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GOOD



HEALTH

CONDUCTED
BY

J. H. KELLOGG M.D.

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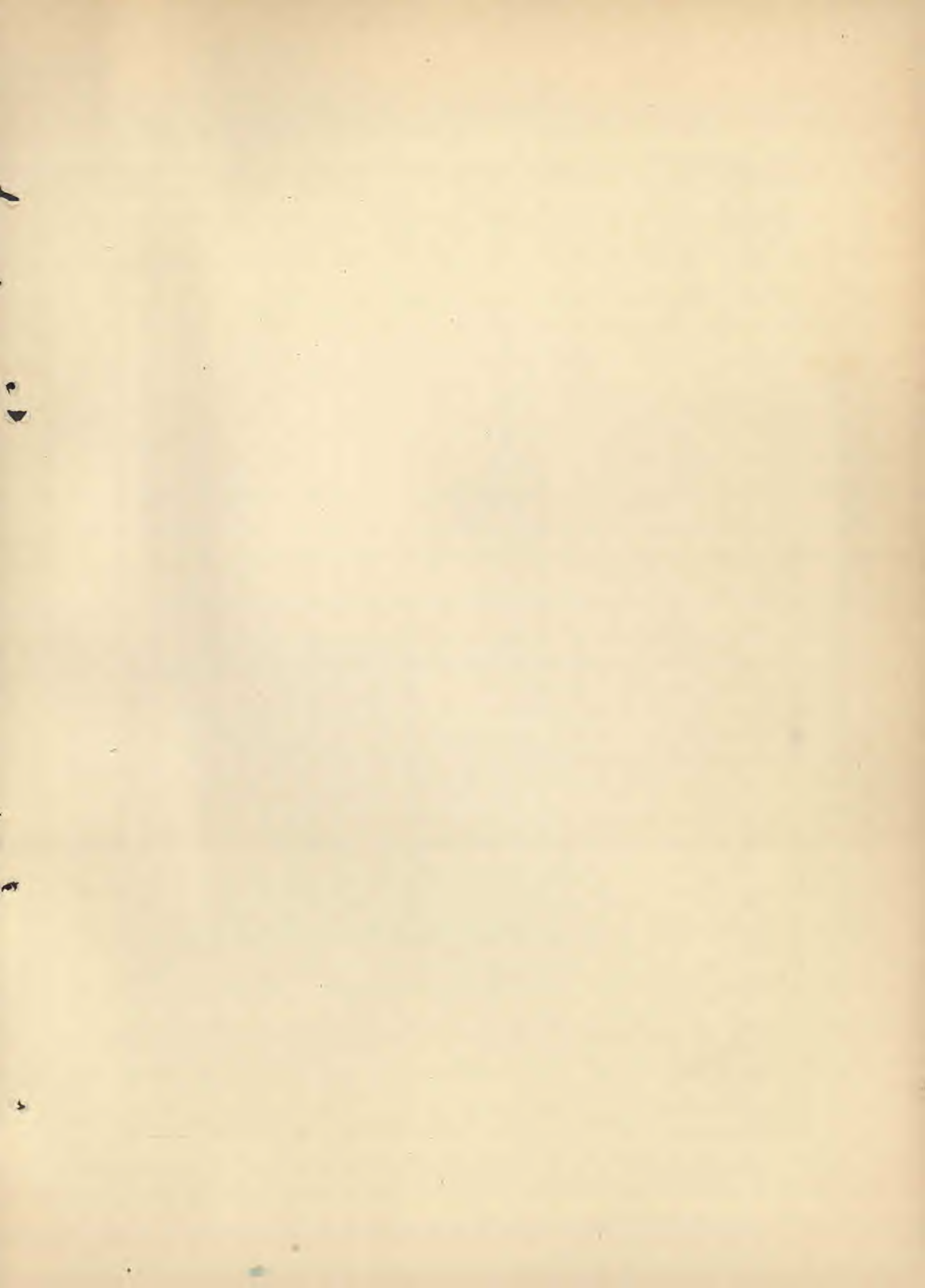
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INTERNATIONAL HEALTH STUDIES.

BY FELIX L. OSWALD, M. D.

Author of "Physical Education," "The Bible of Nature," Etc

37.—Cuba.

ON the morning of Oct. 28, 1492, *i. e.*, nearly four hundred years ago, Columbus sighted the coast of an island which at first was mistaken for one of the numerous *Guayos*, or rock isles, of the eastern Bahamas, but which, before the end of a week, satisfied the explorer that this discovery alone would be sufficient to compensate for the perils and hardships of his enterprise.

For three days the "Pinta" skirted the cliffs of the south coast, which then turned northwest, terminating only after four additional days, making the distance between the western and eastern extremity nearly seven hundred and fifty miles. A reconnoitering trip to the summit of the inland mountains revealed glimpses of the north coast at such rare intervals that the average breadth of the island could not be less than sixty miles. As far as the eye could reach, the midland sierras were covered with luxuriant forests, and the plain with shrubs and grasses, so diversified as to convince the discoverers that the productiveness of the valley regions could be made to rival that of the South Spanish *vegas*.

The shrubs and trees, on closer inspection, were found totally different from those of the Old World, and, what is more remarkable, have since proved to differ almost as widely from those of the South American continent. Like the island of Madagascar, the Pearl of the Antilles has a peculiar flora and fauna of its own, making it almost certain that at no former geological period can the island have been connected with the American continent. The woods abound with edible fruits (in the district of Cienfue-

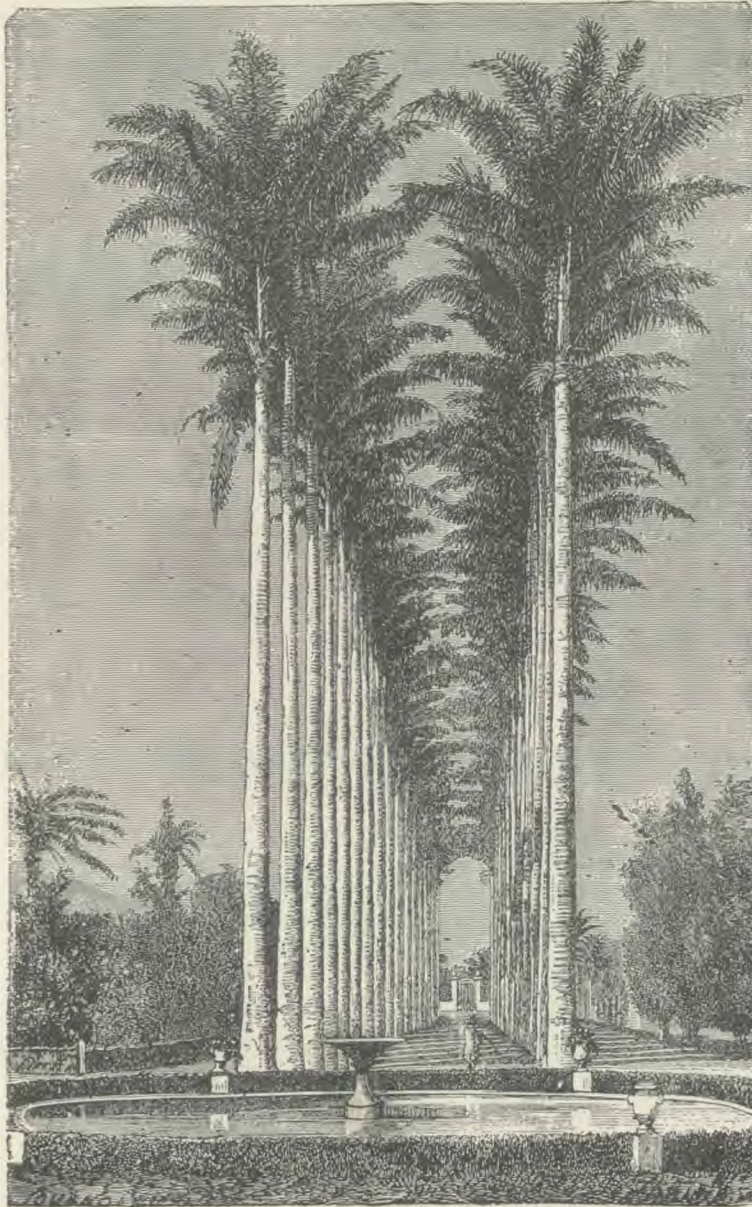
gos alone, Prof. L. C. Cameron found sixty-two different varieties of wild-growing fruits and nuts), but there are no monkeys; the plains are covered with grasses, but there are no deer, no buffaloes, no antelopes, and even rabbits were introduced only in the beginning of the present century. There are no bears, no wild hogs or tapirs, no wolves, foxes, or jackals, and only one species of squirrel, which may possibly have been introduced from the coast of South America, where its congeners were frequently found by the Spanish colonists. Even raccoons are found only in the shops of the Havana pet dealers, and the list of undoubtedly indigenous mammals is limited to eight, including two varieties of seals, three of mice, and a kind of large rat, the *hutia*, a rodent as destructive to grain crops as the California gopher, and measuring in length about eighteen inches without the tail.

