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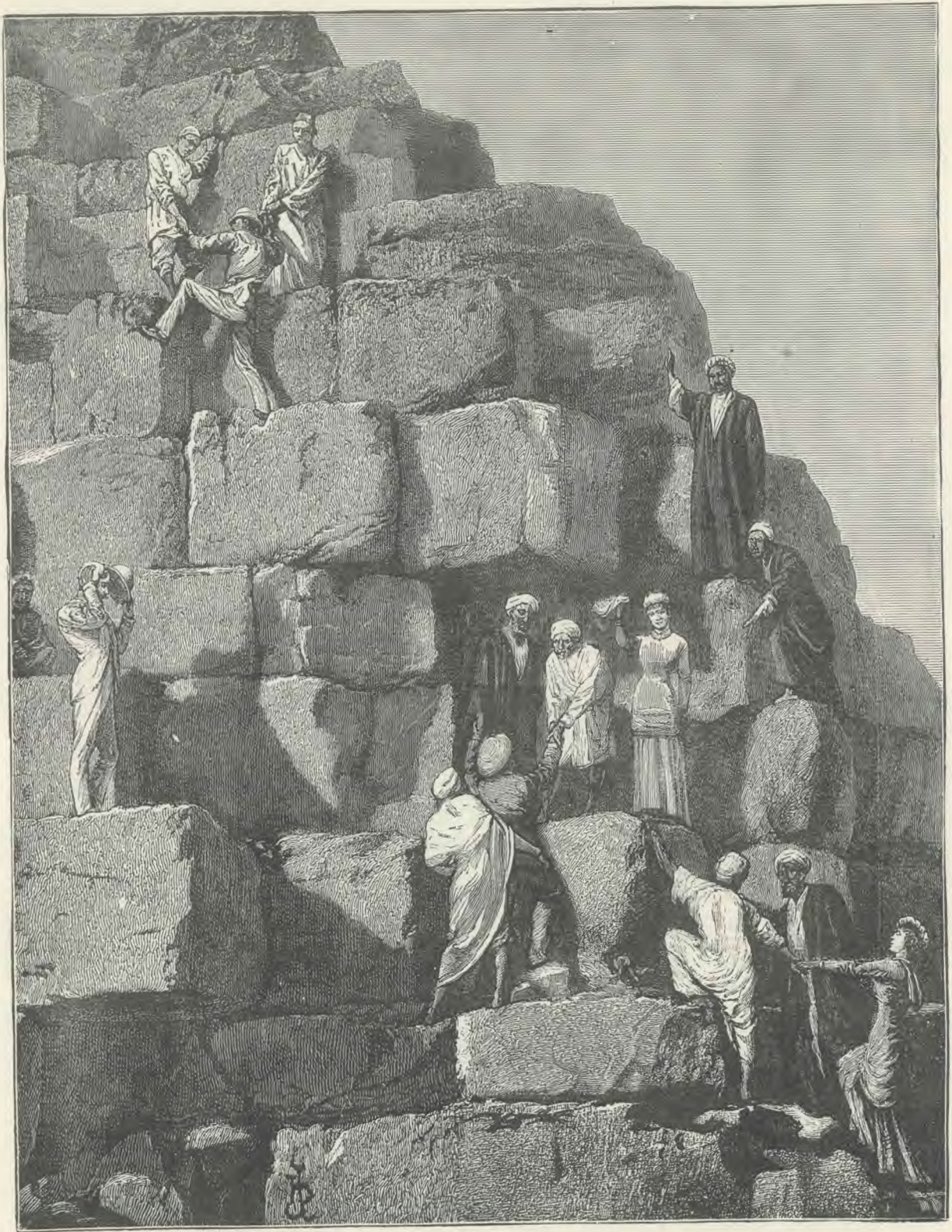
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MAKING THE ASCENT OF THE GREAT PYRAMID.





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### HYGIENIC SUICIDE.

BY NORMAN KERR, M. D., F. L. S.

THIS is pre-eminently a hygienic age. Never before has so much attention been called to sanitation. Never before has so much labor been bestowed on, or so much thought devoted to, the means most fitted to prevent disease and to preserve health. This remarkable concentration of the public and individual mind on the health of the community and of the individual, is an auspicious omen for the future welfare of mankind. That age will be indeed be golden which shall be characterized by the pursuit of health rather than by the pursuit of pleasure, though the latter is more likely to be attained through the former than through any other medium. The possession of health and strength is in itself an unspeakable pleasure, a happiness impossible of description. The attainment of sound bodily and mental vigor is, too, a noble aim. Nature from her pure and chaste throne bids us obey her laws, and a life in consonance with natural law, with reason as guide, is at once healthful, happy, and ennobling.

But as there are hidden dangers besetting the explorer amid all the grandeur of the illimitable forest, so there are concealed perils in the path of the seeker after health and sanitary excellence. Nor is this the only praiseworthy quest beset with peril. All life is a journey with unseen risks on every side. It would be unnatural, then, if the search after hygienic perfection were absolutely safe.

Let me point to only a few of the risks. The most fatal and generally the least suspected risk is involved in the very attention to health. Any perfectly unobjectionable practice may in certain circumstances be

the occasion of disorder. Water and milk are two safe, wholesome, and valuable articles of diet. Abstinence from intoxicant poisons is commendable, a rule of life natural, healthful, and scientific; yet there have been conditions under which the abstainer from strong drink has had "the worst of it." For example, epidemics of enteric fever have occurred in which the chief sufferers have been those persons who drank the contaminated non-intoxicant beverage. In one instance, nearly all the individuals attacked were teetotalers. They were generous consumers of milk, which, on inquiry, proved to have been poisoned by enteric germs from a case of this fever on a farm from which the supply was drawn. The alcohol-drinkers drank little or no milk, and thus on the whole escaped the danger from the typhoid-bearing fluid.

I have seen similar mischief arise from the free drinking of water. In one case, the only members of the family affected were the nephelists. These drank of the water with most of their meals, and suffered. The non-abstainers from alcohol drank only intoxicants, and escaped. In this case, the water was contaminated by sewage matter leaking from old, unsuspected drains into the well which supplied the drinking-water for the household. Need I stay to observe that there is no argument here in favor of moderate or immoderate alcohol-drinking? All intoxicating liquors are poisonous, and if they were made with, or taken in, contaminated water, the water would be freed of none of its pestiferous enteric influence by the admixture with the poison alcohol.

Another grave danger lurks in the very thinking of



health. There are Mr. and Mrs. Fearing, whose nervous systems are so unstrung that they are in constant fear of the next moment. In their perpetual misery lies their only happiness. They cannot enjoy a meal unless they realize that they eat and drink with the sword of Damocles suspended over their heads by a hair. Each waking second of their existence is absorbed in the dread of the next. What to eat, drink, and avoid is their continuous care, varied with heart-quakeings as to how they should lie at night, whether with their feet to one particular point of the compass, or as to whether it would be safe to venture out for half a mile without a perfect load of clothing, though then they would be as heavy-laden as Atlas with the world on his shoulders. To such, an extra mouthful of brown-bread, or half a buckwheat cake more than usual, even if hunger with its voiceless cry called imperiously for "more," would be a consideration more weighty than the fate of an empire or the portentous issue of the most decisive battle in the world's history.

Such benighted and fanatical health devotees overlook the great fact of human idiosyncrasy. They forget, if they ever knew, that the meat of one man may be the poison of another; that mutton may nourish Benjamin Franklin Pearson, while it throws Madame Eliphalet Nott Jackson into convulsions. Again and again have I seen oatmeal porridge nearly drive an unhappy Southern Englishman to suicide, to escape the gloomy despair engendered by the melancholia this most nourishing food occasioned through dyspepsia. Yet to the sturdy Highlander, as to the writer, there is no article of diet more nutritious, more toothsome, and more conducive to mental vigor. Many a soldier in the great American Civil War did I see restored to health and usefulness by the appetizing oysters presented to them by their patriotic country-women. Yet I have patients whom a single oyster, even of the small British type, would sicken for days.

What, then, is the moral? Certainly not to cease paying due attention to diet and hygiene. That is a duty which we all owe to ourselves, to our successors in the battle of life, and to the community. To live in accordance with the behests of natural law, or as near this as is practicable, ought to be as grateful a pleasure as it is an imperative duty. Plain and simple living should be our rule. But the concentration of one's whole thoughts on what to eat and what not to eat, what to drink and what not to drink, how much or how little exercise to take, how many blankets to sleep under or on,—any or all of the thousand and one details of domestic or personal

hygiene, is a contemptible egotism, as unmanly and unwomanly as it is selfish and unhealthful. Such a life is barren and unprofitable. To live to eat, to live to drink, to live only for one's gratification in any guise, is to lead an ignoble and mean existence, with no health in it. Such a life is the acme of unhealthfulness.

The querulous, discontented, egotistic *miserable* is not in the enjoyment of health, but is really the victim of a morbid malady. If he live long, he lives ill, not well. His life is one prolonged diseased state. But he rarely lives long. If his *bete noir* is ventilation, his "airs" are as noxious to himself as they are offensive to all about him. Not a few such unhappy invalids I have known to lead themselves and their families a life-long penance. Confusing draughts with a due supply of air, every apartment in their establishment has been a cave of *Æolus*, in which all the winds of earth seemed to contend for mastery. Not a corner could you find to rest in, that your hair was not blown from your head like streamers in the open air. Not a spot could be found where you could sit for an hour and enjoy calm repose. Everywhere there was a furious draught. What was the result? These hapless mortals, never at rest, were in a perpetual storm of doubt, perplexity, and fear. Their whole career was as harassing to their families as it was detrimental to themselves. Never happy, unless the depths of misery and suspense can be called happiness, their mind always on the rack, their brain and nerve force underwent a gradual exhaustion. Life was not only not worth living, but it was steadily worn out. Nature cannot be cheated. Various cerebral disorders, even insanity in some cases, supervened, and the wretched existence was prematurely, though surely cut short.

Nothing, in short, is so unhealthful as too great attention to health. Better, a thousand times better, ignore health and sanitary consideration altogether. Better eat anything, drink everything, and defy all of nature's laws, than live but to think of nothing beyond self and health. The true procedure is to bestow a reasonable amount of attention on diet, ventilation, exercise, and other hygienic accessories, and to dismiss from your mind all anxiety and doubt as to your bodily condition. The less you think of your physical health, the better it is likely to be. Do not forget that mental soundness is as essential as muscular vigor. Always bear in mind that equanimity and unselfishness are the foes of worry and disquiet; that a generous disposition and a tranquil spirit are the trustworthy harbingers of a healthy, happy, and useful life.



## WOMAN'S SPHERE IN SCIENCE.

BY FELIX L. OSWALD, M. D.

"If the right theory should ever be revealed, we shall know it by this token, that it will solve many riddles." — *Emerson*.

AN American humorist mentions a strong-minded landlady, who divided the human population of the globe into the contrasting classes of the "stoppers" and the "movers." From a similar stand-point of characteristics, the world of mind might be divided into the opposing factions of the "conservatives" and the "reformers." The antagonism of their principles is as old as the history of mankind, though the form of their doctrine has often been modified by the varying bias of popular ethics. Under some name or other, the reformers have always preached a gospel of progress, basing their arguments either on the evident defects of existing conditions, or on that law of nature which makes development the normal state of the organic universe, and supersedes each good by a better.

Yet the light of modern civilization is still struggling with the gloom of an age when the very opposite view had gained a portentous ascendancy. There was a time when every torch-bearer was denounced as an incendiary. Every protest against established customs and abuses was for centuries punished as a revolt against the dispensations of Providence, and even now a traditional mistrust of innovation checks the progress of reform at every step. "Whatever is, is right," summarizes the favorite tenet of the "stoppers," and is still often used as a conclusive argument, though the waste-paper baskets of science are stuffed with similar maxims, founded mostly on some hidden ambiguity of terms. "Every surprising event is pleasurable," maintained a French metaphysician, in spite of all objections, till his friend surprised him by knocking him down; and our champion conservatives would echo their cuckoo-cry at the risk of having to contemplate the "eternal fitness of things" through the collar of a straight-jacket. The abolition of "female slavery," as George Sand used to call the greatest anomaly of modern civilization, has been sadly retarded by the influence of such fallacies. "All time-honored customs are rooted in fact," insists our conservative friend; "you cannot legislate against the decrees of fate. The equality of sexes is a chimera. If woman were man's equal, she would sometime and somewhere have risen to her level without the assistance of laws. The very fact of her subordinate position demonstrates the inferiority of her faculties. 'Whatever is, is right.'"

How exactly that line of argument would have

suitied the apologists of the holy Inquisition! "All time-honored customs are rooted in fact," Pedro Arbues would have informed an opponent of the established witchcraft code. "Leniency to sorcerers is an offense against nature and Heaven. If witchcraft were a chimera, the defendants would somehow and somewhere have succeeded in establishing that fact. They have been tried before all sorts of tribunals, by all sorts of judges and juries, and trial has invariably resulted in conviction and cremation. The very uniformity of that result is sufficient evidence of their guilt. 'Whatever is, is right.'"

"Whatever is, is explicable,"—in the sense of being the logical effect of its cause,—would perhaps be a little less incorrect, but the abbreviated form is too convenient to be readily relinquished. It obviates all further controversy. In Bucharest, the traveler Kohl made the acquaintance of a bibulous Russian, who permitted his wife to support him on the emoluments of a little curiosity shop. Sad experience had taught his purveyor the expediency of hiding her savings in an upstairs cupboard; but one evening, Ivan staggered up in quest of cash, and with the proverbial luck of intoxication, contrived to effect the desired discovery in the momentary absence of his wife.

"What are you doing here?" she cried out in dismay, as she caught him in the act of emptying the bonanza stocking.

"Collared it, did n't I," was his rather superfluous reply, as he transferred the contents to an inner coat-pocket.

"But how did you happen to find that very —"

"Do n't know," said Ivan. "It must be a dispensation of Providence; so we had better submit to fate."

In the long run, though, that logic is apt to fail, and in the course of the last two hundred years the foundations of the eternal-fitness argument have become decidedly shaky. The circumstance that the antiquity of despotism is witnessed by the pyramids, has not prevented the conclusion that absolute monarchs must be absolutely abolished. The household slaves of the elder Cato have ceased to furnish an argument in support of Cuban negro-auctions. Even the time-honored rite of wife-whipping is no longer defended on historic grounds. Nay, the magnanimity of our latter-day ethics actually permits a married woman to reserve a certain percentage of her private savings, and in several States of the American Union



the advocates of woman suffrage could fairly claim a numerical majority ; but a lady lawyer is still stared at as a freak of un-nature, and many universities of America and Europe still oppose the plan of co-education, on the ground that a plurality of students would refuse to graduate with a female classmate. In other words, women, under certain restrictions, may vote and own property, but must stick to ex-official occupations. Male specimens of the genus *homo sapiens*, in its most sapient stage of development, permit their sisters to participate in elections ; but in ninety-nine of a hundred cases oblige them to vote for a male candidate, a division of privileges equivalent to the plan of Edmond About's Emir of Yemen, who claimed the homage of a tribe of date-tree cultivators. Being urged to adopt a system of representative government, the magnanimous Oriental agreed to grant his subjects a vote on certain questions of tillage and irrigation, but reserved himself the privilege of confiscating the harvest.

Yet that illiberality of sex-prejudice is by no means limited to men of illiberal or ultra-conservative principles, and its survival can be explained only by a lingering bias of mediæval anti-naturalism. "Whatever is natural, is wrong," was the shibboleth of the ascetic school, and the naturalistic tendencies of the female mind became the pet aversion of mediæval moralists.

