15 cents a copy. Clubbed with GOOD HEALTH for $2.00 a year.

ST. NICHOLAS

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SINCE its first issue, in 1873, this magazine has maintained, with undisputed recognition, the position it took at the beginning, —that of being the most excellent juvenile periodical ever printed. The best known names in literature were on its list of contributors from the start,—Bryant, Longfellow, Thomas Hughes, George MacDonald, Bret Harte, Bayard Taylor, Frances Hodgson Burnett, James T. Fields, John G. Whittier; indeed, the list is so long that it would be easier to tell the few authors of note who have *not* contributed to "the world's child magazine."

The Editor, Mary Mapes Dodge,

author of "Hans Brinker; or, The Silver Skates," and other popular books for young folks,—and for grown-up folks, too,—has a remarkable faculty for knowing and entertaining children. Under her skillful leadership, ST. NICHOLAS brings to thousands of homes on both sides of the water knowledge and delight.

St. Nicholas in England.

It is not alone in America that ST. NICHOLAS has made its great success. The London *Times* says: "It is above anything we produce in the same line." The *Scotsman* says: "There is no magazine that can successfully compete with it."

The Coming Year of St. Nicholas.

The fifteenth year begins with the number for November, 1887, and the publishers can announce: Serial and Short Stories by Mrs. Frances Hodgson Burnett, Frank R. Stockton, H. H. Boyesen, Joel Chandler Harris, J. T. Trowbridge, Col. Richard M. Johnston, Louisa M. Alcott, Professor Alfred Church, William H. Rideing, Washington Gladden, Harriet Prescott Spofford, Amelia E. Barr, Frances Courtenay Baylor, Harriet Upton, and many others. Edmund Alton will write a series of papers on the "Routine of the Republic,"—how the President works at the White House, and how the affairs of the Treasury, State and War Departments, etc., are conducted; Joseph O'Brien, a well-known Australian journalist, will describe "The Great Island Continent"; Elizabeth Robbins Pennell will tell of "London Christmas Pantomimes" (Alice in Wonderland, etc.); John Burroughs will write "Meadow and Woodland Talks with Young Folk," etc., etc. Mrs. Burnett's short serial will be, the editor says, a worthy successor to her famous "Little Lord Fauntleroy," which appeared in ST. NICHOLAS.

Why not try St. Nicholas this year for the young people in the house? Begin with the November number. Send us $3.00, or subscribe through booksellers and newsdealers. The Century Co., 33 East 17th St. New-York.

The : Sanitarium : Steam : Inhaler.

FIG. 2.

THE above cut represents one of the simplest, cheapest, and most efficient steam inhalers ever advertised. It consists of an outer cup for holding hot water, and an inner cup in which is placed a small quantity of hot water, to which the medicament is added. The construction of the inhaler is shown in Fig. 1. As will be seen, the air passes down through the cover and over the top of the inner cup through the liquid, and is drawn up through the innermost cup into the tube, thence into the mouth, as shown in Fig. 2. All kinds of volatile remedies for throat ailments, such as the essential oils, balsams, etc., may be used with this inhaler. There is no simple remedy so effective in relieving sore throats, either acute or chronic, throat coughs, bleeding from the lungs, chronic catarrh of the bronchial tubes, and allied affections. Every family should possess one of these inexpensive and most effective appliances. In the treatment of croup and diphtheria its use is indispensable.

Price, including directions for use, 50 cents. When ordered by mail 15 cents extra should be added for postage.

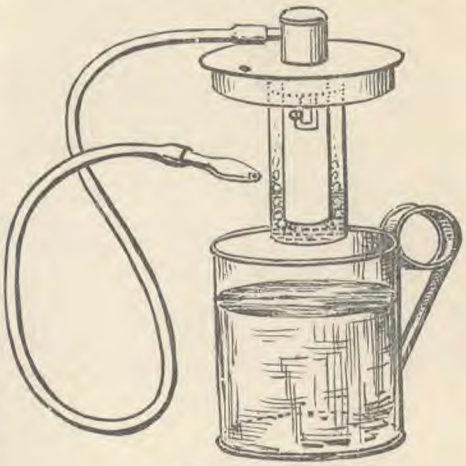
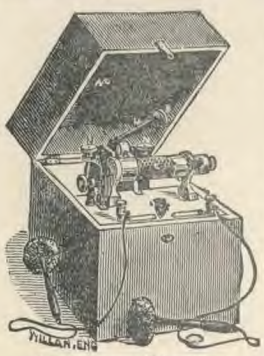


FIG. 1.