Birds, on the other hand, are exceedingly numerous; their wings could pass the barrier of intervening seas; in plumage and vocal talent, the feathered natives of the Cuban forests rival those of the Amazon Valley. The flute-like whistle of the palm thrush can be heard from a distance of half a mile, and among the pets presented to Columbus by a chieftain of the south coast was a pair of those gorgeous macaws that created such a sensation among the beauty-worshipping grandees of old Spain.

Up to a height of 6000 feet, there is no apparent change in the luxuriance of the mountain forests. The very summit rocks of the Sierra Maestra (rising here and there to an altitude of 8000 feet) are cov-

ered with laurels and flowering aloes, and on the whole, Cuba is one of those countries which, by favor of its climatic conditions, can defy the devastations of man; its situation in the main range of the trade-winds, and the moisture-condensing tempera-

its Caucasian colonists? Of that fact itself there can be no doubt whatever. A short visit to Havana, Santiago, or the plantation districts of the interior, must convince every impartial observer that the Cuban Creoles differ from the Spaniards as the



ENTRANCE TO COFFEE ESTATE.

ture of its numerous mountain chains, secures abundant rain-fall for almost every month in the year. Extensive swamps are few, and habitable plains are found in nearly all the Sierras, at an altitude of more than five thousand feet.

How, then, shall we account for the fact that a country apparently so favored by nature, has proved so unpropitious to the moral and physical health of

Spaniards differ from the hardiest natives of Northern Europe. "Languor and indolence," says the traveler Ecorbaecker, "are unmistakably stamped upon the features of three out of five natives. Now and then that expression is modified by the luster of beautiful female eyes or by the intellectual nobility of scholars and poets; not less rarely it is aggravated by the marks of vice and ill-subdued passion. Among children merry, wide-awake faces are about as frequent as elsewhere, but in the early teens the moral metamorphosis begins to assert itself, and energetic adults seem to be at least four times rarer than in New England communities of the same size. One generation, nay, a residence of ten years, often suffices to turn the bustling Catalan adventurer into a dawdling dandy or a vice-exhausted rake."

"Although the Creoles and the *peninsulares* are of the same origin," says an equally competent English observer, "the difference between them is most striking. They can be distinguished at a glance in the streets of Havana. The Creoles are feeble and indolent, even when they are children of parents born in Spain. The Cuban Spaniards, on the other hand, are a sturdy and energetic body of men. They go to Cuba as mechanics or small tradesmen, but by dint of pluck obtain the greater share of the wealth of the island. They treat the Creoles with a scorn and contempt equaled only by the hatred, mixed with fear, with which the latter regard the dominant population."

The children of hardy Spanish parents become indolent before the prime of manhood, and the unavoidable inference would seem to be that the island of Cuba is situated a few degrees too far south of a zone compatible with the health and the sanitary habits of the average Caucasian. The climate of Maine under the forty-fourth parallel, resembles that of Southern Norway, and it might be supposed

that Cuba, some twenty degrees further south, might enjoy the genial summers and mild winters of Greece, but the truth is that at the border of the tropics the difference between the climatic conditions of the Old and New Worlds is much less considerable than further north. Cuba, though not as hot as Morocco, has but few days when the heat of a vertical sun is tempered by bracing breezes; a lukewarm, partly-cooling sea wind is all the coast dwellers can count upon, and the trouble here, as in Peru, is the difficulty of inducing the languid Creoles to avail themselves of the climatic advantages of the tablelands. Their patriotic orators spit fire against the "tyranny of the European vampires;" their disciples risk life and limb in ever-renewed conspiracies, but they will rather rot in Spanish jails than secure the blessings of practical independence by colonizing the airy highlands; rather climb the steps of a scaffold than the rough rocks of the Sierra Maestra. Bandits, recruited from foreign adventurers and native mulattoes, take advantage of that prejudice, and defy the power of the law year after year by making their headquarters in the summit of the Sierra regions, where the pursuit of the Spanish regulars fails from lack of topographical knowledge, while the native militia resort to any subterfuge to shirk a campaign in the highlands.

Another explanation of the rapid degeneration of the Cuban Creoles can be found in the circumstance that the largest quota of the Spanish immigrants comes from the northern border provinces of the peninsula: from Biscay, Catalonia, and Aragon. Like the Savoyards of the Italian Alps, those hardy highlanders are chronic nomads, roaming the hills of their own country in quest of employment, and eager to avail themselves of the inducements held out by the government of the Spanish colonies. They are as ready to go to the Philippine Islands as to the West Indies, and for a few years their innate

strength of constitution sustains their pluck, but being, after all, natives of cool, or even positively cold countries, the uncongenial climate of the tropics



FLOWERING ALOE

wears out their energies as fast as it exhausts the stamina of the North British residents of the East Indies.

They, at least, should be supposed to appreciate the hygienic advantages of the uplands, but their main

object being the accumulation of wealth, they stick to the commercial coast towns, and in stress of serious danger, return to their native land, like British nabobs threatened with the penalties of beef and porter excesses in a torrid climate. For those who cannot afford such expedients, the British government has established sanitarium in the uplands of the Ghauts and on the slope of the Himalayas, and the wisdom of imitating that example in the West Indies was illustrated six years ago when an intelligent officer of the Spanish regulars induced the chief surgeon to send a portion of the Havana garrison to an upland camp near the little hamlet of Guanabacoa. It was in the midst of the rainy season, and the weather sheds of the



WEST INDIAN ROPE FERRY

camp were by no means water-proof, the food supply was almost limited to crackers, coffee, and sugar, with a little salt pork every other day; but in spite of these disadvantages the climate of the uplands kept disease at bay, and during the yellow-fever epidemic of the next two months, three battalions of newly arrived troops lost only four men (two of them sent up in a dying condition from the lowlands), while the garrison of Havana was more than decimated, losing 218 out of a total of 1900 men.

The settlement of San Pablo, in the district of Holguin, frequented chiefly by miners and woodcutters, has never been afflicted by climatic diseases of any kind, thanks to its situation on the water-shed of a sierra exposed to the sea-breezes from both coasts of the island.

Yet even such experiences will not induce the natives to prefer a highland camp to the stifling ward of an ill-ventilated city hospital; and recognizing that difficulty, a young physician of Santiago de Cuba, a year ago conceived the idea of reproducing the

climatic conditions of the Sierras by artificial means. Having interested a few local capitalists in this project, he constructed what he called a "polar chamber" (*camera polar*),—an airy sick room completely surrounded by layers of ice, supplemented by all sorts of disinfectant and moisture-absorbing chemicals. At first the drug doctors of the neighborhood shrugged their shoulders at the chimeras of the innovator, but the reports of successful cures became so numerous and continuous that the significance of the discovery could no longer be ignored. Branch *cameras* were established in Havana, and Matanzas, and on the next visit of a fever epidemic the merits of the refrigeration-cure will probably be tested at the mouth of the Mississippi. It is a curious fact that the establishment of ice hospitals was predicted nearly four years ago by a correspondent of the *North American Review*; and from a standpoint of pure common sense it seemed indeed strange that the idea of so simple an expedient should not have been suggested by the first night frost putting a stop to the malarial disorders of a swampy coast region.