The love of mirth, the loveliest instinct of life's truest children, was for centuries denounced as a manifestation of natural depravity. "All social pleasures," says Henry Buckle, "all amusements, all the joyous instincts of the human heart, were considered sinful. Even on week-days, the exemplars of that doctrine hardly ever smiled, but sighed, groaned, and wept. The great object of life was to be in a state of constant affliction." The dissent from that view provoked volleys of truculent anathemas against the innate frivolity of the female heart, its worldliness, fickleness, and perversity ; but, strange to say, the lessons of experience and the ripest philosophical analysis of ethics, now agree in the conclusion that the want of cheerful recreations is a great bane of modern life, and that, after all, our grim-visaged grandfathers could have taken a lesson in wisdom, as well as in æsthetics, from their slandered wives and daughters. Nor is it impossible that the stone rejected by those doleful builders will yet become the corner-stone of a more durable edifice. "Reform-schools may at present be a lesser evil," said a lady physician of my acquaintance, "but I could tell them a secret, if they promise not to report me to the Grand Inquisitor : They will never reform the masses till they learn the art of mak-

*ing virtue more attractive than vice.* Our philanthropists will labor in vain, as long as they try to catch flies with vinegar, and let vice bait its traps with honey and roses."

It is, indeed, a melancholy fact that *ennui*, rather than natural perversity, drives thousands of our young men to the tap-room, and that the pathos of home-mission lectures will be wasted on the desert air, till we find a way of remedying the dearth of healthful recreations. The establishment of reform farms marks a step in the right direction ; yet I venture the prediction that the S. P. V.'s of the future will add reform gardens and reform picnic grounds, under the supervision of a board of lady managers.

The mistrust in the competence of our natural instincts led to dietetic delusions which a future age may perhaps refuse to credit. Children were forced to swallow the most nauseous dishes, to teach them a preference for "plain, wholesome food," — a revolting taste being accepted as *prima facie* evidence of healthfulness. Drugs were valued in proportion to their repulsiveness, and the belief in alcoholic stimulation was long an almost universal superstition. And, as usual, the popularity of that belief was accommodated with very learned scientific indorsements. As late as 1876 the followers of Justus Liebig published chemical and physiological dissertations in defense of the stimulant habit, taking the ground that alcohol is concentrated food — "a potential quintessence of nutriment," increasing the value of other aliments by "prolonging their life-sustaining efficacy."

The sisters of that learned fraternity had no means of verifying such inferences, but their private habits were biased by the perhaps less erudite, but still rather suggestive, fact that lager-beer tastes worse than a mixture of soap-suds and turpentine, and alcohol hardly less shocking than corrosive sublimate. In the perversity of their unscientific souls, they persisted in preferring bread and fresh grapes to the most potent varieties of their quintessential derivatives. Now, after the tide of the temperance movement has turned the currents of public opinion, chemistry is pleased to discover that alcohol is neither a food nor an invigorant, but a life-blighting poison, and that on a question of such vital importance, instinct has, after all, proved the safest guide. Near Baku, on the south shore of the Caspian, the summer guests of a Russian watering-place often visit the ruins of an old cave-temple, and, with a sort of shuddering curiosity, inspect the entrance of a cavern where the howling fakirs of fire-worship used to propitiate the favor of Heaven by exposing themselves to the fumes of a burning gas-well, and gashing their whirling arms till



the portals of the sanctuary were dripping with blood. With similar emotions of mingled curiosity and horror, the antiquaries of a future generation might visit the ruins of an alcohol den, where the victims of a by-gone superstition used to barter their health, wealth, and honor for a life-consuming poison. If the time should finally come when the rum-worship of our forefathers will seem as inconceivably preposterous as the serpent-worship of the Soudan cannibals, will it moderate the sex-pride of the coming man to remember that for nearly sixty generations women alone vindicated the honor of human nature by refusing to join in the mad round-dance of the poison-fakirs?

"Women are natural sanitarians," writes an observant friend of mine. "Ten to one, if a baby breaks out fretting and howling, its mother's first impulse will be to take it up and pet it, knowing instinctively that a little manipulation or slight change of position may obviate the cause of the trouble. Under similar circumstances, a father's first impulse is to reach for a boot-jack, or administer a knock-down drug."

Hence, perhaps, the prejudice against lady physicians, who are apt to shrink from the use of "heroic remedies," at the risk of compromising the prestige of medical orthodoxy, and the interests of the undertaker. Says Charles Reade, "The female, is naturally the medical sex." Is it their instinctive mistrust of drugs, or a faculty inherited from the time when mothers were the only physicians of their children? For it is a fact that women have a gift of hygienic intuition which often anticipates the diagnostic methods of modern science, and which, in the course of another hundred years, might give the girl graduates of medical colleges a decided, and not less decidedly popular, majority. For here again, instinct has proved the precursor of reform. Drastic drugs are going out of fashion, so rapidly, indeed, that it is safe to predict the near advent of a time when many of the pet remedies of the old pharmacopœia will be exhibited along with thumb-screws and divining-rods, as relics of the Dark Ages. Surgery, of course, will always hold its own, and in some of its forms, perhaps, as a practical monopoly of the strong-nerved sex; but Hygeia, the goddess of health-preserving arts, will have a plurality of female priests.

"Prophecy," says Goethe, "is the art of distinguishing the general current of tendencies from the incidental ripples of the stream;" and in second-sight visions, evolved by that recipe, I sometimes catch glimpses of a time when school-education shall cease to be a penance to teachers and pupils. A time is slowly approaching, but will surely arrive, when insti-

tutions of learning shall be visited by pleasures-seekers, rather than by drudges impelled by stripes and starvation, — a time when tuition will be enabled to dispense with compulsive methods, by limiting its scope to really important, and therefore really interesting subjects. In the midnight of the Middle Ages, education was designed to prepare its victims for death rather than for life, and the curriculum of instruction was limited to world-renouncing dogmas, the biographies of self-torturing saints, and the study of "grave-yard grammars," as Karl Vogt calls the text-books of defunct languages. Problems of contemporary interest have since slightly modified that school-plan, but the grave-yard party still holds its own, and forces its children to follow in its footsteps, like Gerstaecker's Patagonian, who had been obliged to eke out his bill of fare with cakes of potter's clay, and insisted on his sons' undergoing the same ordeal in a time of plenty.

Nine tenths of the time devoted to the studies of our "classic colleges" is wasted on subjects of no practical, and next to no theoretical value; and the foundation of the oft-repeated charge that women, even in free countries, generally fail to avail themselves of "the best educational facilities," is perhaps limited to the fact that their instinctive common sense revolts against an unqualified waste of time and toil. Life is too short for grave-yard studies, even with the prospective reward of those grave-yard professorships, from which custom, perhaps fitly, excludes the life-loving sex. Witness the following weekly schedule of a Prussian "Gymnasium" (model high-school): Latin, 12 hours; Greek, 10; Hebrew (upper classes), 4; German, 4; mathematics, 4; French, 2; drawing, 2; geography, 2; history, 2; physics, 2; English, 1; chemistry, 1; literature, 0; polytechnics, 0; hygiene, less than 0, since the text-book of chemistry includes Liebig's alcohol errors. Would lady school-commissioners and female secretaries of education lend their influence to the perpetuation of such outrages? — I doubt it. But there is not a shadow of doubt that our universities will be crowded with girl students, as soon as they cease to sacrifice the living present to the dead past.

A little leaven of mother wit would not hurt the tough paste of jurisprudence, and might promote the cause of social ethics, and — shall we venture the assertion? — even the interests of speculative philosophy. Gottlieb Fichte, the successor of Kant, as his admiring disciples call him, devoted a stack of ponderous folios to the establishment of the tenet that all so-called eternal objects, are, in fact, only creations of our own brain; and that, at all events, it is impossi-



ble to demonstrate a conclusive difference between the phenomena of material existence and the products of hallucination.

"Does he doubt the reality of his own existence?" inquired the wife of a neighboring professor.

"Why, of course."

"Does he doubt the existence of his bride?"

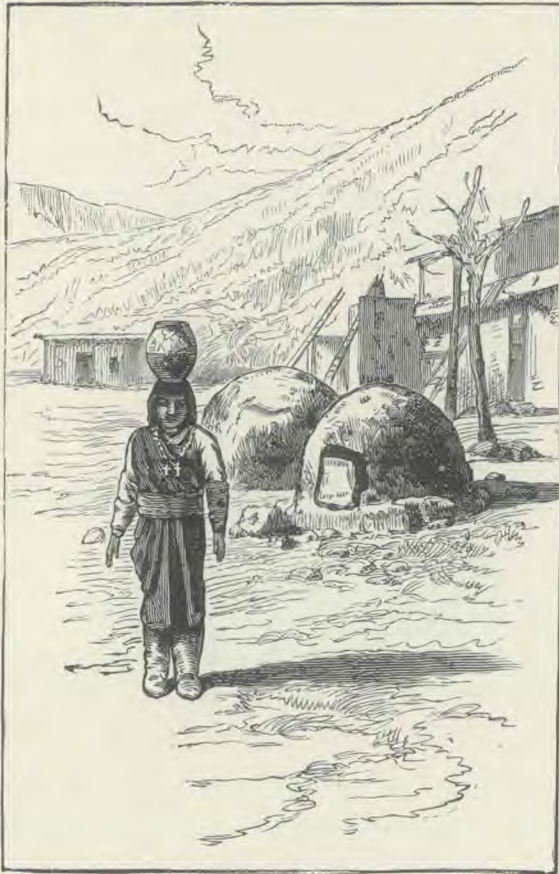
"I am afraid he does."

"Indeed? Well, then, mark my words, Mrs. Fichte will undeceive him!"

## HEALTH OBSERVATIONS AMONG AMERICAN ABORIGINES.

BY THE EDITOR.

We found, existing among these interesting people, several customs which apparently must have come



HOMES OF PUEBLO INDIANS.

down to them from the most remote ages. For example, they adhere closely to several of the precepts of the Mosaic law as regards purification, etc. Another interesting fact was the existence of a species of massage, which is employed by them on appropriate occasions. A very curious custom of which we learned, was their method of dealing with their physicians. When a member of the tribe is sick, a "medicine man" is called in, and before making a prescription, he is required to state definitely whether the patient will live or die. If he asserts that the patient will

live, and the patient dies, a mark is made against his character as a "medicine man." If, on the other hand, he predicts that the patient will die, and the patient dies, all is well; but should the patient recover, another discredit mark is set down against him. This would seem to be tempting him to administer "back-setting" medicine in case a patient whose death he had predicted, shows too strong a tendency to recover. When the "medicine man" gets three discredit marks against him by false predictions, he is considered no longer fit to practice the healing art, and, indeed, is believed to be unfit to live, and is accordingly put to death. Just before our visit to the tribe, two "medicine men" had barely escaped with their lives, having been condemned to death on account of their incorrect diagnoses during a late epidemic of black measles. Their lives were only saved by the intervention of the kind Catholic Sisters, who secured delay sufficient for them to make good their escape into another tribe.

The Yuma is temperate in his habits, at least so far as the use of alcoholic liquors is concerned. They have a law of their own against drunkenness. If an Indian is found drunk, he is brought before the chief, who hears the evidence against him, and if the charge is proven, condemns him to a severe flogging. We were told that the sentiment against drinking is so strong that the Indian who becomes intoxicated can hardly escape punishment, as he is certain to be reported.

Before leaving the subject, perhaps we ought to say a word about the houses of this people. Their dwelling is simply a miserable hovel, made open at at one side, with a roof composed of sticks and boughs matted together and covered with earth. A small hole is dug at the entrance, in which a fire is built in the cool evenings of the winter season. Into these miserable adobes the Indian creeps, making his bed upon the bare ground, or upon a carpet of leaves and twigs; and here spends his nights if the weather is cool, blinded and half-smothered by the smoke with which the place is filled a greater portion of the time.

The houses of the Pueblo Indian, shown in an accompanying cut, are something of an improvement





INDIAN STORE-HOUSES FOR ACORNS.

upon those of the Yuma, as are also the store-houses of another Indian tribe which, as will be seen, somewhat resemble shocks of corn. These rustic granaries are so deftly made that they will shed water, and will resist the depredations of squirrels and other acorn-loving inhabitants of the forest. We were not able to discover any equally efficient method of preserving food among the Yumas,

who are perhaps led to habits of improvidence by the warm and genial climate in which they live. A former superintendent of Indian affairs in Arizona, gives us a specimen of this neglect in a letter written shortly after a visit to the Yuma tribe. He says: "We found the Yumas indulging in great expectations. They are as dependent upon the overflow of the river [Colorado] as the inhabitants of the Nile, but have no Joseph to provide for the years of famine. The river having entirely failed to overflow its banks the previous year, they had not planted, and consequently had not reaped, and were in a literal state of starvation, many of them dying from the effects of hunger."

As we were leaving the encampment toward evening, the day of our excursion to the Indian reservations, we again passed the hut occupied by the chief and his family, and stopped to obtain a specimen of the *tortillas* for which we had bargained with him several hours before as we had passed along. At a signal from the chief, the younger of the two wives, a woman perhaps twenty-five years of age, whose face wore a pleasant and intelligent look notwithstanding the quantity of red paint with which it was covered, brought forward several rolls of corn paste which she had prepared, and at once proceeded to make them into thin cakes, baking them on a piece of heated sheet iron.

As we were hurrying away from the encampment, it being nearly train time, we met a young squaw carrying upon her back a baby a few weeks old, wrapped in a bundle of bark strings, and tied to a board which was supported by a bark rope passed over the mother's

shoulders. The little urchin had its face and cheeks painted after the most approved Yuma Indian fashion, and seemed to be wholly contented with his lot. At our request, conveyed through an interpreter, the mother stopped, and passed the little one into the cab for our inspection, seemingly as proud of her offspring, and as much pleased with our compliments, as any civilized mother could be.

We learned from this people many things of interest which we have not space here to record. One fact, however, we may mention as a sad commentary on the influence of civilization upon savage tribes. We were assured that before their intimate acquaintance with the whites, and that until very recently, this people, notwithstanding their primitive condition and absolute ignorance of anything worthy the name of religion, were, with exceptional cases of polygamy, models of modesty and pure morals. Now, notwithstanding the adoption of something similar to civilized dress by many of them, the cloak of modesty, which in their purely savage condition was amply sufficient protection, has sadly departed. It is evident that externals have little to do with purity. It is neither dress nor undress that makes or mars modesty, but a state of mind which may exist with, or independent of, either condition. "To the pure all things are pure."

The Government has undertaken to civilize the Yuma, and bring him into intimate contact with the white man, in consequence of which he will, without doubt, speedily begin to develop both moral and physical degeneration, which has been the usual fate of barbarous tribes whose civilization has been undertaken. We are told that the savage cannot compete with civilized man, and that his deterioration, after coming in contact with his superior, is simply an illustration of a general law in nature which demands the survival of the fittest. We believe this to be wholly an error. It is the vices which civilized man teaches the savage, which accomplish his extinction, and not those things which render the civilized man superior to his untutored brother.

A hundred years ago the Yuma tribe numbered upwards of five thousand, but at the present time their number is estimated to be less than one thousand. Horrible diseases are working in their midst, and they are rapidly dying off; and although we see some magnificent specimens of the human animal among them, giving evidence that they were once a race possessed of splendid physique, they are doubtless destined to meet the fate of others of the powerful tribes who have peopled this vast continent.





## IN THE RIGHT DIRECTION.

In the training of the young lies the hope of the future. While we should seek reformation through every avenue, we cannot hope to accomplish as much in the line of temperance by reforming the habitual drunkard as by teaching the young, from childhood up, the terrible results of the liquor habit, thus implanting a principle that will effectually forestall any temptation in that direction. The same may be said of any of the evils that curse civilization, and particularly of the dress evil. Attempting to reform the corset *habitué* who has already succeeded in severing her liver and displacing other of the vital organs, is, in a way, something like locking the barn after the horse is stolen. The injury has already been done, and cannot be remedied—only alleviated, although we would not on that account cease our labors, if for nothing more than the influence her example might exert over others.

But it is to the girl who has never as yet worn these instruments of torture, we would appeal most strongly. Then comes the question, How can this be done? All will acknowledge that this is a work that properly belongs in the home, where the child is dressed; and yet, experience has proved that it cannot be safely left entirely to the mothers, who often say, "Why, I have worn corsets all my life, and they never hurt me!" and, moreover, often insist on putting them upon their growing daughters, much to their discomfort, and even against their wishes, to give them a "fine form."