The Sanitarium Battery.

THE utility of electricity in the treatment of paralysis, general debility, and a great variety of common chronic ailments has become so well recognized that an electrical battery is considered in many households almost as indispensible as any ordinary article of furniture. One reason for this is probably to be found in the fact that while often effective for great good, the gentle electrical current furnished by an ordinary electrical battery is hardly capable of doing any serious injury.



SANITARIUM BATTERY.

The popular faith in electricity as a curative agent is to be seen in the enormous sale of electrical belts, brushes, and so-called magnetic and electrical garments of various descriptions which are being constantly effected through liberal and deceptive newspaper advertising. It is well enough known to scientific physicians that the majority of these appliances supply either no current at all, or a current so feeble as to be absolutely worthless as regards results.

The battery shown in the engraving is manufactured expressly for us, and is one of the most efficient, durable, and easily managed family batteries ever offered for sale. Many hundreds of these batteries have been sold, and the great satisfaction which those who have used them have expressed, warrants the belief that future purchasers will be equally well pleased with this very efficient and convenient electrical apparatus.

Full Directions for the use and care of this Battery accompany each instrument.

Price, { By Express, Carefully Packed. } **$10.**

SANITARY SUPPLY CO. | **Battle Creek, Mich.**

HEALTHFUL ·:· CLOTHING

FOR

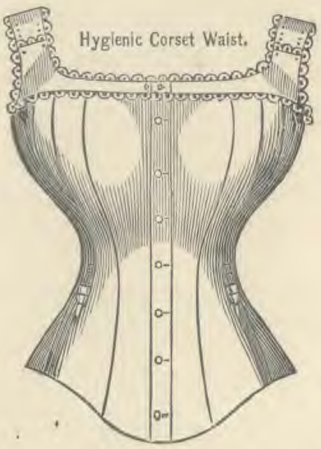
WOMEN AND GIRLS.

Peerless Corset Waist.

THE UNDERSIGNED ARE NOW PREPARED TO SUPPLY HEALTHFUL GARMENTS FOR WOMEN AND GIRLS, OF ALL DESCRIPTIONS, INCLUDING "HEALTH WAISTS," SKIRT AND STOCKING SUPPORTERS, UNION UNDER-FLANNELS, AND

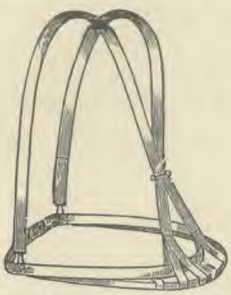
Equipoise Waist.

Comfort Bosom Forms.



Hygienic Corset Waist.

Jersey-Fitting Under-Garments.



Skirt Sup. with Bustle Attach.

EVERY GARMENT NEEDED FOR A COMPLETE OUTFIT IN HEALTHFUL DRESS.

WE HAVE ALSO RECENTLY ADDED A FULL LINE OF THE EXCELLENT AND POPULAR

Hygienic Skirt Supporter

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MICHIGAN CENTRAL RAILROAD.

GOING EAST.					STATIONS	GOING WEST.				
Mail.	Day Exp s	N. Y. Exp.	Atl'n Exp.	Nig't Exp.		Pa'ic Exp.	Ev'g Exp.	Day Exp.	Chi'o Exp.	Mail.
p. m.	p. m.	p. m.	a. m.	a. m.	Ar. Dep.	p. m.	p. m.	a. m.	p. m.	a. m.
6.00	6.45	10.45	6.00	7.30	Detroit,	9 15	8.00	9.10	1.30	7.00
4.33	5.30	9.45	4.35	6.08	Ann Arbor,	10.38	9.12	10.25	2.32	8.16
3.15	4.20	8.49	3.15	4.50	Jackson,	12.03	10.52	11.35	3.32	9.35
2.00	3.10	7.54	1.58	3.43	Marshall,	1.04	11.47	12.50	4.22	10.38
1.12	2.27	7.33	1.30	3.20	Battle Creek,	1.35	12.12	1.12	4.40	11.03
12.17	1.50	6.58	12.33	2.35	Kalamazoo,	2.35	1.20	1.50	5.15	11.52
11.38	12.15	5.49	11.13	1.55	Niles,	4.18	3.03	3.22	6 27	1.40
9.18	11.11	4.55	10.18	11.27	Mich. City,	5.40	4.32	4.35	7.32	2.58
6.50	9.00	3.10	8.15	9.10	Chicago,	8.05	7.00	6.40	9.30	5.15
a. m.	a. m.	p. m.	p. m	p. m.	Dep. Ar.	a. m.	a. m.	p. m.	p. m.	p. m.