Havana is the center of the West Indian tobacco trade, and the municipal police of that city prides itself upon its success in ferreting out adulterations of the popular narcotic, though from a hygienic point of view, the word *purity* is almost meaningless if applied to poisons that can only gain by the admixture of less virulent substances. We might as well extol the wholesomeness of such "pure" drugs as unadulterated opium or arsenious acid. It is much the same with coffee and tea. What actual consumer is the worse for it if Ah Sin mixes his Hysong with sloe leaves, or Don Pedro Garcia his coffee beans with wooden fac-similes of Yankee manufacture? For commercial reasons it may be good policy to suppress such practice, but from a sanitary point of view it would be wholly absurd to decry them. The cigar factories of the Cuban metropolis are frequently inspected, and if necessary, put under permanent police surveillance, but nevertheless the admixture of other narcotics (including opiates) is notoriously frequent, and there are customers who have come to relish such compounds, and manage to procure them in some way or other, the tendency of all stimulant habits being toward an increase, either in the quantity or the virulence of the poison dose.

Soon after the close of our civil war, the sugar

trade of the West Indian Islands increased with phenomenal rapidity, and the Cuban planters, especially, were quick in availing themselves of the prostration of their Dixie rivals. Hundreds of square miles of coast swamps were cleared and planted in sugar cane, and in some years the value of the total exports reached the enormous aggregate of ninety million dollars.

One incidental advantage of that enterprise has been the cheapening of sugar and syrup to a degree that practically obviates the inducements to adulteration. Two and three cents a pound for an excellent yellowish-white sort of sugar is the usual price in the West Indian coast towns, and sweetmeats have begun to supercede the greasy made dishes of the non-Spanish nations.

Sugar-sweetened farinaceous dishes are preferable

(To be continued.)

A RUSSIAN BATH.—The bath was a small log house, situated a short distance from the manor. It was divided into ante-room, dressing-room, and the bath proper. When we were ready, Alexandra, a famous bath-woman, took boiling water from the tank in the corner oven, which had been heating for hours, made a strong lather, and scrubbed us soundly with a wad of linen bast shredded into fibers. Her wad was of the choicest sort, not that which is sold in the popular markets, but that which is procured by stripping into rather coarse filaments the strands of an old matsack, such as is used for everything in Russia, from wrappers for sheet-iron, to bags for carrying a pound of cherries. After a final douche with boiling water, we mounted the high shelf with its wooden pillow, and the artistic part of the operation began. As we lay there in the suffocating steam, Alexandra whipped us thoroughly with a small besom of birch twigs, rendered pliable and secure of their tender leaves by a preliminary plunge in boiling water. When we gasped for breath, she interpreted it as a symptom of speechless delight, and flew to the oven and dashed a bucket of cold water on the red hot stones placed there for the purpose. The steam poured forth in intolerable clouds; but we submitted, powerless to protest. Alexandra, with all her clothes on, seemed not to feel the heat. She administered a merciless yet gentle massage to every limb with her birch rods—what would it have been like if she had used nettles, the peasants' delight?—and rescued us from utter collapse just in time by a douche of ice-cold water. We huddled on all the warm clothing we owned, were driven home, plied with boiling tea, and put to bed

to a wholly meat diet, and nothing in the habits of our Southern country folks is more surprising to Spanish-American visitors than their indifference to saccharine admixtures in the choice of their daily food, even where a pound of sugar would be cheaper than half a pound of pork.

"They eat like dogs—*como perros*—beginning and finishing their dinner with grease; have they no palates and no care for health?" was the comment of a refugee from a country where the poorest laborer winds up his repast with a lump of brown sugar or a handful of fruit.

"*Pour la bonne bouche*," the French call a dessert of that sort, and may quote the precedent of the Nature-abiding Romans, who expressed the Greek "alpha to omega" by a dietetic synonym, "from the egg to the apple."

for two hours. At the end of that time we felt made over, physically, and ready to beg for another birching. But we were warned not to expose ourselves to the cold for at least twenty-four hours, although we had often seen peasants, fresh from their bath, birch besom in hand, in the wintry streets of the two capitals.—*Isabel F. Hapgood, in Atlantic Monthly.*

WATER FOR THE KING.—King Louis XIV, although given to excesses of various sorts, and a great consumer of poisons in various forms, was exceedingly particular respecting the water which he drank, probably through the advice of his wise physicians, who, although they knew nothing of microbes, had learned from experience the importance of pure water as a means of maintaining health. To make sure of having water of undoubted purity, all the water for the table service of the king was brought from a spring in the wood Ville d'Avray; and special service was required to provide the fresh supplies of water from this pure source, the cost of which amounted, according to Taine, to more than \$14,000 per annum,—a pretty expensive price, one would say, to pay for a year's supply of water for the table, but doubtless a heavier bill has often been paid as the result of using impure water.

Mother (to small boy going to the country)—
"Frank, have you taken everything you will need?"
Frank—"Yes, ma."
Mother—Have you your toothbrush?"
Frank (very indignantly)—"Toothbrush! why I thought I was going away for a holiday!"

DIETETIC HABITS OF THE HAWAIIAN ISLANDERS.

ONE of the most severe criticisms upon the work of Christian missionaries which we have ever heard, was based upon the fact that not infrequently the civilization and Christianization of the savage makes an invalid of him. There is certainly nothing in Christianity itself, or in true civilization, which should exercise this detrimental influence upon any human being. The fault doubtless lies in the fact that the missionary gives more attention to the moral needs of his convert than to his physical necessities, and that the converted savage is not infrequently led by the example of the missionary to adopt habits and practices, which, from a health standpoint, are as much in need of reformation as the barbarous practices of the unconverted denizen of the savage wilds. There are probably no places on earth where health missionaries are more needed than among the half-civilized converts of Christian missionaries in various parts of the world. The gospel of health should go right along with the gospel of Christ,—indeed is a part of it,—and the missionary who neglects to preach, teach, and practice hygiene is really only half a missionary, and his work is likely to be greatly marred, if not wholly spoiled, as the result of his one-sidedness.

The following picture of the dietetic habits of the average native of the Hawaiian Islands is drawn by the granddaughter of a missionary, herself born and reared on the Islands, with an abundant opportunity for becoming thoroughly familiar with the habits of the native islanders:—

“The usual effects of civilization in all heathen countries, where the life is as rural and the climate as mild as in the tropics, is the gradual diminishing of the race in physical effects as well as in numbers. Nevertheless the natives of the Hawaiian Islands are still comely, if size, or rather ‘fatness,’ can be called physical comeliness.

“The ghastly and inhuman rites of former days are past, except in a few remote corners where light has not yet penetrated; and now indifference seems to be a national characteristic, except in the matter of diet.

“Women have more than their share in this, judging from their corpulence and laziness, or, to be technical, we will call it *ennui* produced by the excessive heat of the torrid zone.

“It is exceedingly unpleasant for a sensitively organized person, with a sound olfactory nerve, to ride home toward evening and find the street-car full of natives heavily laden with their day’s marketing,

consisting mostly of fish — that delightful odor in any crowded place — and a few other equally obnoxious things, to say nothing of the breath heavily tainted with vile tobacco and cheap liquor.

“Let us follow one of these passengers home,— say a middle-aged, bronzed native of medium circumstances and average ability, and see what he and his family eat, and how they eat it. He is supposed to have been working all day as dray-driver, but most of his business has been transacted under a tree, or around the corner. Before starting home he goes to the saloon and fish market, and makes purchases at both places. Leaving the car, he slowly wanders into a shanty of two stories, the first one with a dirt floor, the second inlaid with dirt.