Next to the parent stands the educator of the child, who must do for it what the parent fails to do, if it is done at all; and what more potent factor in child-education than that which is conveyed to the mind by the printed page? It is often remarked that what has taken the parent and the teacher incalculable time and effort to instill into the mind, may be overthrown by a half hour's pernicious reading. Somehow a child has a certain awe—in fact, everyone has an almost incredible gullibility—of whatever appears in print. The silent words of type are law. Now, what has

been spoken to the dishonor of print, may also be spoken to its credit. There is a *vice versa* to the question, and what good might not accrue if publishers would only print the right things,—especially, in these respects, children's publishers. The vast field of reform lies waiting to yield the victory to the valiant pen of truth, and those who cater to childish tastes, might if they would, claim the lion's share of the laurels. For this reason we are more than glad to note the following in that popular children's periodical, *The Youth's Companion*, and to express the hope that this will not be the last effort in the right direction made by this or similar publications:—

"It is wonderful how slightly regard for health, life, and conscience controls most people where fashion is concerned. The familiar saying, 'Better out of the world than out of fashion,' is in some sort freely acted on. Life is knowingly risked at the bidding of the modern goddess, whose despotic sway no god of antiquity ever equalled.

"The space inclosed by the ribs is packed to the fullest possible extent, and it can be diminished only at the expense of the heart, lungs, and liver, as well as of the organs below. The medical profession the world over, and of every school, is quite unanimous in condemning the fashion which commands the forcible diminution of this space. Says Dr. Austin Flint, one of the highest authorities in America:—

"The most important of these distortions of the liver is that produced by tight-lacing. In consequence of constriction of the lower part of the chest, the liver is compressed from side to side, and a circular furrow, or depression, is produced, which may be so deep as almost to divide the organ transversely into two parts, of which the lower may even be tilted up over the upper. Corresponding to the tight-lace furrow, the liver substance is atrophied, and the capsule is thickened and opaque."

"According to W. Johnson Smith, of England, the wasting at the furrow may go on until the parts above



and below it are connected merely by a membranous band. Recently, in this country, a physician cut off and removed the lower portion of the liver of a tight-lacing patient.

"A late number of the *Medical Record* adduces the testimony of many physicians from different parts of Europe as to the effects of tight-lacing on health. As the names will be unfamiliar to our readers generally, we will omit them, and give only their condensed testimony:—

"It weakens the bony and muscular structures.

"It gives rise to intercostal neuralgias, resembling angina pectoris.

"It occasions congestion of the eyes by obstructing the reflow of blood from the head.

"It gives rise to gall-stones.

"Deficiency of bile, dyspepsia, sickness, constipation, headaches, chlorosis, debility, may form a natural sequence.

"It may cause wandering (or floating) kidneys.

"By diminishing the capacity of the lungs, it may cause oxygen starvation and arterial anæmia."

"Against all this it may be urged that women live as long as men; but the answer to this is that war, the casualties of life, drunkenness, and general dissipation tell on men vastly more than on women."

### HOW CLOTHES SHOULD FIT.

No woman feels any better for wearing a poorly-shaped gown, which is absolutely without fit, just because she can run both fists doubled up under the waist. Where a gown pretends to be cut after the accepted model of the bodice, with darts and seams, it should be so shaped as to show curves, and so fitted as to outline the figure perfectly, else it becomes a botch and a hindrance to the success of the cause of healthful dress.

A gown can be worn to fit the body as a comfortable glove fits the hand, or an easy shoe the foot, without harm. There is a great difference between the bodice that holds the figure gently in place, and the drawn-in, steel-compressed corset, which reduces the waist several inches, pushing the flesh up and

down, and forcing the figure out of all proportion.

The bodice is not the most artistic waist-form by any means, but where it is worn it should be tidily fitted, and the curves should be most carefully watched to insure shapeliness and elegance; and nothing should be allowed to drag and hang, either from the shoulders or hips, our idea being that of fitting the body perfectly in order that each member may carry its own clothing, and not shift responsibility onto the shoulders which belongs to the waist, nor *vice versa*.

Fit woman just as she is shaped, easily, naturally, and then add such drapery to the bodice and skirt as her own style demands; but great care ought to be taken to preserve the elegance of the under-arm curve from the arm to the ankle. — *Dress*.

THE idea prevails that it is very nice to be small. It begins in the upper classes, the *ton*, and it extends down to the girl in the kitchen. The effort which some make to be small is rather comical as well as painful. A fleshy person dons a tight corset, and nature makes a mighty effort to assert itself. The flesh rolls over the corset in an unnaturally large bust, and protrudes below in large abdomen and hips. Fleshy people above all others do not look well when compressed around the waist. If they would wear loose clothing, no one would appreciate that they are so large as they are. But with the mountain of flesh above and below the corset, the observer notes the smallness of the waist, and thinks what a bad figure that woman has.

THE *Philadelphia Press*, in a recent article, says: "Woman must excel in order to be successful. Excellence implies strength, not spasmodic nervous strength, which makes an effort once in a while under extra-

ordinary pressure, but the strength which can turn off daily work without excessive fatigue, the strength which leaves the eye still bright and the step elastic, after a long day behind the counter, over the sewing-machine, at the desk, the easel, in the kitchen, or in the school-room. Such strength as this, does not go with a small waist. From the nature of things, such strength can never be found in women with small waists; nor can there be a large digestive capacity, or a rapid and utterly unobstructed flow of blood in the veins and the arteries. Strong backs and abdominal muscles,—muscles which can do their work without the deadly props of steel and whalebone, now so universally worn,—these are some of the requirements of health and strength, but these things take up room."

"If women" says the *New York Herald*, "want to help their working sisters along, let them take a hint from the *Press*, and unite in making ill-health and puny figures unfashionable."



# THE HAPPY FIRESIDE



DEVOTED TO TEMPERANCE MENTAL AND MORAL CULTURE  
HOME CULTURE NATURAL HISTORY AND  
OTHER INTERESTING TOPICS  
CONDUCTED BY MRS. E. E. KELLOGG A. M.

## "TOO SMART!"

BY ELEANOR KIRK.

It was a pretty house, prettily furnished, with a pretty mistress and three pretty children. The house was exceptionally neat and orderly, the children carefully and even elaborately dressed, though there was but one servant, and no seamstress but the mother. Up to the time our true sketch opens, the washing, ironing, sweeping, and scrubbing had been done on their respective days. The three meals had always been on time, and the mending done at the exact moment. Croup and measles, sick-headaches, change of servants, had so far had no power to break the perfect regularity that obtained in this household. Though the heavens fell, each day's appointed tasks must be performed, and extras accommodated, without the disarrangement of a single detail. So loyal was Mrs. Murray to her environment, that the very thought of an unswept room, unfinished mending, or a tardy meal, would cause her cheeks to burn like fire, and her poor little busy hands to tremble painfully. Of course this housekeeper was much in her kitchen, and Mr. Murray often sat the best part of an evening alone, while his wife mixed bread, or washed the china, or prepared the fruit for the pies and the cake that must be made. When she did seek her husband's society on these occasions, she was usually too tired to talk; and as for the piano—that had been closed ever since the last baby was born.

Mr. Murray may not have shown his wife quite as much consideration as she had a right to expect, and may have merited some of the condemnation this lady expressed of men in general,—that "they never had the slightest comprehension of woman's work," etc., etc.

But however this was, Mr. Murray had been for some time growing very restive and irritable under his wife's faultless regime. In fact, he had more than once emphatically stated that if he could not find the

companionship he wanted at home, he would seek entertainment elsewhere. And then Mrs. Murray had cried herself into a sick-headache, and as the day after must inevitably be washing, ironing, sweeping, scrubbing, baking, mending day, or Sunday, which was always the hardest day of the seven, there was never a moment for tired and mistaken nature to recruit or reflect in.

And so the housekeeper came to be consumed by self-pity, and the master of the manse had for some time been laboring under a keen sense of injury. Just at this point a relative of Mr. Murray's appeared upon the scene. The anticipation of this visit had been a perfect nightmare to the weary wife and mother. "Aunt Sarah" had always been held up as an example of sound common sense and great executive ability. She was said to be a model wife, mother, and manager, and Mrs. Murray, tired to the very marrow of her bones, surveyed the preparations for the coming guest with about the same ecstasy that a condemned murderer might examine the new suit provided for his execution.

But the lady arrived one morning, a little ahead of time, bright, buxom, and cheery, and not a stranger at all. "Aunt Sarah" was at least fifty years old, but was in radiant health, and overflowing with that nameless magnetism which sometimes in our despair we call, "the milk of human kindness."

Of course, having common sense, she saw at once that things were sadly out of joint in her nephew's house, and having a *great deal* of common sense she refrained from uttering one word that would convey a single hint of her knowledge. She amused the children, entertained the husband, helped with the mending, and so won upon the exhausted wife and mother that she was fain at last to wonder aloud at the splendid health and spirits of her companion. And then



there was a burst of confidence, and the cat was out of the bag, tail and all.

"I am surrounded by just such conscientious housekeepers as yourself," said Aunt Sarah, thankful to have a chance to protest against such wicked overwork, "who do three times as much work every day of their lives as they are able to."

"But the work has to be done," was the tearful response, "and on the wife devolves the whole responsibility."

"Well, now look here," said Aunt Sarah kindly; "let me illustrate what I mean. I noticed yesterday that you swept rooms that did not need sweeping, just because it was sweeping-day. The parlor required only a light dusting, the spare-room was in the same condition, and the sitting-room did not need the grand overhauling you gave it. That unnecessary labor consumed hours, and how much strength and nerve force, who can compute? To-day you are baking bread, pies, and two kinds of cake, because, it is baking-day, and you have worked yourself ill."

"But we are obliged to eat," was the weary answer.

"Yes, but you might have bought your bread and your cake for to-morrow night's tea, and had a desert of fruit both for to-day's and to-morrow's dinner. That would have been a thousand times more healthful and more sensible. It would have excused you from the kitchen all day, for your cook can get an ordinary dinner well enough. You and I could have gone coasting this afternoon."

"What?" interrupted Mrs. Murray, in unfeigned surprise.

"Certainly," was the calm answer. "I am very fond of the sport, and there is never a day, rain or shine, hail or blow, that I do not walk miles. You have n't been out of the house since I came. You sit whole afternoons in a room the temperature of which is never less than 70°, you and your three children, and I have never known you to open a window, except on sweeping-day, or seem in any way to realize that the breathed-over-and-over-again air, the foul, filthy atmosphere, was in any way accountable for your burning eyeballs and throbbing head, and the peevishness and irritability of your children."

"Open the windows," said Mrs. Murray, "in cold weather? Why we would catch our deaths."

"No, you will get your deaths the other way. If you would leave your sitting-room once or twice in the course of the afternoon, throw your windows wide open for five minutes, you would be surprised at the difference it would make to all of you. Then if you will quit your everlasting sweeping and dusting, and your equally everlasting sewing, you will come to

thoroughly enjoy the simplified duties of housekeeping."

"Oh, I know what you are going to say," Auntie went on, smilingly, as the young wife was about to speak. "The sewing must be done, you wish to assure me. I agree that some sewing is absolutely necessary in a family like yours. But you wickedly waste your time in tucks, frills, and furbelows. If you cannot afford to have all your clothes made, put out the most elaborate, and do the plain work yourself. You ought to have a capable woman to assist in the care of the children, and the sewing and mending. Then you will have some time to devote to your husband, some time for social recreation, and all the time for health. I feel sure that your husband would be both able and glad to pay for such services. The fact of the matter is, my dear, you started on your married career with the intention of being the most saving and best possible wife and housekeeper. You were too smart, and that plus is worse than a minus in the long run. You are in now over your head, and your husband, being a man, with no more conception of the details of house-keeping than the baby there, has no idea how to rescue you. He simply knows that he leaves one mill at five o'clock, and enters another at six, and that the wife who should be his companion, is so occupied with the affairs of the mill as to have no time at her disposal for him. He finds her occupied, *distract*, if not distressed, her face in a pucker, her nerves so on edge that she can with difficulty bear the sound of the voices she loves the best. What if the dinner is on time, and the pies never fail, and the plum-pudding and wine sauce can not be surpassed? Why, my dear, you treat your husband as if he were a pet pig instead of a moral and intellectual human being. And I want to add that a man with the best intentions can not save his wife from domestic slavery. He can only generalize because of his ignorance of details; and to an overworked wife such generalizations usually seem unkind, if not heartless. Upon you depend your own health and life, your children's health and development, your husband's peace of mind and success in his work. If you will be a slave, a drudge, instead of the intellectual wife of an intellectual man, the responsibility is yours. Like thousands of wives and mothers, you are destroying the comfort of your family, and killing yourself, from a mistaken idea of devotion."

Let us hope that this plain, common-sense talk accomplished its purpose, and that its truth may touch the hearts of many a perplexed and self-burdened housekeeper, who, as Aunt Sarah naively put it, started out with being "too smart."



AMONG the precious last words of our Lord are some addressed in admonition and comfort particularly to the doers of little things ; to those who wash tired feet, who do the small, wearisome, unheroic, common tasks of life daily, for love's sake. The same benediction which was once breathed upon the pure in heart, upon the poor in spirit, upon those that hunger and thirst after righteousness, upon those that suffer for the sake of holiness and truth, is also pro-

nounced upon those who serve, who minister not to spiritual, but to physical need. Tired mother, busy at household tasks, preparing the daily bread, mending the torn clothes, keeping sweet and pure and wholesome everything beneath the home roof, washing restless little feet, combing tangled curls, walking day after day through the endless round of a woman's work, take to your heart this last beatitude, left by the Master for you : " Blessed are ye if ye do these things."

## THE PYRAMIDS OF GIZEH.

(SEE FRONTISPIECE.)

THE unsolvable mystery that envelops the origin and construction of the pyramids, as much a part of them as are the stones of which they are built, guarantees them a world-wide and never-failing interest. In fact, because of their antiquity they will yet forever remain new. The traveler never tires of seeing them, the reader never tires of reading of them, and the curious never tire of speculating concerning the unknown secrets that haunt their history like the shadows of a dream.

However much a person may read of the pyramids, it is not until they have become themselves an eye-witness of their wonders, that their immensity and noble proportions can be properly conceived. There are about seventy in all of the pyramids of Egypt, scattered along the edge of the fertile valley of the Nile for nearly fifty miles ; but only about thirty-eight are really entitled to the name. The others are pygmy structures in comparison, faulty in workmanship and ruinous in condition. In age, the pyramids rank from north to south, that is, those farthest north are of the greatest antiquity, and decrease in age as one proceeds southward.

The pyramids of Gizeh, about twelve miles south of Cairo, but on the opposite, or west, bank of the Nile, are those of the greatest interest as well as size, and are generally the only ones visited by the ordinary tourist. There are nine of these pyramids, but all but three are small and little else than *debris*. These three are of great size, and are called, according to their size, the Great, the Second, and the Third. As the Great Pyramid is the one usually ascended and explored by tourists, it is the one the average reader cares to hear most about.

Imagine, if you can, an immense four-sided bulk, gradually tapering to an apex. The base is almost a perfect square, each side measuring about 740 feet, and covers nearly thirteen acres. Look around you, and picture to yourself such a space. Perhaps on

your farm you have a thirteen-acre field nearly square ; or, if in the city, you can estimate that about twelve four-rod lots would equal the length of one side of the pyramid. Having fixed the land measurement in your mind, raise your eyes to the heavens, and imagine that a solid mass of masonry 480 feet high shuts off so much of your horizon. This will not be so easily done ; still, if you will attempt it, you will get a far truer conception of the magnitude of the enormous structure that it is computed took 300,000 men between twenty and thirty years to build.