Gr. Rap & Kal. Ex. lvs. Kal'm'zoo 6,45 a. m., Bat. Creek 7.31, Marshall 7.57, Jackson 9.15. Ann Arbor 10.30, ar. Detroit 11.50 a. m. Returning, leaves Detroit 4.00 p. m., Ann Arbor 5.30, Jackson 7.10, Marshall 8.20, Battle Creek 8.52, ar. Kalamazoo 9.45.

All trains run by Ninetieth Meridian, or Central Standard Time.

Day Express, Grand Rapids and Detroit Express, and Grand Rapids and Kalamazoo Express daily except Sunday. Pacific, Evening, and Chicago Expresses west, and Atlantic, New York, and Night Expresses east, daily.

June 5, 1887. O. W. RUGGLES, *Gen. Pass., Agt., Chicago.*

CHICAGO & GRAND TRUNK R. R.

Time Table, in effect May 15, 1887.

GOING WEST.					STATIONS.	GOING EAST.				
Chico Pass.	Mail.	Day Exp.	Pacific Exp.	B.Crk Pass.		Mail.	Lmtd Exp.	Atlic Exp.	Sun. Pass.	Pt.H'n Pass.
.....	am	am	pm	pm	Dep. Arr.	pm	am	am	.....	am
.....	5.55	7.15	8.05	4.10	.....Port Huron.....	10.20	1.15	7.35	.....	10.50
.....	7.28	8.31	9.34	5.40	.....Lapeer.....	8.42	11.57	6.17	.....	9.17
.....	8.05	9.10	10.15	6.20	.....Flint.....	7.55	11.27	5.40	.....	8.40
.....	8.48	9.35	10.58	7.20	.....Durand.....	7.05	10.58	5.03	.....	8.05
.....	10.00	10.30	11.53	8.26	.....Lansing.....	5.20	10.07	4.00	.....	6.45
.....	10.37	11.00	12.25	9.03	.....Charlotte.....	4.42	9.37	3.25	.....	6.15
a m	11.30	11.45	1.15	10.05	A BATTLE CREEK D	3.45	8.55	2.35	.....	5.30
6.30	am	12.05	1.20	pm	D A	3.40	8.50	2.30	.....	am
7.18	.....	12.45	2.21	———	.....Vicksburg.....	2.41	8.11	1.43	.....	———
7.30	———	12.55	†2.32	VAL.	.....Schoolcraft.....	2.31	.....	1.27	.....	VAL.
8.17	SUN.	1.45	3.19	Acc.	.....Cassopolis.....	1.45	7.26	12.43	.....	Acc.
9.00	Pass.	2.28	4.07	———	.....South Bend.....	1.05	6.50	12.01	.....	———
10.15	am	3.43	.....	am	.....Haskell's.....	11.47	.....	.....	pm	pm
10.30	7.35	4.05	5.52	6.05	.....Valparaiso.....	11.35	5.30	10.29	3.40	8.03
12.40	10.00	6.25	8.10	8.43	.....Chicago.....	9.05	3.25	8.15	1.15	5.25
pm	am	pm	am	am	Arr. Dep.	am	pm	pm	pm	pm

†Stops only on signal. Where no time is given, train does not stop. Trains run by Central Standard Time.

Valparaiso Accommodation, Battle Creek Passenger, Chicago Passenger, Pt. Huron Passenger, and Mail trains, daily except Sunday.

Pacific, Limited, Day, and Atlantic Expresses, daily.

Sunday Passenger, Sunday only.

GEO. B. REEVE, *Traffic Manager.* W. J. SPICER, *General Manager.*

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