“He is grunted at by a female of 250 lbs. or so, who seizes his booty and waddles off. The family assemble, and they sit down with a friend or two, and smoke a friendly pipe — passing the same pipe from lip to lip. Think of those horrible creatures — germs — on the pipe, when it has completed its circuit!

“The 250 lbs. says the ‘*luau*,’ or feast, is ready, so immediately they begin in hearty style to partake. It is spread on the ground with banana leaves for a tablecloth, in the middle of which is a large kalabash of ‘*poi*’ — the staple food of the Hawaiians, and considered a very healthful article of diet. It is made from the bulb of the taro, a species of lily, boiled soft and pounded into a stiff paste. According to a very primitive and barbaric style, all dip into this common receptacle with their fingers, between times tearing off pieces of pig or raw fish for a ‘relish.’

“Before finishing the repast, ‘*ava*’ is passed around — a most intoxicating drink made by the mastication and fermentation of a root. After the *poi*, fish, and *ava* have all disappeared, the friendly pipe is again introduced, and politics discussed in clouds of smoke. . . .

“Their favorite method of cooking, and one which seems highly commendable from a hygienic standpoint is as follows: A pit is dug in the earth, and the bottom lined with red-hot stones. The food to be cooked is tightly bound with *ti* leaves, and after being placed upon, and covered by, the stones, the slow process of cooking begins. Food thus prepared has a delicious flavor, and for delicacy cannot be excelled.

“The natives are great fish eaters and seem to have an innate love and knack for fishing. They also eat

meat, especially young pigs, but in a much more limited quantity than fish. Perhaps this fact is owing to the high price of meat rather than to their natural appetite.

"I have never yet heard of a dyspeptic native, although I have no doubt they do exist somewhere. Perhaps they are such sufferers that they are paid not to appear in public so that tourists will not get a bad

impression of the islands. One great physical advantage is the free outdoor life of the inhabitants. Another advantage (to the natives only) is the inactive state of the mental apparatus. By that is meant that trifles never disturb their good nature, their hair never grows white with high ambitions or unflagging zeal, and life drifts smoothly on without their assistance."

WHAT SAVED HIS HAND.—The New York *Witness*, in speaking of some of the manifold benefits to be derived from pure, clean habits of life, says, very truly, that "the time may come to any one of us when the question of life or death will depend on our sobriety and general healthfulness. There are great, portly, robust-looking men, so full of disease that the prick of a pin might kill them, and there are other men so clean and healthy, that you might almost run them through a threshing machine and the fragments when put together would knit and heal."

As an apt illustration of this fact the same paper relates the following incident:—

"A young laboring man was brought to a certain hospital with a badly lacerated hand. He had fallen upon an old cotton hook, and it had gone entirely through the palm of his hand, carrying with it rust and dirt. The wound was kept open so that it would suppurate freely and be readily cleansed.

"As time passed on, the hand became very much swollen, turned black, and the surgeons watched very carefully for signs of blood poisoning, fearing that the entire hand would have to be amputated to save the life of its possessor.

"These signs not appearing, it then became the question whether more of the hand could be saved than the thumb and the first two fingers. As the hand became no worse, the surgeon delayed operating on it, and after a time, it began to mend, and finally healed entirely, to the surprise of the surgeon.

"Young man," said he to the patient, as the danger was passing away, "do you use alcohol in any form?"

"No, sir."

"Do you use tobacco?"

"No, sir."

"That is what saved your hand."

THE report presented at the annual meeting of the London Vegetarian Society, held in the Memorial Hall, stated that the movement was making progress, and that its basis had been widened to include not merely the abstention from fish, flesh, and fowl, but also obedience to the other laws of life.

JOHN G. WHITTIER, in a recent letter, writes: "I feel a great interest in any effort to check the pernicious habit of tobacco using. It is not only a nuisance, but a moral and physical evil, and a shame to our boasted refinement and civilization."

HYGEIA.—The ancients were right in making the divinity, whose especial care was the bestowment and maintenance of health, a feminine conception; since woman, as the wife, the mother, the nurse, has for her special function that daily ministry to the bodily welfare of husband and of offspring, that constant presence in, and care of, home, which are the two essentials to health in the individual and in the family. Her embodiment must needs have been youthful, as presenting ever to the mind of the entranced beholder that period of life when blood unvitiated by vice or excess courses through a frame unmarred by violence or exposure, and colors a cheek unstained by sin. Purity must look forth from her eyes, and truth sit enthroned on her brow; for unbridled passion and soul-torturing deceit are alike inimical to perfect health. Her form must be lithe, vigorous, and well-nourished, but not redundant, as warning her devotees that neither asceticism on the one hand, nor gluttony and voluptuousness on the other, are allowable in her worship. Cheerfulness must radiate from her every feature, for gloom and despondency are the recognized foes of sanity, whether of body or mind; and over all, pervading expression of face and pose of limb, must be that indescribable charm of gentleness, as teaching her votaries that in the mutual interchange of kindly sentiment and act they shall greatly promote the common health and the common weal. And so has the charming inspiration come down to us, immortalized by the sculptor's cunning—hand a frank and joyous maiden, full of tender grace, robed in chaste and flowing vestment. The fabled daughter of Æsculapius, her temple ever nestled under the shadow of his loftier fane, and her lovely image was sometimes seen in the same shrine even, side by side with his severer figure.—*Benj. F. Lee, A. M., M. D.*

THE SPARE ROOM.

HOUSEWIFE, air that room, the spare room dark and dim :
Throw ope' the shutters wide, pull up the curtains grim :
Let sunshine warm and bright dispel the usual gloom.
That settles like a pall throughout the shut-up room.

Let airy breezes blow and stuffy corners reach —
The very walls would cry for air could they find speech :
With firm, relentless step approach the couch of state,
Where semi-yearly, guests are shown, and left to fate.

These victims may at morn assure you of sweet rest :
May smile and give no sign of rage within the breast,
Nor tell the awful dreams that held them in a vise ;
Their smothered gasps for air, their fright at sounds of mice.

But these same guests receive important news next day —
Some unexpected news that calls them far away,
They kiss and say good-by — say, " lovely time we've had ; "
The falsehood adds its weight to other feelings bad.

If now and then a guest, when ready to depart,—
Some bold, brave man possessed of much more grit than heart,—
Would there present the case, would say just what he thought,
The work might be begun, the needed change be wrought.

The hostess, possibly, would shed some bitter tears
And call the man a " bear," or hurt him by her sneers ;
But in a righteous cause securely he may stand,
And with prophetic eye see changes near at hand.

The work would spread in time, till spare room vaults would be
A thing of long ago — a past barbarity.
Housewife, forestall this guest, and give him lots of air ;
The angel of his dreams, perchance, your face will wear.

And as your hand he takes, when ready to depart,
His compliments will fall like dew upon your heart.
So, housewife, air that room, the spare room dark and dim,
Throw ope' the shutters wide, let air and sunshine in.

—*Good Housekeeping.*

LOSING CASTE BY FLESH EATING.