What a grand monument to the memory of the life of a single king ! for each pyramid is but the sepulcher of one of Egypt's kings, built during his lifetime, and almost occupying the years of his reign to build. Inside the Great Pyramid are two quite large chambers, called the king's and queen's chamber's, besides several smaller ones. Our diagram shows the arrangement of these, the king's chamber being above the queen's, and larger. These chambers are reached by a passage-way opening from the north face of the pyramid. The most generally accepted speculation concerning this passage-way is that it was built at such an angle that a person standing within the pyramid at its lowest terminus would have a direct view of the North Star through the opening. The position of the pole star is now changed, but astronomers reckon that in the year 2170 B. C., the North Star stood in exactly that position. This would make the age of the Great Pyramid over 4000 years, which is the generally accepted reckoning.

In this pyramid alone, it is estimated, was formerly enough stone to build a wall four feet high and two feet thick from New York City to Salt Lake City, a distance of 2,000 miles. A great deal of the outer casing of stone was torn down to furnish material for the building of Cairo and adjacent villages. The pyramids were built of cream-colored sandstone, laid in tiers and forming terraces of from two to five





THE PYRAMIDS OF GIZEH.

feet high. These steps were then fitted with half cubes of Syenite marble, polished on the outer, or triangular surface, thus forming a glassy casing from apex to base, formerly so perfectly jointed that the finest needle could not be inserted between the stones. Some of the casing still remains on the smallest of these pyramids. It is of red granite, and very beautiful in color and polish. Nearly all the material of the pyramids was brought from the quarries of Syene, in the Upper Nile country. What mighty men must those have been, who, without the aid of the marvelous machinery of the present, could wrest from their foundations, and transport to their present site, those huge blocks of granite, many of them weighing tons! The "flesh-pots" of Egypt had not then begun to work such ravages as are now exhibited in their descendants, the degenerate Arabs of the Nile.

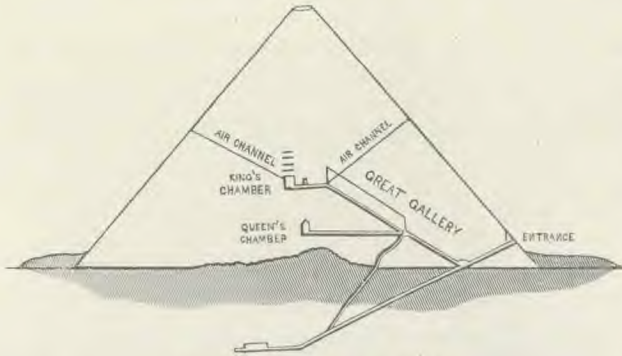
The ascent of the Great Pyramid can be made in from fifteen minutes to half an hour, according to the tourist's ability to climb. The native guides always importune the traveler for a backsheesh (fee), for which they will clamber from the top of the Great Pyramid to the top of the Second, a few hundred feet

distant, in ten minutes, a feat which they never fail to accomplish; for constant practice renders them agile, and teaches them the most practicable route. But the inexperienced tourist requires at least two natives, one at each hand, to assist him from one high rock to another, and sometimes it is advisable to have yet a third to hoist one over the most difficult places, while many employ a youth to carry outer garments and a bottle of water in case of thirst. Nearly everyone thinks the view from the top disappointing, and likes that from half-way up better. One gets a better idea of the immensity of the structure then, with a vast bulk of masonry stretching far below, and an equally vast bulk, in height, towering far above.

The top of the Great Pyramid has been broken off, leaving a space about thirty feet square, from which a good view of the Nile Valley and the Great Desert may be had, with Cairo and the smaller towns off in the north and east horizon. The air is remarkably clear, and distance is very deceptive. Coming from Cairo to the pyramids, when a whole hour's drive distant, they seem to be scarcely a mile away. For the same reason, stretches of country for miles in the



distance, where once the palaces of Egypt and the temples of the Nile glittered in the sun, are plainly visible from the summit of the pyramid. But the most noticeable thing in the view from the top is the sharp outline of the fertile, green-spread Nile Valley against the dull gray sand of the desert. One may sit on the dividing line, and with one hand pluck



SECTION OF THE GREAT PYRAMID.

masses of the tender, fresh grass from the black alluvium, and sift the dry, shifting sand through the other.

Having made the ascent and descent of the pyramid, the next thing is to explore the interior. This is even more difficult work; for the air is close and stifling, and the passage-way, for the most part, so low

that one cannot stand upright, while it is constructed at such a slope and flagged with such smooth blocks of stone that it is difficult to keep one's footing. The passage-way slopes downward for 320 feet, terminating in a subterranean vault. About one third of the way down, it is intersected by another passage-way, leading upward to the chambers. At a distance of 125 feet up, the hall leading to the queen's chamber is reached, and also a gallery 28 feet high and 150 feet long leading to the king's chamber. When reaching this gallery, one can at last stand upright, and get a fresh breath, for there are two air channels, one from the north and one from the south exterior, piercing the gallery and king's chamber.

Both of the chambers are finished with care with slabs of polished marble, so arranged above as to resist the pressure of the enormous mass resting upon them. In the king's chamber is a red granite sarcophagus, probably intended to receive the body of Cheops, the supposed builder of the pyramid. But poor Cheop's mummy is not there to tell us the story of his life, though some of his friends and relatives have thus revealed theirs; neither has he left us a line on his coffin, as so many have thoughtfully done. Everything has partaken of the silence of the sphinx, which, when we again reach the outer atmosphere, glowers at us contemptuously not far away, half hidden by the insistent sand of the desert.



## NEW EVERY MORNING.

EVERY day is a fresh beginning;  
 Every morn is the world made new;  
 Ye who are weary of sorrow and sinning,  
 Here is a beautiful hope for you—  
 A hope for me and a hope for you.

All the past things are past and over,  
 The tasks are done, and the tears are shed;  
 Yesterday's errors let yesterday cover;  
 Yesterday's wounds, which smarted and bled  
 Are healed with the healing which night has shed.

Yesterday is a part of forever,  
 Bound up in a sheaf, which God holds tight  
 With glad days, and sad days, and bad days, which never  
 Shall visit us more with their bloom and their blight,  
 Their fullness of sunshine or sorrowful night,

Let them go, since we cannot relieve them,  
 Cannot undo, and cannot atone;  
 God in His mercy forgive, receive them;  
 Only the new days are our own;  
 To-day is ours, and to-day alone.

Here are the skies all burnished brightly;  
 Here is the spent earth all reborn;  
 Here are the tired limbs springly lightly  
 To face the the sun, and to share with the morn  
 In the chrism of dew and the cool of dawn.

Every day is a fresh beginning;  
 Listen, my soul, to the glad refrain  
 And spite of old sorrow and older sinning,  
 And puzzle forecasted, and possible pain,  
 Take heart with the day, and begin again!



## TEMPERANCE NOTES.

OF 370,000 railway employees in Great Britain, 12,500 are total abstainers.

PENNSYLVANIA is going to vote on a Constitutional prohibitory amendment this year.

IT is estimated that 12,000,000 school children are now being taught the nature and effects of alcohol.

IN Switzerland there have been 71,275 drunkards' deaths in twenty-five years, out of a population of 3,500,000.

HEREAFTER no student can matriculate in the University of the Pacific, at San Jose, Cal., who uses tobacco in any form.

WHAT do you think of this? Kansas is a prohibition State. She has but one penitentiary, with 996 prisoners. Texas, on the other hand, has no prohibitory law, and, while having 100,000 less people than Kansas, has two penitentiaries, containing 3,000 inmates.

CIDER is regarded by some as perfectly harmless, yet a jug of that liquor said to be thirty-two years old was recently unearthed at Camden, N. J., and a score of men tasted of it merely. Within ten minutes, sixteen of the partakers were sadly intoxicated.

DURING the coming year, the attention of the Woman's Christian Temperance Union of Michigan, will be specially given to the securing of laws forbidding the sale of tobacco to minors, abolishing liquor-selling within five miles of the State University, and submitting the constitutional amendment to another vote as soon as expedient. The matter will be presented to the State Legislature by the Union.

A RECENT scientific investigation in England shows that as a rule the intemperate use of alcoholic beverages cuts off ten years of life. Taking this in connection with the fact that even to the moderate drinker it brings diseases of the liver and the kidneys, while it largely increases the per cent of pneumonia, pleurisy, epilepsy, and other diseases whose generic name is legion, liquor does seem quite a costly luxury, does n't it?

## POPULAR SCIENCE.

A PAPER tells of a dog that can compute figures. It is probably a lame dog that puts down three and carries one.

EXPERIMENTS have been made in Berlin with India-rubber pavement. It is said to be very durable, of course noiseless, and unaffected by heat or cold. As a covering for bridges it has peculiar merits, its elasticity preventing vibration.

A WONDERFUL FEAT.—A man has lately walked for a purse of five hundred dollars, from Albany to New York (about one hundred and fifty miles), upon the water of the Hudson river. He went with the tide, making twenty-four miles per day. The shoes in which he performed this strange journey are described as follows: "They are made of cedar and lined with brass. They are five feet long, and one foot wide. Each one is air-tight, with a space in the center for the foot. On the bottom are three fins, so arranged that when the shoe moves forward they are pressed up against the bottom, and when the shoe is at rest, they hang downward like paddle-wheel buckets."

A SWISS watch manufacturer has just invented a watch for the blind, on the dial of which the hours are indicated by twelve projecting pegs, one of which sinks every hour.

A NEW EXPLOSIVE.—One of the newest military explosives has just been experimented with in England, on an elaborate scale, and with surprising results. It possesses, under ordinary circumstances, a striking disinclination to explode. Hammer it, it is harmless as clay. Put it in the fire, it smoulders dully. Apply friction, it is irresponsive. Shock it with an electric spark, or even a lightning bolt, it is harmless as a brickbat. Put a mass of it on a pile of gunpowder and ignite the latter, it is hurled to one side, unexploded. In brief, it may be handled and transported as freely and as safely as so much sand. But apply a detonating cap properly, and it explodes with terrific force, far greater and more destructive than that of dynamite; giving off no smoke, no flame, and no noxious fumes. Its peculiar qualities of action, as well as the safety of its use, indicate that it will prove valuable in mining, and other peaceful arts.





## HOME TRAINING.

Of first importance in the education of a young lady is proper home training. The young woman who has acquired all the culture and accomplishments which can be secured in the schools, but has no knowledge of the simple arts so necessary to the making of a home and the proper training of a family, has neglected the most important part of her education. The general prevalence of this defect is becoming alarming. The girls of the present generation are as a rule far less skillful in bread-making, house-cleaning, and the other household arts, than in piano-playing, elocution, and similar accomplishments. This condition of affairs is becoming more and more common in this country. The poor mother, who has become worn out with arduous toil in the rearing of her family and in providing them with comforts and luxuries, seldom has a daughter who is able to take her place in the kitchen, at the wash-tub, or at the ironing-table. Unfortunate as is this state of things for the broken-down mother, as well as for her imperfectly educated daughter, mothers are themselves generally responsible for it. Mothers who have been brought up to a life of usefulness and labor, often become infected with the popular notion that physical labor is ungentle and unladylike, and determine that their daughters shall be brought up differently from what they were. Imagining that they are going to make their daughters something more than women, and prepare them for a sphere something above that of true womanhood, these silly mothers toil and slave in the kitchen, while their daughters sing and thrum the piano in the parlor, or sip and drawl nonsense in the drawing-room with some shallow-pated fop. The mother rises at early dawn to prepare the breakfast, while her useless daughters are sleeping off the effects of their midnight dissipation in the ball-room. Reared in idleness to habits of uselessness, the hard earnings of father and mother are spent in lavishing upon them accomplishments which can be of no service to them in after life. Such daughters are unfit to meet the realities of life, and are utterly devoid of the real

accomplishments which go to make up womanly character, and which would fit them for performing the duties of wife and mother in their mature years.

The fact is that the average modern young woman is accomplished to the point of actual uselessness. What women as a rule need is more solid education. We do not object to accomplishments if they are not acquired at the expense of that thorough training which lies at the very foundation of real refinement and usefulness. How many young women fritter away their time and waste their lives in devotion to nothings. A young lady who is able to sing and play the piano skillfully, to dance gracefully, to talk "small talk" fluently, to dress "to kill," to sketch a landscape passably, to embroider, to knit lace collars, to jabber a little French and German, may be able to satisfy the demands of society, but may be utterly wanting in that kind of culture which contributes to the real happiness of life. Such a person, as a quaint writer once said, is "all ruffle and no garment."

Nothing contributes more to the formation of a sound character than a knowledge of the humble industries which go so far to make a happy home. A long stride will be made toward the millenium for which so many long, and which some fondly believe to be approaching, when a training in useful labor shall be considered as the first and most important part of a young lady's education; when girls are taught to do their part in the world's work, and that to be able to do it well is the highest position and the greatest happiness to which they may hope to attain.

A mother cannot do her daughter greater injury than to allow her to grow up ignorant of household duties and unaccustomed to useful labor, yet mothers are so utterly blind to their duties in this respect that it is not to be wondered at that the rising generation of girls is vastly inferior to their predecessors. An omen for good is the establishment in many large cities of cooking-schools and schools for training nurses, in which girls can learn a variety of useful employments, and receive training in domestic duties,



## THE WORK OF THE MOTHER.

VERY different from the creative work of the sculptor is that of the mother. The beautiful, passive marble stands before him absolutely subject to his strokes. He may carve to-day a rude outline, and then may turn away for months and years, and still the unfinished statue waits patiently the returning of his shaping hand, of his unerring mallet, that shall transform it from the block of stone to the almost animate image of a god.

Helpless it certainly is, this miniature man or woman that lies in the mother's arms; but passive, like marble, it never is. Before her own, a fashioning hand has already touched it. In the silence and darkness of its pre-natal life, unseen and incalculable forces have wrought upon it. The unwritten laws of the mother's being and of the father's being have worked together or against each other in molding their child. And they have brought forth a new creature, whose like is not to be found "in all the wide earth's ample round."

While the law of heredity cannot be formulated, indeed, seems to be past finding out, we cannot doubt that that child is best equipped for life whose inheritance is a harmonious, well-balanced nature, whose

chances for physical health are good, and who takes his place in the world, not with the hesitancy and timidity of an unbidden guest, but with the happy assurance that he comes to his own place, that waits for him and no other.

It is not to the physical needs alone that the mother should address herself. The spirit begins to assert itself almost with the first breath, and along with the work of nurture must be taken up the work of guidance. Especially should her care be given to forming in infancy the habit of personal purity. It belongs to the mother not to trust or guess, but to *know* that her child is safe from the malaria that infects the moral atmosphere, and assails childhood through nurse or playmate, or later through the printed page. Does it seem a hard thing to require of the mother that she shall thus closely devote herself to her child? After all, how short, comparatively, is the time during which such care is needed! Only a few years and the self-dependent life of the child begins, and then the mother is free to go back to her books, her work, her pen, enlarged and enriched in nature by the deep experiences of motherhood.—*Elizabeth Powell Bond.*

By as much as the modern reaper is an improvement upon the old-fashioned grain-cradle, by so much do the primary schools of to-day surpass those of our own childhood; and the scope of the higher schools has also certainly been enlarged. Has this enlargement, however, kept pace with progress in other lines? A systematic study of English and of the other modern European languages has, it is true, found some place in our courses of study; still there are to-day five times as many professors of Latin in our higher schools as of English,—just as if nineteen Christian centuries had poured no floods of wealth into human literature, into the stream of human thought; there are five times as many professorships of pure mathematics as of all the modern languages of Europe,—just as if Germany and France and Italy did not possess two thirds of all the learning of the world. It is true that the physical sciences are year by year asking and receiving more attention; and yet a couple of terms for chemistry and physics are deemed ample time in most of our schools for the two sciences which more than any thing else have created that which most distinguishes the present century, while a whole year is still given

to Virgil's barbaric poem. More time is given to Cæsar's bridge-building exploits than to all the triumphs of modern engineering. Less time is given to human physiology and hygiene—the science of living—than to arithmetical puzzles and problems that nobody ever hears of outside of the school-room. More of our pupils can give an account of the Punic wars than can explain the structure and action of the steam-engine, which has given to every man in Christendom another arm to the two that nature gave. Jason's expedition after the golden fleece is better known than Humboldt's travels. The mythic heroes, Hector, Ulysses, Romulus, and Numa Pompilius are much more familiar characters to our school children than Watt, Stephenson, Fulton, Morse, Elias Howe, and Bell, who have given us the steam-engine, the locomotive, the steam-ship, the telegraph, the sewing-machine, and the telephone. Boys who cannot name the Presidents, can recite the emperors of Rome, from Augustus to Constantine. A good many more have learned the number of feet in a heroic verse than know the number of teeth in a cow's head, though to the average mortal the one knowledge is as valuable for discipline or use as the other.—*Prof. Lewis M' Louth.*



# SOCIAL PURITY.

## PITFALLS FOR OUR BOYS.

THE highway which leads from early boyhood to youth and manhood, is beset by pitfalls which lie all along the road, skillfully hidden from the view of the unwary and the unenlightened, and certain to entrap a large portion of those who are to be the men of the future generation, and lead many of them down to present and eternal ruin, unless they are rescued and saved by some God-inspired influence from the snares set for their inexperienced feet by the enemy of all goodness and purity. Of all the yawning pits which lie concealed beneath the feet of our boys just starting out upon life's pathway, none are more numerous than those through which so many thousands fall into the Stygian sea of impurity. Every mother ought to be thoroughly awakened to a proper sense of her responsibility and duty in the work of saving those who are yet pure, and rescuing those whose garments are already soiled by contact with vice. Mothers are of all others the best fitted for this work; and to fully prepare themselves they need to consider the special influences which tend to lead boys to lives of impurity.