A EUROPEAN lady traveler tells the following story, which strikingly illustrates the abhorrence with which the high caste Hindu regards the custom of flesh eating : —

" I knew a Brahmin in India, whom I met some years later in London. It is unnecessary to say that in crossing the ocean to visit England he had lost the rights of his caste. He knew very well that the mere fact of his leaving his native country would involve this loss, but before leaving, in order to accustom himself to English habits, he had determined to renounce his rights in advance, and to eat a little meat from time to time, in order to avoid the sudden change in diet, which might be injurious to his health. He had desired to acquire gradually the habits of Europeans. Knowing, however, the horror and supreme disgust which simply the thought of the flesh of a dead animal would inspire in the minds of

his friends, he took care to eat flesh food only in the night, in his own house, and allowed only a single domestic to have knowledge of the fact. This servant, a member of an inferior caste, was required to procure and prepare the flesh food intended for the use of his master. The gentleman related that this servant lost all respect for him, insulted him daily in many ways, robbed him without fear, and invariably responded when reproached, ' You dare not bring me before the judge, for you are yourself a hundred times worse than I am, and if I should tell the judge about your wicked and infamous practices, of which I am myself witness, you would be immediately disgraced from your caste and deprived of all your rights. As for myself, you know very well that according to our religion, I have the right to kill you if I choose to do so. You have forfeited all right to live.' "

NO PICKLES. — A lady who has the good fortune to be a friend of Dr. Oliver Wendell Holmes relates a little anecdote of the first time she asked a favor from him as an author. She had just completed a book for children, and Dr. Holmes kindly consented to read the manuscript.

When it was returned to her after his perusal, she naturally looked it over with eagerness and anxiety, in haste to see what criticisms or corrections her distinguished friend had made. She turned page after page, but found no erasure, mark, nor marginal note, until at length, nearly at the end of the story, she came to a single neatly penciled line in Dr. Holmes's fine handwriting.

It was placed against a passage upon which she had rather prided herself,— a vivid description of the picnic feast of a group of children in a grove.

First reading the paragraph to see if she herself could find anything amiss, she next read what he had written. It was this : —

" Do n't let those children eat pickles ! " — *Youth's Companion.*

Housekeeper — " Why don't you go to work and earn money ? "

Dirty Tramp — " They'd be apt to pay me in bank bills, mum, an' I'm afear'd of bacteria. " — *Good News.*

A WHOLESOME FOOD.

THE following paragraphs from a well-known Eastern fruit grower, in the New York *Independent*, will commend themselves to all lovers of a pure and wholesome diet:—

“We have a mistaken idea of the value of fruit as food. Our carnivorous tendencies are quite unnecessary for health and strength. Our mothers, seventy-five years ago, cooked apples and pears, and made butter of them, and in all ways compelled them to enter into the *cuisine* more than we do today. I am not a vegetarian, but I am sure that we can profitably reduce our meat bills to one tenth of their present size. By using an abundance of cereals and vegetables and fruits, we will know less of half the diseases that curse humanity. My children never taste any meat except fish and eggs, and I wish I had been brought up in that way myself. They have no knowledge of intestinal troubles or headaches, or of the instability and passions of meat eaters. They are physically stout and clean, and their heads are capable of excellent work.

“I believe the moral results of a simple diet are not to be over-estimated. Nature has given us abundance of wholesome food that we despise in order to devour the less digestible, more costly, and less natural. When I see pain-drawn faces, I feel like saying, Throw away your tea, coffee, tobacco, and meat, and eat nicely cooked fruits, vegetables, and cereals; that is your natural food. The term ‘vegetarian’ has done mischief. The popular idea is that it means one who lives on vegetables and bread. The sanitary diet is exceedingly varied, and above all involves the

use of fruits. The consumption of apples should be at least tenfold what it is. I sold one barrel of fine assorted apples two years ago to a family in Utica; and was told afterward, ‘O, they nearly all rotted. We do n’t use hardly any fruit. Mr. L. likes meat three times a day, and then he wants his coffee and bread, and that’s about all.’ Another, a headaching mother, said: ‘We never eat apples, and do n’t cook them; only one of the boys, W., cares for them, and he eats not much else but fruit. He won’t eat much besides; but then he’s as stout as an ox, so I do n’t care.’ She had an idea that the apples and the fruit diet were generally very dangerous, but that W. was an exception.

“If it were cholera times, I should consider fruit a safer food than meat. In my own family of seven, we consume at least ten barrels of apples during the winter. We bake and stew, and have no end of fruit puddings; and as for canned fruit, ours stands now at over one hundred glass jars, and as many more glasses of jelly and cans of marmalade. I would not go into the winter without as large supply as possible of fruit. In summer my invariable remedy for a headache is as many sour cherries as I can eat. I cover my trees with mosquito netting to keep off the birds, and in July, August, and even September and October, have an abundance of delicious cherries.

“I have enlarged somewhat on personal experience here, in hopes of influencing some of the readers of the *Independent* to make a test of the great advantage of a fruit diet.”

THE INHERITED APPETITE.—There was a hard-drinking man always able to attend to business. But he transmitted to his children such vitiated constitutions that all died early of disease except one, whom I knew. He had chronic dyspepsia. The appetite for liquor descended on the second generation with terrible power. His daughter early died with consumption. One son committed suicide for fear of a second attack of delirium tremens. The second son walked right on in the same path till he was placed where he could get no liquor. He lives in that confinement yet.

Intoxicating drinks not only blunt all the finer feelings, cloud the intellect, and ruin the health of the drinker, but descend with fearful power on succeeding generations. The very men who take every pains to improve the breed of their horses, cows, and

hogs, are so living as to deteriorate the race of their own children. They care more for the pure blood of their cattle than the pure blood of their children. The worst of this sin is that it is self-perpetuating and extending. If it would use up the present drinkers only, it would not be so bad. But it is the horrid Minotaur that constantly demands hecatombs of our children. It—

“Gropes in yet unblasted regions for its miserable prey:
Shall we guide its gory fingers where our helpless children play?”

Bishop H. W. Warren, D. D.

A YOUTH was heard to remark to a jolly and fat Teutonian: “Have n’t I seen you before? Your face looks familiar.”

“Is dot so?” said Hans. “When you get so old as me, your face will look familiar too.”

CHINESE COOKERY.

It appears, from the *Pall Mall Budget*, that the great number of strange dishes spoken of in books of travel are seen only at official banquets, and do not constitute the meals even of the wealthy Chinese. These public dinners are usually given in restaurants, which are built two or three stories high, the kitchen and public rooms being on the first floor, the private rooms above. A correspondent of the *Journal des Débats* gives the following as the bill of fare at a banquet given by a French official of the Chinese Government to Chen Pao-Chen, the Viceroy of the Two Kiangs:—

“Four large ‘classical’ or stock dishes: swallows’-nest soup with pigeons’ eggs, sharks’ fins with crabs, trepangs (*bêche de mer*) with wild duck, duck with cabbage. Dishes served in cups placed before each guest: swallows’ nests, sharks’ fins, wild cherries, vegetables, mushrooms with ducks’ feet, quails, pigeons in slices, dish of sundries. Four medium-sized dishes: ham and honey, pea-soup, vegetables, trepang. Four large dessert dishes: pea-cheese with bamboo roots, bamboo roots, chicken, shell-fish; four dishes of dried fruits as ornaments, four kinds of dried fruits, four kinds of fruits in syrup, four kinds of fresh fruit; four dishes of *hors d’œuvre* (two varieties in each dish),—ham and chicken, fish and gizzard, tripe and vermicelli, duck and pork

chops. Dishes set before each guest: almonds and watermelon pies, pears and oranges. Sweet and salt dishes served in cups set before each guest: two kinds of salted cakes, ham-broth, a broth composed of pork, chicken, and crab boiled down, two sweet cakes, a cup of lotus fruit, a cup of almond milk. Roast and boiled meats: sucking pig, roast duck, boiled chicken, boiled pork. *Entremets*: a dish of cakes with broth, slices of pheasants. Last service: mutton broth, almond jelly, white cabbage, pork and broth, bowls of rice, cups of green tea.”

Notwithstanding the elaborate bill of fare here given, the Chinese are generally an abstemious people. A coolie will subsist upon eight shillings a month, and live comfortably upon twice that sum. Boiled rice is the staple article of food. In the north of China wheat and canary seed, boiled and made into small rolls, are much used. Small cakes made of boiled wheat, together with a little fish or some vegetables, constitute an excellent dinner for a Chinaman. Some light refreshment is frequently taken between meals by the well-to-do Chinaman—“the *kuo tsâ* leading up to the morning, the *kuo tsong* to the midday, and the *tien chen* to the evening, meal; while the *chian ya* and the *kuo yia* are sometimes partaken of during the night by those who cannot get to sleep.”