The troops of boys of all ages, from five to twenty, that we see upon the streets of every city, sitting on the curb-stone, loitering about the corners, gathering here and there in little knots, from which the ears of passers-by may easily catch words and phrases which bring the blush to virtue's cheek, are evidence that mothers are by no means generally awake to the danger which lies in evil companionship. Many boys, especially in the cities, are, after they reach the age of ten or twelve years, allowed to select their own associates; and it is generally the case that the association most easily formed is with some foul-minded youth, who is only too anxious to impart to an innocent lad the evil knowledge which he has in like means gained from some other boy missionary of evil.

The damage which would be done by a terrific hurricane sweeping with destructive force through a thickly settled district, is insignificant compared with the evil work which may be accomplished by one vicious lad. No community is free from these vipers. Every school, no matter how select it may be, contains a greater or less number of these young moral

lepers. Often they pursue their work unsuspected by the good and pure, who do not dream of the vileness pent up in the young brains which have not yet learned the multiplication table, and scarcely learned to read. I have known instances in which a boy seven or eight years of age, has implanted the venom of vice in the hearts and minds of half a score of pure-minded lads within a few days of his first association with them. Vice spreads like wild-fire. It is more "catching" than the most contagious disease, and more tenacious, when once implanted, than leprosy.

Mothers cannot be too careful of the associations of their children. Often, those who would be least suspected of such wickedness are the agents of sin, and will instruct their innocent little ones in the most debasing habits. Trust no one not known to be pure. Keep your little ones under your own roof until you are sure that their characters are sufficiently well-formed to resist the encroachments of evil. The first impure thought instilled into a child's mind is usually the source of all the subsequent ruin. A child whose mind has been contaminated by evil communications may be rescued, but cannot be fully restored to the innocence which, when once lost, is gone forever. A scar will always remain which cannot be effaced. Hence, it is vastly better to prevent evil communications than to undertake to undo their effects after the work of mischief has been done.

The evils which grow out of bad associations, and which one by one lead down to physical and moral ruin, through impurity, are almost too numerous to name. One of the first signs of moral decadence in a lad is, in many cases, a loss of that modest demeanor and reserve, or that frank openness of manner so characteristic of innocence. The bold manners of boys who acquire much of their early education upon the street, are a fair index to the depravity of their young minds, and exert a most pernicious influence upon all with whom they come in contact. Modesty and courtesy in deportment are safeguards against impurity which no wise mother will neglect to cultivate in her boys while they are yet around the hearth-stone.—  
*J. H. Kellogg, in "Leaflets for Mothers' Meetings."*



## WORK AS A PREVENTIVE OF VICE.

THE following preaches a sermon which we wish might be emphasized to every woman throughout the land:—

“The women who have met with any degree of success in self-support are brought every week in contact, either in person or by letter, with women approaching or who have passed middle life, who are suddenly thrown on their own resources, with the terrible consciousness that they are utterly unequipped and unfitted to supply their daily wants. ‘What shall I do?’ comes the question from lips and eyes that reveal the inward agony. To those who are thus brought in contact with this phase of the subject, the daily question is, How dare a father or a mother let a girl go out into life until she has mastered some one thing by which she could earn money? Many a woman who walks our streets to-day with a bold, brazen face, would walk them with the honest, steadfast gaze and tread that comes from victory, if, when the crucial time came,

there had been one thing she could have done well.

“The same law of success holds good for women, that brings success to men. The world is not a respecter of sex. Can you do the work thoroughly and well? This question comes to every worker, independent of sex. The women who fail do not fail because they are women, but for the reason that they will not forget they are women, but workers; and that it is as workers and not as women that they stand before the world. ‘If I were a man!’ they will say, And if they were men, and faced the world as poorly equipped as they face it now, the world would have none of them, and the end would be the same.

“Every girl should be made to feel that in her there is a talent that is a gift from God, and that not to cultivate and develop it, is to sin both for time and eternity; it is the casting aside of God’s bounty. The power to work has been the salvation of the world; and this power was given alike to women and men.”

THE Senate of the Tennessee Legislature, we are glad to note, has recently passed, with but one dissenting vote, a bill to raise the legal age of protection for girls to sixteen years.

SENTIMENTAL literature, whether impure in its subject matter or not, has a positive tendency in the direction of impurity. The stimulation of the emotional nature, the instilling of sentimental ideas into the minds of the young, has a tendency to turn the thoughts into a channel which leads in the direction of the formation of vicious habits.

INFANT MARRIAGES.—In India, a reform movement against the hurtful custom of infant marriages has developed in an unexpected quarter. All the Rajpoot States, except one, have agreed to a proposition to change the age of marriage for boys to eighteen, and for girls to fourteen years. This will put the marriage relationship more under the control of the parties most interested, and will put an end to the wretchedness of infant widowhood. The same States have also instituted an important reform in regard to the expenses of marriages. Heretofore, the marriage of a daughter has often involved the family in financial ruin. These reforms were brought about by the influence of Colonel Walker, the agent of the British Government in Rajpootana.

THE fifteenth anniversary of the New York Society for the Suppression of Vice was lately celebrated in New York City. The treasurer’s report showed an expenditure of \$9,522 against \$8,470 received, and that of the secretary, Mr. Comstock, showed that ninety-four arrests had been made, one hundred and one convictions secured, and a total of more than five tons of vile printed matter had been seized and destroyed.

I READ in the word of God that the first requirement is to do justly; the second, to love mercy; the third, to walk humbly with thy God. There is many a one who has been too content to let justice go, and try in the place of it to substitute a little charity, a little mercy. We will let such a condition of our law exist as will leave the working girl a prey to the cunning of the Evil One, so that she is driven over the precipice of starvation to ruin, and then we turn around and build a home to put her in. In place of the protection she has a right to demand of us, we quiet our consciences with a little praying with her, and a little giving of money to her. We put the mercy first, and in the meagerest possible quantity, and let the justice go entirely. God sees the wrong, and sees we cannot build upon any foundation except that foundation which is eternal justice first, mercy next, and then that humility that will lead us to walk humbly with our God.—*Dr. Kate Bushnell.*



# GOOD HEALTH

J. H. KELLOGG, M. D. EDITOR.

BATTLE CREEK, MICHIGAN.

## CAUSES OF SPRING SICKNESS.

BILIOUSNESS, so common in the spring of the year as to have acquired the seasonable title, "spring sickness," is a condition of the system in which there is too little bile produced, instead of too much. The waste elements, which ought to be removed from the blood by the liver, in the form of bile, are left in the body, and accumulate in the tissues. It is this that gives the dingy color to the white of the eye, the dirty hue to the skin, and the coppery taste to the mouth, and which produces the giddiness, the floating specks before the eyes, and the general feeling of languor and discomfort which characterizes the condition commonly known as biliousness. This dingy hue of the skin is actually due to the accumulation of waste matter, or organic dirt. The skin is dirty, perhaps not upon the surface, but all through its structure. Not only the skin, but the muscles are dirty. The brain and nerves are dirty. The whole body is clogged with dead and poisonous particles which ought to have been promptly carried out of it, but have been retained on account of the inefficient action of the liver.

The causes of biliousness are various. One of the most frequent is overeating. If you press your fingers close up under the ribs on the right side of the body, you can feel the lower border of the liver about an inch above the lower edge of the last rib. If you do the same after having eaten a hearty meal, you will find the lower border of the liver half an inch farther down. This is due to the fact that the liver becomes enlarged through the absorption of digested food after a meal has been taken. If you eat a very large meal, say twice as you much as you usually eat, and then feel for the lower border, you will find it reaching down to a level with the lowest rib, showing that the liver is very greatly enlarged, much more than it should be. If you go on eating too much in this way, day after day, week after week, after awhile the

vessels of the liver will be so relaxed by frequent distension that the organ will grow permanently enlarged and congested. When in this condition, the liver cannot make bile readily, and so does not do the proper amount of work, and the waste elements which it ought to remove from the body are left to accumulate in the tissues, and all the symptoms of biliousness follow.

Biliousness is sometimes the result of eating too freely of fats. Animal fats being particularly difficult to digest, and likely to be taken in too large quantities, in the shape of butter, lard, suet, and fat meats, are apt to produce this condition.

The excessive use of flesh food also renders the liver torpid, and produces biliousness. Flesh food generally consists of albumen, a nitrogenous substance, which can be used in the body only in a very limited amount. The average person can use only three ounces of this kind of material each twenty-four hours. Now if a person eats several times this amount in the form of beefsteak, mutton-chop, or any other flesh food, the superfluous amount must all be removed in the form of waste matter. That is, if the person eats meat sufficient to supply four ounces of nitrogenous matter, the extra ounce must be carried off by the kidneys in the form of urea, or uric acid, and this must be acted upon by the liver, to prepare it for removal by the kidneys. If the liver has more of this work to do than it should have, the work will be imperfectly done, and much waste matter which ought to be removed will be left in the system, producing biliousness, rheumatism, muscular pains, sick headaches, and many other uncomfortable symptoms. Persons suffering from these causes will often notice sediment in the urinary secretion. This is, in fact, one of the most common causes of the sediment, or deposit, ordinarily found in the urine.

These facts respecting fats and flesh food explain



the reason why one loses his appetite for such substances, and craves fresh vegetables, acids, etc., in the spring of the year. The repugnance to rich foods and flesh food, which nearly every person feels in the spring, is Nature's protest against the use of those articles at that season of the year. During the winter season, the extra supply of oxygen received in the condensed atmosphere enables the system to dispose of waste matters more readily than during the warm season; and hence those substances which tax the liver and encourage the accumulation of waste matter, can be taken with greater impunity during cold months; but when warm weather approaches, the accumulation of waste matter soon becomes so great that Nature makes a vigorous demand for a change of habits in the matter of diet. If Nature's suggestion is not readily received and acted upon, she follows it up with a vigorous reminder in the shape of a "bilious attack," "spring sickness," a "gastric fever," an attack of "liver complaint," diarrhea, or some other expression of her displeasure at the treatment she receives.

Still another cause of biliousness, arising from torpidity or inactivity of the liver, is the use of condiments, — such substances as mustard, pepper, pepper-sauce, ginger, Worcestershire sauce, vinegar, and other things which have an acrid or burning flavor. How any one could ever have learned to relish substances which burn and sting as they go down the throat, is one of the mysteries of dietetics which we have never been able to solve. Certain it is that a substance which will raise a blister on the skin in fifteen minutes, as mustard or cayenne pepper will do, is capable of doing mischief on the inside of the liver when it gets there through absorption from the stomach. If you put a little pepper in the eye, it makes the tears flow, and presently the eye becomes blood-shot. Mustard or pepper in the liver does not make it smart, as it has very few nerves of feeling; but it causes the blood-vessels to enlarge, and probably at first increases the amount of bile produced; but the effect of continued use is just the same as would be the effect upon the eye, if a little pepper were put into it every day. Such an eye would after awhile become so inflamed that it would be blood-shot and congested

all the time. So the liver, by the habitual use of condiments, becomes permanently congested; and a congested liver is a torpid liver, capable of making less bile than is necessary to maintain the system in a state of health.

But there is still another cause of biliousness which is quite frequently overlooked. The liver needs oxygen to carry on its business of bile-making and sugar-making, and the various other kinds of work it has to do. The amount of oxygen in the blood depends upon the amount of air taken into the lungs. If a man stops breathing, he very quickly gets black in the face, because the oxygen of the blood is consumed so rapidly that the blood quickly acquires the dark color it has when it contains little or no oxygen. If we exercise out-of-doors on a cold winter's day, we come in with cheeks and lips rosy with the glow of health, because they are filled with bright blood, rich in oxygen. When we sit quietly in-doors in heated rooms, and take little or no exercise out-of-doors, we do not expand our lungs well, and consequently receive very little air into the blood, and the little we inhale is poor in oxygen. Consequently, the whole body suffers for want of this life-giving element, and the liver with the rest. Not being able to make bile without oxygen, and its supply being insufficient, it makes too little bile, and allows the waste elements which should have been removed through this channel to accumulate in the body. Thus a person becomes bilious from sedentary habits.

We must not overlook the fact that the use of strong tea and coffee, and especially the use of tobacco and alcoholic drinks, are among the most ready means of producing biliousness. All smokers and drinkers are more or less bilious, and the tawny complexion of strong tea and coffee drinkers is undoubtedly due to the bad effect of these beverages upon the liver.

The remedy for biliousness is plain enough. Stop abusing your liver. Give it an easy time for a few weeks, and see what a wonderful change will occur in your feelings. Live simply, bathe frequently, and take plenty of out-door exercise. The liver will go about its work in the most cheerful manner possible if it has half a chance.

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*Doctor's Daughter.* — "This cook-book says that pie-crust needs plenty of 'shortening.' Do you know what that means, pa?"

*Old Doctor.* — "It means lard."

*D. D.* — "But why is lard called 'shortening,' pa?"

*O. D.* — "Because it shortens life."

DR. HAMMOND recommends tobacco for adults, but condemns its use by children. It is, perhaps, to be supposed that by adults he means adult men, though he does not say so. It would be interesting to know whether Dr. Hammond recommends smoking for women as well as for men, and if not, why not.



## WHAT CLIMATE DID.

A WESTERN paper tells a story of a lady from the East whose great pride was that she was an invalid, or claimed to be. On every possible occasion she informed those who were listening to her, that she came to Minnesota for her health. She did not hesitate to enter into a conversation with any person she came into contact with, giving advice, climatological or physiological, to invalids, and seeking the same from those of robust constitution. Her conversation was always prefaced by the introductory inquiry, so common to visitors, "Did you come here for your health?" She thus addressed a stalwart, ruddy-visaged young man at the dinner table of the "Metropolitan" a few days since, and the following dialogue ensued:—

"Yes, madam; I came here probably the weakest person you ever saw. I had no use of my limbs,—in fact, my bones were little tougher than cartilages. I had no intelligent control of a single muscle, nor the use of a single faculty."

"Is that possible?" exclaimed the astonished auditor, "and you lived?"

"I did, madam, although I was devoid of sight, was absolutely toothless, unable to articulate a single word, and dependent upon others for everything, being completely deprived of all power to help myself. I commenced to gain immediately upon my arrival, and

have scarcely experienced a sick day since; hence I can conscientiously recommend the climate."

"A wonderful cure!" said the lady, "but do you think your lungs were affected?"

"They were probably sound, but possessed of so little vitality that but for the most careful nursing they must have ceased their functions."

"I hope you found kind friends, sir?"

"Indeed I did, madam; it is to them and the pure air of Minnesota that I owe my life. My father's family were with me, but unfortunately my mother was prostrated with a severe illness during the time of my great weakness."

"How sad! What was your diet and treatment?"

"My diet was the simplest possible, consisting only of milk, that being the only food my system would bear. As for the treatment, I depended entirely upon the life-giving properties of Minnesota air, and took no medicine except an occasional light narcotic when very restless. My improvement dated from my arrival. My limbs soon became strong, my sight and voice came to me slowly, and a full set of teeth, regular and firm, appeared."

"Remarkable,—miraculous! Surely, sir, you must have been greatly reduced in flesh?"

"Madam, I weighed but nine pounds. I was born in Minnesota. Good-day."

A GERMAN investigator has recently discovered a new germ, which he asserts to be the cause of cancer.

A YOUNG man recently died in Troy, N. Y., from heart disease, as the result of smoking cigarettes.

CLASSICAL QUACKERY.—An Indiana doctor, complaining about what he calls "the classical quackery of the medical schools," exclaimed, in a burst of quackish eloquence:—

"Confound your Latin and long words. Stick to English, I say, and let the dead languages stay with the dead people. What is the use of perpetuating a language which must be less known each year? English is the language of the future; help to spread it on your prescriptions. Why you learned fellows frighten many a nervous man into his grave with your frightful names for simple diseases. Now look at *e pluribus unum*; it sounds like a sure killer every time; yet I've cured hundreds of cases of it under the common name of pleurisy."

It will be conceded that the above reasoning, which is a fair specimen of the average intelligence of quacks, is unanswerable.

COFFEE DRUNKENNESS.—A leading French journal calls attention to twenty-three cases of chronic caffeineism. These were the leading symptoms noticed: Loss of appetite, inability to sleep, trembling of the lips and tongue, dyspepsia, neuralgia, pain in the stomach, giddiness, convulsions, and obstinate constipation. The coffee drunkard has thin features, drawn and wrinkled face, and a grayish yellow complexion. His sleep is troubled with anxious dreams. His pulse is weak, frequent, and compressible. This same writer asserts that evil effects upon the eyes and ears of people are more frequent from coffee than from tobacco or alcohol. It does not absolutely destroy vision or hearing, but it induces very annoying functional troubles. That coffee is the efficient agent, appears from the fact that, upon the entire discontinuance of its use, the symptoms complained of disappear.



A HOSPITAL doctor set four fifths of all his patients vomiting after they had swallowed a dose of sweetened water, simply by telling them they had swallowed a powerful emetic.

A NEGRO woman recently died in Baltimore, who weighed eight hundred and fifty pounds. A Mr. Darden, of North Carolina, born in 1798, attained the enormous weight of more than half a ton.

*Teacher.* — "Heat makes things larger, while cold makes them smaller."

*Johnny* (eight years old). — "Is that why the days are shorter in winter?"

A LITTLE girl was eating green corn by gnawing it from the cob, when a corn-silk became entangled in her teeth. "Oh dear!" she said impatiently, "I wish when they get the corn made, they would pull out the basting threads."

FOUR men who were recently left for a few days on a barren island caused by a flood in a large river in the Northwest, found themselves with a supply of Limberger cheese as their only rations. Their sufferings can be better imagined than described.

THE body-guard of the late Emperor William was made up of men of great physical powers, averaging in height from six to six and one half feet. These men were natives of a mountainous district in Germany in which little or no meat is used as an article of diet.

TROUBLED WATERS. — *Town Topics* pictures a scene in a doctor's study, as follows: —

*Messenger Boy.* — "Mrs. Waters's little boys are sick. You are wanted right away."

*Doctor.* — "Thought so. Had a party this afternoon, and all gorged up, I suppose."

*Wife* (entering). — "Where are you going?"

*Doctor.* — "Going to pour oil on the troubled Waters."

It is getting quite fashionable nowadays to charge one's bodily weaknesses to heredity. A colored gentleman suffering from rheumatism was recently asked by a friend, "Where did you get so much rheumatism?" to which he replied, "I 'herited the disease from my oldest son, who works at well-digging."

This case was paralleled by that of the old gentleman with a cough, who explained to his physician that he inherited consumption from his wife, who died of that disease a dozen years before.

REMARKABLE EXEMPTION FROM DISEASE. — An exchange quotes the following account of a savage tribe whose habits are singularly temperate, and which, as the result, is remarkably exempt from disease. The tribe is known as the Oswals of Marwar, a branch of the Bengalese. It is stated that while cholera rages on all sides, not one of them has ever taken the disease, much less succumbed to it; and they attribute their immunity to their sanitary rules. According to the precepts of their religion, they never touch animal food nor spirituous liquors; they dine early, and sup on milk and fruit. Wherever an Oswal goes he never breaks these rules. It is not added, but it is quite safe to presume, that a measure, at least, of cleanliness goes with these other religio-sanitary ordinances.

PRIZES FOR CIGARETTE SMOKING. — The satanic ingenuity shown by cigarette manufacturers for increasing the sale of their poisonous wares, is eminently consistent with the general character of the men engaged in this business. The latest method devised by these harpies, is the offering of prizes to those who smoke the most. The prizes offered are of course intrinsically worthless, but of the showy character likely to attract boys, who are the principal winners. The offering of these inducements to increase the consumption of an article so generally recognized as poisonous, and in the highest degree pernicious to the health, especially to the health of boys, ought certainly to be prohibited by law. We quite agree with the editor of the *Medical Record*, who recently asserted that this nefarious business rivals liquor-selling in its pernicious influence upon the rising generation.

GRAVE-YARD PESTILENCE. — Sir Spencer Wells, the eminent English surgeon, at a recent meeting of the Scottish Burial Reform and Cremation Society, called attention to the danger of the extension of disease through grave-yards. He mentioned one cemetery in the vicinity of London in which nine thousand persons are buried yearly, and cited a remarkable case which occurred in Yorkshire as an illustration of the propagation of specific disease through grave-yard infection. Several scarlet-fever patients were buried in a church-yard. A portion of the church-yard was afterward included in the garden of the rector, who had it dug up. Scarlet fever broke out in the household of the rector, and in a number of families in the neighborhood. It seems incredible that the germs of this disease should survive so long an exposure to the disintegrating elements, but the story is vouched for by a man whose integrity is not to be impeached.



EATING-CUSTOMS IN CUBA. — One of the most interesting features of dietary customs in Cuba, is the fact that ordinarily but two meals a day are taken. Breakfast is eaten at ten or eleven o'clock. Sometimes a cup of coffee is taken in the morning.

STERILIZED MILK. — Experiments with milk show that after it has been boiled and properly bottled, or otherwise protected from the germs which are always present in the air, it may be kept at the ordinary temperature for an indefinite time without spoiling. Milk which had thus been kept for three weeks could not be detected from milk which was perfectly fresh. Germany seems to have adopted the use of sterilized milk. There are large establishments in that country wholly devoted to the business of sterilizing milk. The bottles are first disinfected by the use of steam, and then the milk is strained into them through clean linen as soon as it is milked, the hands of the milkmen and the udders of the cows having been carefully cleansed with antiseptics. A distinguished physician, speaking of the benefits to be derived from the use of sterilized milk, states that he has employed it as a means of preventing summer diarrhea, and has never known of a single instance in which the disease has followed the use of milk freed from germs by the process described.

THE *Westminster Review* ON VEGETARIANISM. — Commenting on a new work recently published by the Vegetarian Society, the *Westminster Review* frankly indorses the work in the following remarks:—

"We must frankly admit that *the arguments are almost all on the side of the vegetarians*. They claim—and they support their claim with arguments not easy to answer—that flesh-eating is at once immoral, unwholesome, and uneconomical. That it is less wholesome and economical than their own system, they claim to have proved, from their own personal experiences; and if it has these two characteristics, it is certainly hard to resist the further argument that it is immoral. For if flesh-eating is not beneficial to the body, mind, or pocket, how can we justify the appalling amount of suffering inflicted on animals by the practice?"

The practice of vegetarianism is unquestionably gaining ground, especially in England. The soundness of the arguments urged by vegetarians is generally admitted. The chief obstacle to the progress of this reform, is custom, depraved appetite, and prejudice.

CONSUMPTION IN FOWLS. — Dr. Stallard, of San Francisco, calls attention to the frequent occurrence of consumption in fowls. He has met with numerous cases of this sort in his experience, often finding the liver, spleen, and mesenteric glands affected by the disease. Consumption in fowls is more frequent in autumn than at any other season of the year.

A TELLING FACT. — The temperance and sobriety of the Society of Friends is well known, and the vital statistics of this people indicate that they are well repaid in longevity for their obedience to the laws of hygiene. Out of two hundred and twenty-nine Friends who died last year in Great Britain and Ireland, according to the *Medical and Surgical Reporter*, one hundred and thirty-seven were upwards of fifty years of age at the time of death; one hundred and fifty-three were over seventy years of age, and sixty-nine were between eighty and ninety years of age. This is a good thought for those persons who are constantly saying to themselves or to those who advise them wisely in relation to the care of their health, "Oh! but it does n't hurt me to eat this or that. I know it does not agree with many people, but nothing hurts me."

THE PRECIOUS PIG. — The Western farmer dotes on his shoats. His boys may run in the streets, acquiring evil habits and learning the phraseology of vice, but his precious porkers must be cared for in the most exemplary manner. Food and drink must be supplied to them in just the right amounts, and at just the right time, so as to secure for them the most rapid, vigorous, and profitable development. Even the congressman worships at the shrine of swinedom. If there is an outbreak of small-pox or yellow fever, or other diseases dangerous to human life, no great ado is made about it unless the disease assumes the proportions of a great epidemic. But the outbreak of a swine-plague, or some other fatal disease among hogs, arrests attention at once. According to science, much more money has been expended by the United States Government in the investigation of diseases which affect swine than of those which affect human beings. It is to be hoped that one result of these extensive investigations may be to convince the public that an animal so filthy in its habits that no civilized human being would willingly admit him to the living or sleeping rooms of his house while alive, is quite unfit to enter his stomach after its death. A dead hog is certainly not more wholesome than a live one.



VEGETABLE PEPSIN.—It may not be known that the use of pepsin is not wholly free from danger. Prof. Anstie, of England, insists that it should be tabooed, if for no other reason than that it is derived from trichinaceous material. Pepsin also sometimes sickens patients by the poisonous matter which it contains. Possibly there is no necessity for the use of this agent, as Prof. Finkler has shown that papoid vegetable pepsin possesses properties identical with pepsin, and is in every way superior.

DEATH IN A NEW HOUSE.—As the house-building season has now arrived, attention should be called to the fact that newly built houses are often sources of danger to health and life. In this country of hurry and rush, the intended occupants of a house begin moving in before it is fairly completed, some portions being occupied while other portions are being finished. This is a very unwholesome practice. The dampness of the foundation and plastered walls, and the moisture contained in green timber, or absorbed by timber which has been dried, require quite a long time for complete drying out. So long as the walls of a house are damp, it is not fit to live in. The city of Basel, Switzerland, has a very sensible law on this subject. It absolutely prohibits the occupation of a building until four weeks after its completion.

A CONVINCING CASE.—A mind-cure enthusiast whose friends were not easily made converts to the new philosophy, undertook to demonstrate its genuineness by choosing for a patient a subject who was unconscious of the efforts in his behalf. She had noticed a gentleman passing her house daily, a perfect stranger, who was troubled with a decided limp. She determined to "treat" him. In a few days an improvement was noticeable in his gait, and she felt greatly encouraged. Two weeks passed, and the man walked as perfectly free and upright as any of his fellows. The healer called in one of the scoffers, and when the patient went by, called attention to him, modestly claiming credit for having cured him of the trouble. She was astonished by her visitor's breaking into a loud laugh.

"What do you mean?" she asked.

"Do you know that man?" was the response.

"Certainly not," she answered; "I selected him because he was a stranger."

"I thought as much," rejoined the visitor. "That man wears an artificial leg, and, until within the past few days, has been wearing one that did n't fit, and inflamed the stump. He's all right now with a new leg, and is as good a walker as any of us!"

A DOCTOR says, "If a child does not thrive on fresh milk, boil it."

This is too severe. Why not spank it?

TEA-EATERS.—That tea belongs to that select class of substances commonly known as "vice drugs," conspicuous examples of which are alcohol, opium, and tobacco, many may be loath to admit; but facts enable us to make this assertion without successful contradiction. For years there has existed in the East End of London a tea-drinking club consisting of newspaper reporters, who every Saturday night have a spree on tea, as the result of which the members frequently become intoxicated as if under the influence of liquor. Several cases of delirium tremens from the use of tea have recently been reported in the medical journals, and according to recent reports, cases of intoxication from the use of tea are now becoming so serious in Boston, that persons are sometimes found under arrest for disorderly conduct while under the influence of this drug. Our readers will be interested in the following quotation from the Boston correspondent of the *Chicago Tribune*, which appears in that paper under the heading, "Women who eat Tea":—

"Two servant who were hauled up before a police Justice here the other day, charged with creating a rumpus, indignantly denied having been drunk. They said they had been somewhat under the influence of tea, which was responsible for their eccentric behavior.

"'But,' remarked the Judge, 'I never knew that any one could become really intoxicated from drinking tea.'

"'No more they can, yer Honor,' was the reply; 'We ate it.'

"It is becoming quite a popular vice in Boston, and presumably elsewhere,—this tea-eating. And curiously enough, its victims are mostly found among the 'help,' who, having the household tea-caddy always accessible, get accustomed to helping themselves from it, a pinch at a time of the dry leaves. These they chew, thus extracting the alkaloid, which is a toxic agent of the most powerful description. Its first effect is an agreeable exhilaration. Ultimately it produces sleeplessness and an abnormal condition of mind, with strange wishes and delirium. It is an amusing fact, by the way, that when tea was first brought to England, about the year 1665, it was served experimentally for eating from a bowl, like spinach. For a long time after that it was regarded as a deadly drug, and people who sold it were considered disreputable."



# DOMESTIC MEDICINE

**CORNS.**—A new remedy for corns is a mixture of equal parts of castor-oil and tincture of iron. Put it on the corn twice a day.

**TESTS FOR SEWER-GAS.**—Wet a piece of unglazed paper in a solution made by dissolving acetate of lead in rain-water. Expose it to the air of the room suspected of containing sewer-gas. If the gas is present in any quantity, the paper will turn black.

**GRANULAR LIDS.**—The latest remedy suggested for the treatment of chronic granular lids, is the application of boric-acid powder. A little of the powder should be dusted on the lids from one to three times a week. The effect is to produce a burning, gritty sensation, causing a profuse flow of tears, which passes away, leaving the lids smoother than before its use.

**WATER-BRASH.**—This rising of fluid from the stomach when that organ is empty, usually before breakfast, indicates a state of slow digestion. The remedy is to give the stomach food easy to digest. It is so common among the Scotch peasantry, that it has been charged to their eating so much oatmeal; but it is due to their eating it in a raw state. They stir it in water, and eat it with scarcely any cooking. Raw starch cannot be digested at all; consequently it induces catarrh of the stomach.

**A GELATINE DRESSING.**—White gelatine, one part; distilled water, two parts. Heat until the gelatine is dissolved. For a burn, cut, or any other injury, paint with the gelatine until the part is thickly covered. After the gelatine has been smoothed down, dip the finger in glycerine, and rub it over the surface. This will prevent drying. Carbolic acid, or any anti-septic, can be added to the gelatine if desired. This is a great improvement over linseed-oil and lime-water.

**REMEDY FOR RINGWORM.**—As this disease is a sort of fungus, like a species of mold that grows upon the walls,—a vegetable parasite,—the cure is something that will kill parasites. Corrosive sublimate is as good as anything, one part in four thousand of water. Tobacco—nicotine—also is a sure cure. It will kill anything.

**DON'T BANDAGE THE EYE.**—If there is pain in the eye as the result of a slight inflammation following exposure to the wind or dust, or the lodgment of some foreign body in it, don't cover it with a heavy bandage, as is so often the case. Bandaging the eyes, particularly one eye, leaving the other free, is frequently the source of great injury; for the covered eye is thus kept rolling about in the socket, against the lid, and is thus irritated as much as though exposed, while the inflammation is intensified by the accumulation of heat, occasioned by the bandage. If any bandage at all is worn over the eye, it should be of light-weight material, such as a strip of black silk, and as a rule, both eyes should be covered, even though but one is affected.