WHAT IT IS THAT PULLS A PERSON DOWN. — It is not natural and reasonable intellectual work that injures the brain, but emotional excitement. Most men can stand the severest thought and study of which their brains are capable and be none the worse for it, for neither thought nor study interferes with the recuperative influence of sleep. It is ambition, anxiety and disappointment, the hopes and fears, the loves and hates of our lives that wear out our nervous system and endanger the balance of the brain. A man can spend more of his strength in five minutes of unnatural mental excitement than in a day of calm, steady, brain work. A little less brain work, less haste and rush and rapid eating in order to get back to the office in time; a little more leisure at the table with genial friends and kindly feeling, a little more outdoor exercise and fresh air, less tea and coffee drinking, and more pure water, hot or cold, as circumstances indicate; a little more sleep and recreation, and most cases would recover without any medicine. It is true these things require intelligence and determination and some study, but

not more than any one can have if he will. The stomach is a very tough organ. It will endure a great deal and “come up smiling,” but it does like fair treatment, and when it gets it it serves its owner well. There is one abuse of the stomach that it will be well to mention, that is, constantly thinking of it, and having a fear that some article of food has been eaten which it cannot digest. Nothing can be more unwise than this. The stomach can be ruined by fear, while courage, hope, faith, and cheerfulness help it wonderfully.—*English Paper*.

“SOME one has said that I do not take much exercise in the open air,” said Mme. Bernhardt, recently, to a newspaper correspondent. “Please correct that statement. I take exercise continually. I live in the open air. From early morning I am up, some days spending the entire day in hunting or driving, to get glimpses of new country. Plenty of fresh air! That gives vigor. Exercise! Walking out of doors,—in the sunshine invariably. There is no such thing as genuine health without it.”

PHYSICAL INFLUENCE OF A GOOD LIFE.—No one can fail to observe how, even in mature life, the face is often altered, for better or worse, through the agency of moral causes. The expression which any passion or emotion temporarily gives to the features tends, by constant repetition, to become permanent. A scowl or a frown recurring frequently, and for a considerable length of time, fixes its distinctive lines upon the face, perpetually overshadowing its beauty like a cloud. So care, sorrow, and remorse stamp their respective impresses upon the countenance and become permanent traits, which can be eradicated only by the action of opposite influences.

It follows thus that any departure from moral rectitude, or any indulgence in vicious habits or violent passions must have an unfavorable effect upon beauty; and that the cultivation of moral goodness and serenity of temper, and a life of obedience to the laws which govern our physical and spiritual life, will promote in the same degree our physical beauty and well-being. It is this culture and this orderly life which imparts to the superior portions of the face that rounded outline and softened expression which renders the countenance of a truly refined person so pleasing.

Goodness of heart and purity of life co-operate with an expanded chest, wholesome air, copious breathing, and outdoor exercise, in imparting to the fair cheek the coveted roseate tinge. Quiet happiness, ease, and freedom from care are essential auxiliaries. Violent passions, mental or physical suffering, care and anxiety, depress and bleach the cheek and give a peculiarly haggard expression to the countenance. Whatever, then, is favorable to goodness, happiness, and ease is, in the same degree, favorable to health and beauty.—*Sel.*

Poor Patient.—“I sent for you, doctor, because I know you are a noted physician, but I feel it my duty to inform you that I haven't over \$25 to my name.”

Dr. Bigfee.—“Very well, then, we must try to cure you up as quickly as possible.”—*New York Weekly.*

A GOOD INTERPRETATION.—A Scotchman, fond of drink, on awakening one morning, told his wife of a curious dream that he had during the night. He dreamed that he saw a big fat rat coming toward him followed by two lean ones, and in the rear one blind one. He was greatly worried over it, and declared that some great evil was about to fall upon him. He

had heard that to dream of rats foreboded some dire calamity. In vain did he appeal to his wife, but she could not relieve him. His son, who, by the way, was a bright temperance lad, hearing the dream told, volunteered to interpret it, and he did it with all the wisdom of a Joseph. Said he: “The fat rat is the mon who keeps the public house where ye gang sae aften, and the twa lean ones are me and mither, and the blind one is yersel', father.”—*Frank Leslie's Weekly.*

NOTHIN' like green grass and woodsy smells to right folks up. When I was a gal, ef I got low in my mind or riled in my temper, I just went out and grubbed in the garden, or made hay, or walked a good piece, and it fetched me round beautiful—never failed; so I come to see that good fresh dirt is fust-rate physic for folks's spirits, as they say 'tis for wounds.—*Christian Union.*

AN English exchange gives the following as the duration of life of various animals: “Elephants, 100 years and upwards; rhinoceros, 20; camel, 100; lion, 25 to 70; tigers, leopards, jaguars, and hyenas (in confinement), about 25; beaver, 50; deer, 20; wolf, 20; fox, 14 to 16; llamas, 15; chamois, 25; monkeys and baboons, 16 to 18; hare, 8; squirrel, 7; rabbit, 7; swine, 25; stag, under 50; horse, 30; ass, 30; sheep, under 10; cow, 20; ox, 30; swans, parrots, and ravens, 200; eagle, 100; geese, 80; hens and pigeons, 10 to 16; hawks, 30 to 40; crane, 24; blackbird, 10 to 12; peacock, 20; pelican, 40 to 50; thrush, 8 to 10; wren, 2 to 3; nightingale, 15; linnnet, 14 to 23; goldfinch, 20 to 24; redbreast, 10 to 12; skylark, 10 to 30; chaffinch, 20 to 24; starling, 10 to 12; carp, 70 to 150; pike, 30 to 40; salmon, 16; codfish, 14 to 17; eel, 10; crocodile, 100; tortoise, 100 to 200; whale, estimated, 1000; queen bees live 4 years; drones, 4 months; worker bees, 6 months.”

A TOBACCO STORY.—A good story is told of Mr. Joseph Harper, one of the original “Harper Brothers.” He was an excellent man, but a great tobacco chewer. Mr. Harper had a neighbor, who was a notorious drunkard. A friend was one day laboring with the man, and entreating him to stop drinking. “Why I could no more quit drinking,” he replied, “than old Joe Harper could give up tobacco.” When this remark was repeated to Mr. Harper, he exclaimed, “Does that old drunkard say that? I will show him that old Joe Harper *can* give up tobacco.” And from that moment he never touched it again.



TREATMENT OF POSTERIOR SPINAL CURVATURE.

THE usual prescription for a person who has become round-shouldered and flat-chested in consequence of a posterior spinal curvature, is shoulder-braces. Theoretically, mechanical supports of all sorts are to be condemned in the treatment of this condition. It is possible, however, that in some cases in which the cartilages have in part lost their elasticity but have not yet become ossified to such a degree as to render the restoration of their natural form impossible, mechanical supports may be of some value as a temporary expedient, although their continued use would result in the wasting of the muscles which hold the shoulders back, and for which they act as a substitute. Shoulder-braces which exert but a slight mechanical force, may also be of use as a constant reminder to the round-shouldered individual to contract his shoulder-retracting muscles, and thus aid him in correcting the deformity. To depend upon shoulder-braces, however, in the treatment of this condition, would be disastrous. One who becomes accustomed to the wearing of shoulder-braces of sufficient strength to accomplish the purpose for which they are employed, viz., to hold the shoulders in position, finds himself becoming more and more dependent upon mechanical support, and utterly lost without it; so that the last condition of such a patient is worse than the first, unless other means are simultaneously employed for the correction of this mischief-working deformity.