**GLYCERINE ENEMAS FOR CONSTIPATION.**—The fact that glycerine causes a ready action of the bowels was apparently discovered by a Dutch physician, Dr. Oidtmann, who, however, deprived himself, at least to a great extent, of the credit of this discovery, by advertising it as a nostrum in several medical journals. Dr. Anacker took the trouble to analyze the fluid, and found it to consist principally of glycerine, to which a small quantity of a preparation of conium and a sodium salt had been added. Dr. Anacker found that glycerine alone, without conium or the sodium salt, had exactly the same effect, injected into the rectum by means of the ordinary glass syringe, in amounts of from one to two teaspoonfuls. Most persons will find it advantageous to add to the glycerine two or three times its volume of water.



## NERVOUS PROSTRATION.

IN health the nerve cells of the body are manufacturing nerve energy all the time. Whenever one wishes to move a muscle, the brain telegraphs down the spinal cord, and liberates some of this accumulated nervous energy, by causing the contraction of that particular muscle. We depend for all kinds of activity of the body upon this store of nervous energy in the brain and the spinal cord. In nervous prostration, the brain and the spinal cord are unable to make a sufficient supply of nervous energy to meet usual demands. "The pond runs dry, and the work goes slow." All the activities of the body are slow,—the brain is dull, the muscles feeble, the liver inactive, the stomach rebellious, every fiber and structure is out of order. For these reasons a person is capable of having every possible symptom of every possible disease, unless it be small-pox, or something of that kind. He feels no energy at one time, and a great exuberance of energy at another, as if he could not get quiet. Perhaps he feels a great pressure in the back of the head, sometimes described as like having the head in a vise. There may be numbness in the arms or some other portion of the body, or even a general numbness, and oftentimes prickly sensations, and the patient thinks he is going to have paralysis. The head may feel too big, and the sufferer cannot keep still anywhere.

Then, too, there are often very singular mental sensations. They may assume the form of apprehensions. It may be the patient is afraid of certain places. Perhaps he will not dare pass a certain bridge, or if persuaded to go upon it, he trembles with nervous fear. There may be certain individuals whom he fears. Sometimes the fear is of the opposite sex. I knew of a dry-goods clerk who had always been very polite and attentive, and had a large patronage from ladies, who liked to trade with him. He was taken with this disease, and after that, if he saw a lady approaching his counter, he would break into a cold perspiration, and was finally compelled to resign his position. When certain faculties of the brain become disordered in this way, a person often feels as if something were going to strike him or fall upon him. Again, it is fear on general principles,—a sort of incubus which broods over him. Sometimes it continues in his sleep, and he has night terrors, and he wakes in the morning with the same languor and distress he would feel were the experiences actual. Dreams have a great deal to do with our characters. A person is as he dreams; our daily

lives are tinctured with our dreams. The persons whom we associate with in our dreams have an influence upon our lives less only in degree than that of those with whom we associate when awake and this accounts for the fact that occasionally this disease brings about a strange perversion of the moral character.

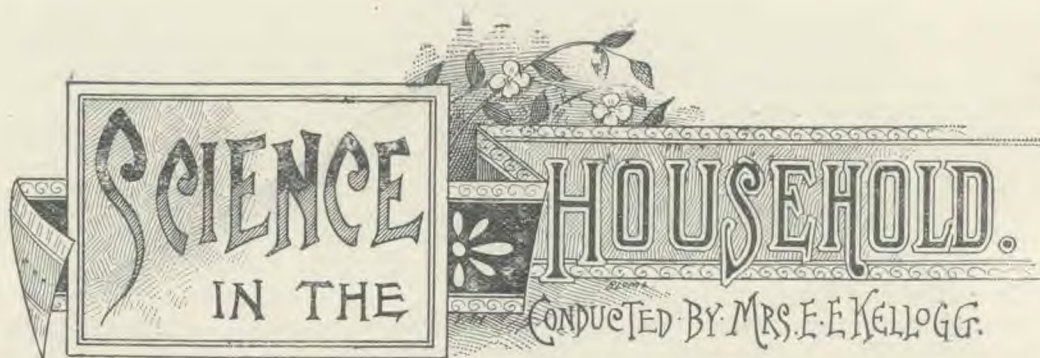
Nervous prostration often leads to insanity. There is no doubt that a large portion of the inmates of our asylums become insane as the result of general nerve exhaustion, which led to loss of sleep, and then a very little annoyance seemed something terrible, and a slight accident a catastrophe; and as a result of living in this high-pressure condition, week after week, and month after month, the mind gave way, and the person became insane.

Because of this mental affection, a person should never be told that he has nervous prostration. The majority of people think this disorder is nothing, and that all that is needed is a little tonic and rest, whereas, it is one of the worst of diseases to cure. A friend of ours had an experience with a young lady whom he told that she was suffering from nervous prostration. She said she knew she was suffering from something a great deal worse than that, and was not satisfied with his diagnosis. She went to a doctor in Philadelphia, who informed her that she had *neurasthenia*, and she felt relieved that at last some one had wisdom to discern her real malady. The two Latin words from which this higher sounding term is derived, mean "nerve," and "lack of force."

The only way to cure nervous prostration, is to work and wait for a thorough process of regeneration. There must be growth of a new set of nerves, and great improvement in the general nutrition. The length of time required for this will depend upon the extent of the disease and the length of time it has been established. It may take six weeks, and it may take six years. When a person with this or any other chronic disease has to be made over new, it necessarily takes a long time. We remember the case of one lady, in which, just as soon as one part was mended, another would break down, until we finally told her we thought she was suffering from total depravity! Such a process of reconstruction, part by part, necessarily takes time.

The best application for this trouble is a hot bag to the spine for two to three hours a day,—one hour at a time at intervals,—and plenty of exercise out of doors.





SEASONABLE BILLS OF FARE.

BREAKFAST.

- Bananas.
- Rice and Eggs.
- Whole Wheat Puffs. Raisin Bread.
- Baked Potato, with Cream Sauce.
- Prune Toast.

DINNER.

- Split Pea Soup.
- Escaloped Vegetable Oysters. Mashed Potato.
- Canned String Beans. Boiled Beets.
- Pearl Wheat and Raisins, with Cream.
- Graham Muffins. Corn-Bread.
- Stewed Raisins.
- Raspberry Blanc Mange.

**SPLIT PEA SOUP.**—Take a pint of split peas, carefully picked over and washed, a few slices of carrot and turnip, one tomato, and two stalks of celery. Cut the vegetables into small bits, and put all to cook in a small quantity of boiling water. When tender, rub through a colander. Add milk to make the soup of proper consistency, re-heat, and season with salt and a little sweet cream.

THOSE who use tin wash-basins, or those of other metal, will find when they become gummy through the use of hard water and soap, that a piece of cloth wet in kerosene, rubbed over the basin, both inside and out, will greatly facilitate the cleansing.

**TO PREVENT RUST.**—Melt together three parts of lard and one part of powdered resin. A very thin coating, applied with a brush, will preserve stoves and grates from rusting during summer, even in damp situations. For this purpose, a portion of black-lead may be added, if it is desired to color the mixture.

**RICE AND EGGS.**—Upon an oiled baking-dish spread a layer of cold boiled rice. Make little hollows in the top, break a fresh egg into each, and bake four minutes in a hot oven.

**ESCALOPED VEGETABLE OYSTERS.**—Mash freshly boiled vegetable oysters, moistening them with cream, and seasoning with salt. Cover with dry bread-crumbs, and bake seven minutes in a quick oven.

**RASPBERRY BLANC MANGE.**—Boil together one pint of milk, two tablespoonfuls of corn-starch, and two tablespoonfuls of sugar. When thick, stir in one half a cupful of strained raspberry juice, and pour into molds.

**STEWED RAISINS.**—Take a pound of best raisins, free them from stems, cover in a dish with cold water, and steep them all night. Put them in a stew-pan, and bring the water to boiling-point. Then simmer until the skins are quite tender, cool, and they are ready for use. If half a pound of quartered figs are stewed with them, the liquor will be rich and syrupy.

IN wiping silver-plated ware, if the motion of the hand is always in the same direction, it will be more likely to prevent any scratching of the highly polished surface.

**TO TAKE OUT MILDEW.**—A writer on household topics gives the following as a reliable method for removing mildew: "Take one pound of chloride of lime and six parts of water (in that proportion), dissolve the lime, and strain through a thick cloth. Put the article in the solution, and let it stay till the stain disappears. Wash it, and then rinse it, and boil or scald till the lime is all removed."



## THE SOCIAL INFLUENCE OF COOKERY.

It is with pleasure that we give below a few paragraphs from a lecture by Mrs. Emma P. Ewing, of Pardue University. If woman would but turn and see the work which lies at her hand—the work which none can do save her, and her only:—

“There is a terrible affinity between bad bread and sour mash whisky. Food is the mightiest force of the universe. The manner of men and women we are depends in a great measure upon the food we eat. Deranged stomachs long for stimulants, and to many feet, the hands of the ignorant cook paves a pathway to the saloon. All or a large portion of the 50,000 drunkards that die annually in the United States, have the appetite for liquor aggravated, if not implanted, by the food that constitutes their daily diet. Why? Because it has brandy in the pudding, wine in the clear soup?—No, because it has oceans of alcoholic powers in the half-baked, indigestible bread. I do not mean to say that it is right to put wine in the pudding or in the mince-pie; but in the unsatisfactory food we have there is an immense temptation to drink. The husband or son goes away from the family table with an unsatisfied appetite; for why should he be satisfied with the food that the average American cook prepares? Who is the average cook?—She is a woman just over from the other side, who cannot speak English, and who does not understand the first principles of wholesome food. Is it any wonder that, with a deranged stomach, with an unsatisfactory breakfast,

going out with a bad taste in his mouth, a man should think that perhaps a drink of beer would give him a better taste?

There is where an immense temptation comes in. I have heard a great many heart-rending histories in the last few years, since I have been working in this missionary line of better food. One gentleman in Chicago said to me in the presence of his wife,—it was supposed to be an amusing observation, but it was a sort of ghastly smile that accompanied it;—‘My dear, what dinners I should have if they could be crocheted.’ We have not such homes as we shall have in the future.

I have often heard American women praised beyond the women of any other country. But if American women are the grandest women in the world, they are undoubtedly so because American men are the grandest men in the world. Now I have often noticed this peculiar loyalty of the American husband, and the American father, and the American son. I have known men who lived day after day on food that was not fit for an intelligent dog to eat. They would stoutly insist that it was all right, and that their wives were splendid cooks. I think bad cookery makes thousands of drunkards, and that we shall never have better cookery until we have schools of domestic economy connected with all our educational institutions. The household drudgery must be lifted up and placed upon a level with intellectual pursuits.”

JAPANNED trays are best cleaned by rubbing them with a sponge wet in a little warm (not hot) white-soap-suds. Wipe dry, and sprinkle with a little flour. Leave for a little while, then rub with a dry, soft cloth, then with a piece of old silk.

KITCHEN WORK NOT APPRECIATED.—It may be truthfully declared that the reason so many women seize the first opportunity to get out of the kitchen and into some other kind of work, is because of all others this seems least appreciated. Just as the kitchen is placed in the back part of the house out of sight and hearing, so the careful, conscientious labor of this department is kept in the background, and receives neither medal nor laurel wreath. Talmage expressed it thus in a sermon: “To unthinking men, the management of domestic economies may seem insignificant, but the earth is strewn with the martyrs of kitchen and nursery. The health-shattered woman of America cries out for a God who can help in the

ordinary cares of home-life. In silence, the wearing, grinding, exhausting, unappreciated work of women goes on.”

Women realize this keenly. They feel that in any other department their labor may be seen and its merits recognized; but in the kitchen, it commences and ends, and is without reward. It is the crying need of the hour, first, that we make cooking a regular business, with training-schools and a standard grade of scholarship; second, that it demand wages according to proficiency; third, that it command the same respect and recognition as other branches of labor. This will undoubtedly be one of the events of the future. In the meantime there is in every household a wife and mother who has toiled faithfully and patiently, and waited these many years for husband and family to express some appreciation of her services. The days pass by, the ears grow dull, the hands are tired, and still the heart waits for the words of gratitude and praise.—*Ida A. Harper.*



## 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.]

STYES.—R. F. C. inquires, "What is the cause of styes? and how can they be prevented?"

*Ans.*—Styes are usually the result of a condition of the eye requiring the use of glasses. A constant strain upon the eye will cause congestion of the lids, and as the result, styes appear. For temporary relief, frequent bathing of the eyes in hot water is excellent. Styes can frequently be avoided by pulling out the eye-winkers in the immediate vicinity. A good oculist should be consulted as soon as possible.

SNUFFS FOR CATARRH.—The question is asked, "Is any remedy which will cause a person to sneeze, good for catarrh?"

*Ans.*—Yes; snuffs have their use,—not the old-fashioned Scotch snuff, but medicated snuffs. When one has taken cold, sneezing is exactly the proper thing to do. When a person sneezes, it is often said that he is taking cold; instead, it means that he has taken cold, and that this is nature's method of setting about to cure it. If one can call to mind his last sneezing spell, he will recollect that he did not simply sneeze with his nose, but with every muscle of his body, from the top of his head to the soles of his feet. When a person really sneezes without repression, it is a sort of muscular action of the whole body, the purpose of which is to antagonize the morbid processes of the body, by throwing the blood to the surface. By this, the congestion of the surface which has thrown the blood and heat within, will be naturally overcome; so it is often a good plan to assist nature in her efforts, with a little medicated snuff. There is no more vigorous exercise than hearty sneezing. It will arrest the cold chills running down the spinal column, and cause a perspiration to break out instead.

RED NOSE.—P. B., Minnesota, asks for a remedy for red nose, not caused by intemperate habits.

*Ans.*—In many cases, redness of the nose is caused by chronic indigestion. It may also be the result of chronic nasal catarrh. It results most frequently, perhaps, from a disease of the skin. Bathing the nose with hot water for ten minutes two or three times a day, in case where the redness is not accompanied by irritation, is a good remedy, or the application of zinc ointment is beneficial when the redness is accompanied by an irritation of the skin.

When the redness is due to dilated blood-vessels, and is unaccompanied by irritation, we have found benefit by the use of collodion, which is simply painted over the affected part. It adheres and contracts by depression of the blood-vessels, and decreases their caliber.

ULCERATED STOMACH — SPASMS — CHLOROFORM, ETC.—Mrs L. A. H. inquires as follows:—

"1. What are the symptoms of an ulcerated stomach? and what should be the diet in this disease? 2. Can spasms caused by some disease or some special weakness, be cured? and what should be the treatment? 3. Is it always safe to take chloroform at confinement? 4. Why should I be unable to eat ripe fruit?"

*Ans.*—1. In ulceration of the stomach there is usually great pain felt when pressing over some particular part of the region of the stomach, an occasional vomiting of blood, pain on swallowing hot or cold, sweet or acid foods and liquids. These are some of the most characteristic symptoms. The food for such a person should be plain. Animal foods, fats, sweets, and all coarse foods should be avoided. The diet should consist of milk, gruels, and similar foods. In some cases, it is necessary that the patient should abstain altogether from eating, for a few days or even two or three weeks, the system being nourished in the meantime by injection into the bowels of digested foods. 2. When spasms, either epileptic or hysterical, depend upon a curable disease of the stomach, or other vital organs, the successful treatment of the diseased organs will, of course, result in a cure of the nervous disease, by removing its cause. 3. When given by a skillful physician, for the purpose named, chloroform is seldom used other than in small quantities. The patient is not brought profoundly under the influence of the drug, and hence there is little danger of immediate injury. Chloroform should never be used, however, in cases where it is not absolutely required, as there is some evidence that its use occasions a tendency to unfortunate complications which make their appearance shortly after confinement. 4. Probably because you are unable to digest them. In most cases, however, we find that fruits give distress, not because the stomach is unable to digest them, but because of their incompatibility with other foods eaten at the same time.