Among the means which we have found most useful in correcting this condition, are the following:—

1. *The maintenance of a correct position in sitting, standing, and lying.* Whenever the body is in an upright position, whether standing, sitting, or walking, the muscles of the trunk should be energized. Relaxation of the spinal and abdominal muscles,

when the body is in an erect position, necessarily results in a bad poise and ultimate deformity, when the habit is persisted in. Probably the majority of people when sitting down relax the muscles of the trunk, so that the chair in which they are sitting is really converted into a couch; the body lies in the chair, instead of being supported only by the seat. In standing, a relaxed position in which the weight is thrown upon one foot, is an exceedingly common practice. While walking, a relaxed condition of the muscles of the trunk still prevails, resulting in various degrees of awkwardness and unnaturalness in gait. All of these habits must be corrected; in sitting, the trunk should be supported only by the thighs in contact with the seat of the chair, the shoulders resting against the upper part of the chair; the chair should also be of such a height that the feet can rest squarely upon the floor. A round-shouldered person will find it exceedingly advantageous to sleep upon a hard bed, lying flat upon his back. The writer succeeded in correcting himself of a serious posterior curvature of the spine by this practice. In rapidly growing children, special attention should be given to this matter. Children frequently fall into the habit of sitting with the trunk relaxed, sometimes with the elbows resting on the knees, a condition which must be in the highest degree conducive to the formation of posterior spinal curvature.

2. *Bicycle-riding.* Bicycle-riding is an excellent exercise when properly employed, but frequently becomes damaging through neglect to preserve a proper attitude. It seems to be the fashion with many boys and girls to bend forward, especially when riding rapidly, taking a position in which the spine is strongly curved posteriorly, the chest flattened and

respiration seriously interfered with. This common practice must be due either to the bad influence of example, or some fault in the construction of the bicycle. In young persons, posterior curvature of the spine can always be corrected; but in persons far advanced in years, complete correction of this deformity is never possible, although much may be done to overcome its baneful effects by the development of the muscles of the chest and abdomen, thus increasing their activity, although the size of the chest and the form of the trunk may not be materially modified. The idea which many persons have, that curvature of the spine is inherited, seeming to be based upon the fact that children not infrequently exhibit the same deformities as their parents, is a mistaken one. Curvature of the spine is usually the result of muscular weakness, or of irregular muscular action. A child may inherit a tendency to muscular weakness, and thus a tendency to spinal curvature, but the curvature itself is not a matter of inheritance. It should be regarded as the result of wrong education, especially the neglect of physical training. Parents should be early upon the watch to correct the slightest indications of deviations from the normal form, before they have attained so great a degree of deformity as to render a cure impossible. In rapidly growing children, spinal curvature is particularly likely to occur, in consequence of the great comparative weight and length of the bones, and the immature condition of the abdominal muscles. The muscles of a child are always soft, and incapable of enduring great fatigue. It is only after puberty that the muscles begin to develop the qualities of firmness and endurance.

Finally, we should point out the fact that gymnastics, systematically and scientifically applied, offer the only radical cure for a spinal curvature, whatever its form may be. The system of physical exercise known as Swedish gymnastics is especially useful for this purpose. Persons who have had the benefit of these exercises from an early period of life, do not exhibit either posterior or lateral curvature. Prof. Hartelius, the director of the Royal Central Institute of Gymnastics, of Stockholm, Sweden, with whom the writer spent a short time some years ago, asserts that he has never seen a single case of curvature of the spine, in which Swedish gymnastics were practiced during the growing period. These exercises secure the symmetrical development of every muscle of the body, not neglecting those of the trunk, which receive less attention in most gymnastic systems than do those of the arms and legs. For persons in whom posterior curvature of the spine has already

been acquired, special exercises are necessary. Those exercises are particularly indicated which are calculated to restore to the spinal column its natural flexibility, and to develop those muscles the function of which is to maintain the natural curves of the spine. Special attention must be given to the muscles which lie between the shoulders and at the back of the neck. The following exercises will be found specially valuable for this purpose:—

1. Forward and backward bending, alternating. The muscles of the spine should be kept as rigid as possible when bending forward, until the farthest limit of flexion at the hips has been reached; then the muscles at the waist may be relaxed, and the shoulders depressed still further. In bending backward, the hands should be placed upon the hips, and the movement should be slow, and not carried to such a degree as to produce undue compression of the abdominal organs.

2. For persons who are strong enough, especially for children, hanging by the arms is an excellent means of strengthening and shortening the muscles, and stimulating relaxed muscles to contraction. It also serves to straighten the abnormal curves of the spine.

3. Forward and backward bending of the head. The muscles should be brought into vigorous action, and the movements executed slowly.

4. Here is a very excellent means of strengthening the shoulder-blade muscles: Raise the hands to the front of the chest, touching two or three inches below the chin; palms joined; shoulders high; bend the arms at the elbow to a right angle, turning the fore-arm so that the palms are facing, keeping the elbows at the height of the shoulder, and the arms from the elbow to the shoulder in line with each other. Now rotate the arms so that the fore-arm will be raised from a horizontal to a vertical position. Keep the head erect and the chin well drawn in during the exercise, repeating the rotation from four to twelve times.

5. Execute the same movements as indicated in No. 4, with the trunk bent forward to an angle of 45 degrees, taking care to keep the head and trunk in line, and bending only at the hips.

6. Extend the arms in front on a level with the shoulders, palms facing; swing the arms back in a horizontal line, as far as possible; repeat, from four to twenty times, keeping the body in an erect poise.

7. Lie upon a flat surface, face down, both arms extended sidewise; raise the head backward, repeating from four to twenty times. The vigor of the exercises may be increased by lying upon a couch, with

the head projecting beyond the end, and letting the head drop as far forward as possible after each backward flexion.

8. Place the hands at the back of the neck, the tips of the fingers touching, elbows in line; bend forward at the hips, keeping the head and trunk in line; repeat from four to twelve times. It is well, in taking this exercise, to have the feet placed about two foot-lengths apart.

9. Stand in a doorway, reaching the hands as high as possible, and resting against the door-frame on either side, throwing the body forward, at the same time rising upon the toes as far as possible.

Return to position and repeat from four to twenty times. This is a good opportunity for taking breath; inhale deeply with the forward movement, exhale when returning to position.

10. Take two stools; place them at such distances apart that when lying down between them, the heels may be made to rest upon one stool, and the head upon the other. Taking the position described, raise the body by contraction of the muscles of the back so that its weight will be supported upon the head and heels. Repeat the exercise from four to sixteen times, holding the body in this position for a few seconds each time.

SOUTH AMERICAN PORTERS.

TRAVELERS in South America rarely fail to mention the great strength and agility of the native porters, who, in many parts of that country, perform the functions of beasts of burden, carrying up steep

products of the earth, and sometimes consists wholly of bananas or boiled plantains, is often surprising. It is not an uncommon thing for an India-rubber gatherer to increase his collection of caoutchouc to a



MOVING THE PIANO.

mountain roads, along the edges of frightful precipices, and across yawning gulfs, bridged perhaps only by a fallen tree, loads under which a donkey would stagger, and which could not be transported by any four-footed beast without the aid of a regiment of sappers and miners to go in advance to prepare a road. The strength of these porters, whose diet rarely includes anything more than the simplest

weight of 150 pounds before his day's task is ended, picking his way through the densest thickets and climbing the most precipitous ridges, making his path as he goes, without other means of sustenance than a few bananas carried in his pocket.

Baird, a traveler in South America, nearly half a century ago, gave a graphic description of the negro porters of Brazil. We are indebted to this author

for the following paragraph, as well as the accompanying illustrations, which we copy from *Le Tour du Monde* :—

“I left my work one day, led by curiosity to ascertain the source of certain strange sounds which I heard from one end of the street to the other. On investigation I found it was simply a ‘moving.’ There was a great procession of negroes, each one of whom carried a piece of furniture, large or small, heavy or light, as it happened. All marched, keeping step, repeating a syllable or two or giving utterance to a guttural sound. Some carried empty casks forming a huge volume two or three times the size of their own bodies. At the end of this procession of perhaps fifty persons, moving a little more slowly, came a piano riding upon the heads of six men. One of them performed the functions of the leader of an orchestra, holding an object resembling a silver water pitcher, in which there were some little pebbles. With this instrument the negro beat the measure in a very lively fashion. On another day I saw three negro women chatting and gesticulating while carrying upon their heads, one a closed umbrella, another an orange, and the third a small bottle.”