## LITERARY NOTICES.

THE *Woman's Tribune*, a pleasant little weekly edited and published by a woman, and devoted to the uplifting of women. We are glad to see that it has a circulation of 10,000. One dollar per year. Address the *Woman's Tribune*, Beatrice, Neb., or 70-143 La Salle St., Chicago, Ill.

"LEGAL HINTS FOR TRAVELERS." A compilation of Judicial Decisions Pertaining to the Rights of Travelers upon Passengers' Transportation Lines. Prepared by Myron T. Bly, of the Rochester, N. Y., Bar. A 62-page pamphlet of the pocket size, with all the law of railway travel in a nutshell. Price ten cents. N. E. Railway Publishing Co., 67 Federal St., Boston.

THE *National Temperance Advocate*, the organ of the National Temperance Society and publication house. T. L. Cuyler, D. D., President. An eight-page monthly journal, sturdy and uncompromising for prohibition. We give it a hearty welcome to our table. One dollar per year. Address J. N. Stearns, Publishing Agent, 58 Reade St., New York City.

"THE ABIDING SABBATH AND THE LORD'S DAY." The \$500 and \$1,000 Prize Essays. A Review by Alonzo T. Jones. 173 pp., paper. Pacific Press Publishing House, Oakland, Cal.

Now that the Sabbath question is coming into such prominence before the world, this little work will prove of special interest. The writer is strong, and deeply in earnest, and by his masterful arguments deals many a sledge-hammer blow for truth. We bespeak for it a careful and thoughtful reading.

THE *Woman's World* for April contains a fine frontispiece of Angelica Kauffman, the girl painter of the last century, from the portrait by herself in a Florentine gallery. The accompanying sketch is by Mrs. Francis Moore. There is also an illustrated paper of interest, "Women on Horseback," from the fourteenth century onward, by Ella Hepworth Dixon. We notice an instructive illustrated article "The Marriage of the Emperor of China," by W. Simpson. There is a pleasing variety of poetry, fiction, and other matter. Cassell & Co., New York.

"THE GREAT CONTROVERSY," by Mrs. E. G. White. Revised and enlarged. 700 pp. Illustrated. Price, \$2.75. Cloth, gilt edges. Pacific Press Pub. Co. That this well-known and popular work has received

a warm welcome from the public, is shown by the fact that it has already reached its seventy-second thousand. The new edition contains much new matter, combined with careful revision of the old. Being a comprehensive history of the successive steps which bring the Christian dispensation down to the present, it commends itself alike to the Christian, the student, and all interested in religious subjects.

THE April *Scribner* is rich in illustration, and valuable in letter-press. "The Prevention of Railroad Strikes," by Charles Francis Adams follows in the "Railway Series." Wm. H. Rideing gives an extended account of the vast ship-building industry at the Clyde ship-yards. There is a curious paper on "Contortionists," by Dr. Thomas Dwight, of the Harvard Medical School; and Mrs. James T. Fields furnishes "A Second Shelf of Old Books," an article of unusual interest and value in reminiscence of famous Scottish men of letters. The other matter is of very high order. Charles Scribner's Sons, New York.

"SACRED CHRONOLOGY," by S. Bliss, together with "The Peopling of the Earth," by Alonzo T. Jones. 300 pp., cloth. Price by mail, \$1.00. Pacific Press Publishing House, Oakland, Cal.

This valuable little work gives the chronology established by Scripture, from creation down to the death of the apostle John, thus reconciling many of the seeming inconsistencies of the Bible narrative, and smoothing difficulties from the path of the devout student. Part Second outlines all the principal nations of the earth, tracing each downward from its origin—the sons of Noah—to the present; in this way fastening facts and dates, in their natural order, securely in the mind.

THE table of contents of the April *Atlantic* gives promise of pleasant variety. Dr. Holmes's poem addressed to James Russell Lowell upon his seventieth birthday, is worthy of special mention. We notice "Before the Assassination," by Harriet Waters Preston,—a sketch of the closing years of Cicero; "An Outline Portrait," by Louise Imogen Guiney, places before us the childhood of the quaint and elegant poet, George Herbert; and Samuel Sheldon answers the question, "Why Our Science Students go to Germany." Many other worthy and notable articles, there are, which we have no space for mention. Houghton, Mifflin & Co., Boston.



## PUBLISHERS' PAGE.

THE Sanitarium is in as prosperous a condition as ever. The present family of patients and attendants numbers very nearly five hundred.

\* \*

"SHORT TALKS ABOUT THE BODY, AND HOW TO CARE FOR IT," was crowded out of the present number, giving place to the able and interesting article by Dr. Norman Kerr, of London.

\* \*

THE publishers are still able to supply back numbers of GOOD HEALTH from the beginning of the present volume, so that agents may begin subscriptions with the first number with the assurance that their orders will be filled.

\* \*

ON the evening of February 28, the patients, and many of the helpers of the Sanitarium, enjoyed a trip around the world by the aid of the magic lantern. Entertainments of this sort are frequently given in the large gymnasium, which on this occasion was well filled. It is capable of holding several hundred persons.

\* \*

A SPECIAL course in domestic economy, particularly in cookery, is being given at the present time by Mrs. E. E. Kellogg, in the experimental kitchen fitted up in the Sanitarium Hospital. The class numbers about thirty. It is mostly made up of young women who will, during the summer, hold various classes in different parts of the United States.

\* \*

DR. KELLOGG delivered, during the winter, a series of lectures on the subject of "Memory," in which he explained the principal systems of memory culture, including that of Prof. Loissette, of which much has recently been said in this country. These lectures are full of interest and instruction, and will appear in the journal in whole or in part during 1889.

\* \*

FOR the last few weeks, Dr. M. G. Kellogg, and John Biter, both of California, have been stopping at the Sanitarium for the purpose of becoming familiar with the workings of its various departments. Both of these gentlemen recently became connected with the health institution at St. Helena, California, and will shortly take important positions in that establishment. We understand that the work there is very prosperous.

\* \*

THE GOOD HEALTH literary editorial corps has recently been reinforced by Mrs. S. Isadore Miner and Miss E. L. Shaw. Miss Shaw earned honors long ago as one of the projectors and assistant editors of *Wide Awake*. Mrs. Miner, a more recent candidate for literary fame, has already won numerous laurels. Our readers will in the future have opportunity to appreciate the talent and literary taste of these excellent writers.

\* \*

THE managers of the Sanitarium recently organized from among their graduates and under-graduates of the Sanitarium Training-School for Nurses, a class of a dozen young men and women who propose to devote themselves to medical missionary work in this and foreign countries. There is no field of usefulness more philanthropic in character than that of medical missionary work, and this is a field which is not likely soon to be overfilled.

\* \*

WE wish again to call the attention of our old subscribers to the rich feast of good things spread out before them in every number of GOOD HEALTH. In its present improved form, GOOD HEALTH has practically no competitor in the world. The managers respectfully ask all friends of the journal to contribute something towards its circulation, by bringing it to the attention of friends who are interested in health subjects, or by undertaking a regular canvass for it.

\* \*

WE are glad to notice that an anti-tobacco bill has been introduced into the Michigan State Legislature by Senator Jackson. The bill prohibits the selling or giving of tobacco to boys under seventeen years of age, under penalty of fine or imprisonment. All intelligent people will commend Mr. Jackson for bringing forward this bill, and will doubtless rejoice if it becomes a law. We have suggested an amendment prohibiting the offering of prizes for the smoking of cigarettes.

SOME months ago the editor of this journal read a paper entitled, "The Relation of Dress to Pelvic Diseases of Women," before the State Medical Society of Michigan. The paper embodied the results of very extensive researches among both civilized and savage women, including Chinese women and women of various Indian tribes. The experimental methods adopted were many of them very unique as well as original, and the results are most conclusive in character. The publishers have been presented with a few copies of reprints of this paper, which will be sent gratis to any one desiring them, on receipt of two cents to cover postage.

\* \*

THE present number of the magazine contains so much that is excellent and interesting that we feel sure our readers will be delighted with it. Our lady readers, and doubtless the majority of male readers also, will be interested in Dr. Oswald's paper entitled "Woman's Sphere in Science." The first of the series of "International Health Studies" did not reach us in time for the present number, which was doubtless fortunate for our readers, as it gives them the opportunity of reading the present article on another subject, which is one of the live issues of the day. The "International Health" series will begin in the May number.

\* \*

DR. J. H. KELLOGG sailed for Liverpool March 20, by the steam-ship *City of New York*. He expects to remain abroad for a few weeks. The purpose of the Doctor in going abroad is to make a personal investigation of the methods employed by specialists of world-wide celebrity in the management of certain surgical cases of a peculiarly difficult and dangerous character. He expects to visit London in the interest of the health publishing work in that city, and also to spend a short time in Paris. Professional business letters should be addressed to him as usual at Battle Creek. Any letters of a personal character, requiring immediate attention, may be addressed to him, care of the London office of the Good Health Publishing Co., 48 Paternoster Row, London, E. C., Eng.

\* \*

THE managers of the Sanitarium are laying plans for the erection of a fine building for summer use at Goguc Lake. They have secured a tract of land on the highest and most delightful portion of the shore of this beautiful sheet of water. The city railway runs directly from the Sanitarium to the lake, a pleasant ride of about twenty minutes. A commodious steamer makes regular trips from one end of the lake to the other, stopping at the Sanitarium wharf, the finest landing on the lake. The new building, the erection of which is contemplated the present season, will accommodate about twenty-five patients as regular boarders, and will furnish kitchen and dining-room accommodation for two hundred persons, thus providing a suitable place for holding the bi-monthly picnics to which the Sanitarium treats its guests during the summer months. This new improvement will undoubtedly prove a great attraction to the patronage of the Sanitarium.

\* \*

EXCURSION TO DETROIT FLORAL EXHIBITION, AT DETROIT RINK.—The Chicago & Grand Trunk Railway, Detroit, Grand Haven & Milwaukee Railway, Toledo, Saginaw & Muskegon Railway, Detroit Division and Michigan Air Line Division of the Grand Trunk Railway will sell special excursion tickets for this interesting exhibition at a single fare for round trip, with 25 cents added for admittance coupon to the exhibition. Tickets will be sold on Wednesday, April 3d, and Thursday, April 4th, good to go on all trains on these dates, and will be valid to return on all trains up to and including following day of issue.

On Detroit, Grand Haven & Milwaukee Railway, tickets will be sold at all stations between Grand Rapids and Detroit (all inclusive).

On Chicago & Grand Trunk Railway, from all stations between Port Huron and Schoolcraft (all inclusive).

On Toledo, Saginaw & Muskegon Railway, from all stations between Greenville and Ashley (all inclusive).

On Grand Trunk Railway (Michigan Air Line Division), from all stations.

On Grand Trunk Railway (Detroit Division), from all stations.

The Detroit rink, in which the exhibition is to be held, is located on Larned Street, between Bates and Randolph Sts., about four blocks from Brush Street depot, or a block and a half from corner of Woodward and Jefferson Avenues, on the same spot where the 1883 Art Loan was held. This exhibition has been fully noted through the press of the State, and will be one of the finest ever held in the country.



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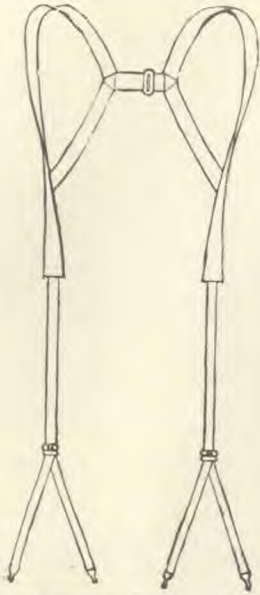
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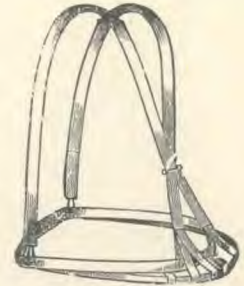


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am	am	pm	pm	pm	Port Huron	pm	am	am	am	am	pm	am	am	am	am
5.55	7.15	8.00	9.10	9.40	Lapeer	10.20	1.15	7.35	10.50	pm	am	am	am	am	
7.28	8.31	9.31	5.40	6.20	Flint	8.40	11.58	6.17	9.17	7.55	11.27	5.40	8.38	8.38	
8.48	9.10	10.10	6.20	7.15	Durand	7.15	10.35	5.13	8.00	5.20	10.07	4.00	6.35	6.35	
10.00	10.30	12.00	8.25	9.09	Lansing	4.42	9.37	3.25	6.02	3.45	8.55	2.35	5.15	5.15	
11.37	11.00	12.50	10.05	10.05	Charlotte	3.40	8.50	2.30	am	2.52	8.11	1.44	am	am	
am	11.30	11.45	1.15	1.20	BATTLE CREEK	2.40	8.00	1.33	am	1.50	7.25	12.45	am	am	
6.40	am	12.05	1.20	pm	Vicksburg	1.50	7.25	12.45	am	1.05	6.50	12.00	am	am	
7.55	am	12.50	2.21	pm	Schoolcraft	11.54	am	pm	pm	11.40	5.30	10.30	8.40	7.00	
8.12	am	1.00	12.32	VAL.	Haskell's	9.05	3.25	8.15	1.15	4.25	am	pm	pm	pm	
9.31	am	1.50	3.19	Acc.	Cassopolis	am	pm	pm	pm	pm	am	pm	pm	pm	
10.50	Pass.	2.30	4.07	am	South Bend	am	pm	pm	pm	pm	am	pm	pm	pm	
am	am	3.41	5.30	am	Haskell's	am	pm	pm	pm	pm	am	pm	pm	pm	
7.20	am	4.00	5.50	5.55	Valparaiso	am	pm	pm	pm	pm	am	pm	pm	pm	
10.00	am	6.25	9.10	9.45	Chicago	am	pm	pm	pm	pm	am	pm	pm	pm	

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Chicago	5.00	9.00	d 3.10	d 10.10	d 9.10	4.40	7.23	11.00	4.64
Michigan City	8.37	12.10	5.49	1.57	12.55	8.40	10.20	1.40	6.58
Kalamazoo	11.15	2.18	7.33	4.25	3.15	6.25	1.20	4.15	8.49
Battle Creek	2.43	5.37	9.41	7.50	6.00	10.40	4.10	6.45	10.45
Jackson									
Ann Arbor									
Detroit									

TRAINS WEST.									
STATIONS.									
Mail	Day Exp's	Ch'go Exp's	P'ville Exp's	Eve'g Exp's	Kal. Acc'n	Local Pass.	Mail	Day Exp's	Ch'go Exp's
A. M.	A. M.	P. M.	P. M.	P. M.	P. M.	P. M.	P. M.	P. M.	P. M.
Detroit	7.30	9.10	d 1.20	d 10.15	d 8.00	4.00	8.51	10.40	2.24
Ann Arbor	10.15	11.45	3.27	12.54	10.55	7.10	12.09	1.16	4.38
Jackson	12.50	1.55	5.15	3.07	1.20	am	12.50	1.55	5.15
Battle Creek	2.27	3.20	6.27	4.32	3.07	6.40	3.48	4.55	7.32
Kalamazoo	6.10	6.40	9.30	7.45	7.00	10.20			
Niles									
Michigan City									
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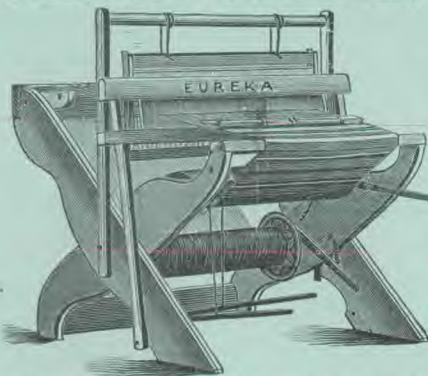
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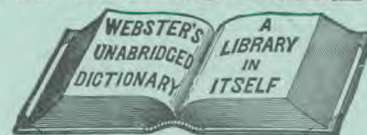
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