Is it not due to this custom of carrying everything upon the head, that the negresses are always so well formed, that they carry the chest well forward, and



NEGRESSES OF RIO JANEIRO.

sometimes have in their carriage a dignity which many women of the white and wealthy classes might well envy?

ADVANTAGES IN PHYSICAL TRAINING ENJOYED BY THE YOUTH OF TO-DAY.

Boys of to-day have great advantages in physical training over those of even ten years ago. It is easily within the remembrance of those of us who have not been out of college so very long, how the mere mention of football at home, brought down a storm of parental wrath, while unrelenting prohibition followed us back to school. The game was then an enigma, and the newspapers added horror to the mystery, by printing accounts of matches in a manner calculated to chill the blood of any well-regulated household. Gradually, as the sons induced their parents to view the sport themselves, the prejudice wore away. The game finds favor in schools all over America, and the result is a generation of lads growing up whose physical beauty and healthful condition put us of the last generation to shame. Our very

sixteen-year-old stripling can outrow, outrun, outswim, outride, and outdrive us; give us points on football, baseball, and tennis; and happily devoid of that sickly pallor peculiar to the student of our day, knows quite as much, with the ruddy glow of health in his cheeks. And yet there are to be found some few that do not favor athletics for boys! The glorious influence for good that sports have on the general education and welfare of both boys and girls has not begun to be appreciated. When I see a boy who does not take his play hour, I regard him with as much disquiet as the man who never has a kind word for any one. Play is as necessary to the young as water is to a plant. Without it the growth of the one is restricted and unhealthy, while the other, having fewer resources, dies.—*Harper's Young People*.

A PROFESSOR in one of the Scotch universities, measured the breadth and height, and tested the strength of the arms and legs of his students, who were of all nationalities. He found that in height,

breadth of chest and shoulders, and strength of arms and legs, Belgians stood lowest; a little above them came French; considerably higher came English; and highest of all came Scottish and Scottish-Irish.



ARTISTIC HYGIENIC DRESS.

[Extract from Lecture delivered by Mrs. Annie Jenness-Miller in the Battle Creek Sanitarium.]

It is easier to bridge the chasm between the present unhealthful modes and the truly ideal style of dress, than it is to leap it. It is possible to be well dressed and yet not do violence to the laws of physical well being. One of the mistakes made by the original dress reformers was in taking up the question from its purely hygienic side, beauty and attractiveness not being considered at all. The desire to be beautiful is perfectly legitimate. Where it is not present, it shows an essential lacking, just as does the want of appreciation of fine arts or music. I have sufficient faith in the possibilities of the race to believe that all women will yet be beautiful.

No arbitrary rules can be laid down for dress, and no particular style of universal costume can be devised. The position, the work and the specific requirements of the wearers must all be considered. I am glad to have gentlemen present in the audience because they are the husbands and fathers of the race, and they should be equally interested with women in all which concerns healthful dress for women. It is not uncommon to charge all social vices to men, and say that all need of reform is in the masculine half of the world. In this case I say that it is the women who have need to be reformed. Women are the mothers of mankind, and their better vital development would insure better motherhood and so better sons and daughters, and we should have less vice and crime.

The first garment worn by women in the healthful change advocated by the hygienist, is of one piece, and fits the body smoothly while yet being elastic enough to yield to every movement. Then for women who have just given up the corset, a waist is next in order. Those who, like myself, are blessed with firm muscular development, find this garment superfluous. The garment which I wear for the second one, and which would be the third for those who wear a waist, is divided so that each member has perfect covering, and is furnished with a waist. Over this, I wear the divided skirt. "But," I am

frequently asked, "Do you not wear a petticoat?" I regard the petticoat as a relic of barbarism, and have not worn one for years. I have been on the streets in a windy day and had them wind around my legs so that I could hardly move; on muddy street crossings, after having reached for the back of my skirts to lift them from being soiled, I have found that my petticoat was still down and bedraggled, thus to dampen and soil my ankles; and I know how dangerously they are in the way in going up or down stairs. The divided skirt, which takes the place of the ungainly petticoat, is light and sensible, and is the proper remedy for many an obscure backache. Many a woman owes her invalidism to the heavy petticoats she wears. I was myself an invalid before I adopted the reform dress, and was told that I would never walk again; or at least only very short distances. But in three months from the time I discarded the ordinary fashionable dress, I was perfectly well and have remained so ever since.

Eventually, I think the dress of the business woman will be shortened to the knees. It will not come immediately, although it may come as a reaction from the disgusting trailing street dress now worn. For the present, I think a street dress which comes to the ankles is about right. I used to advocate having it come just above the shoe tops, but practical experience has taught me that there is more resistance to this length than when it comes to the ankles, and that a skirt ending either at the ankles or knees is more comfortable. A dress to the ankles does not need to be lifted except in rainy weather, and for bad weather it is best to have a special dress much shorter. A dress that touches the ground is indecent and uncleanly, and not to be tolerated by sensible people. The main essentials to correct dress, the points which I insist upon, every thoughtful woman will admit as reasonable. They are, freedom at the waist line, freedom for the legs in walking, freedom for natural, full respiration, and freedom for the arms, so that they can be lifted and

swung above the head with ease. Then only can a woman poise, stand, and sit well. When the essentials are secured, the rest may please the fancy of each individual woman, who may make it as artistic or as near like fashionable modes as she may desire. It is impossible for a woman to stand thoroughly well while she wears a corset; perfect poise and correct carriage cannot be had without freedom at the waist line.

Thousands of women say now that they cannot hold themselves up unless they have on a corset, that they "tumble all to pieces." It is partly because they do not know now to sit, and partly because they have worn a corset so continuously that

the large muscles of the body which were designed to support the waist, have become demoralized. A good many people are exercised over the question as to the origin of the species, whether or not we once went on all fours. Be that as it may, it is only a question of time until we *shall go on all fours*, unless the prevailing style of woman's dress is changed.

Most women, even girls say that they cannot have a dress slightly open at the throat because it shows their ugly "bones." Now the trouble with their "bones" is that they have put on a corset which squeezes the floating ribs together and that squares the shoulders, making the bones of the neck protrude.

A MODERN MARTYR. — *Maud*— "There goes a woman who has suffered a great deal for her beliefs."

Ethel— "Dear me! What are her beliefs?"

Maud— "She believes that she can wear a No. 3 shoe on a No. 6 foot, and a 23 inch corset on a 30 inch waist."

MEN AS CORSET WEARERS. — It is asserted that Bulwer Lytton wore corsets, and that his example was, to quite an extent, followed fifty years ago by London swells; but it is not only in the past generation that we find male corset-wearers; for, according to a recent newspaper authority, the late Roscoe Conkling wore corsets after his thirtieth year. This custom may have had something to do with his premature death. We were also informed a few years ago by a colonel of the regular army, that corsets were not infrequently worn by military officers. A haberdasher who has catered to the corset-wearing proclivities of New York dudes, asserts that a man's first attempt to assume a corset, is very much like putting on a straight-jacket; he fusses, fumes, and complains that it is too tight, until, as the dealers say, "he becomes accustomed to the peculiar, straightened feeling. Their pride usually helps them along, and, with the goal of a proper figure in view, they bear the discomfort with resignation."

Young men who imagine they will get a good figure by wearing a corset, are as far adrift as those women whose vain imaginations have led them into the same error. A woman in a corset is about as ungraceful as a block of wood mounted on two pegs. As a rule, graceful outlines of figure are entirely destroyed by the cast-iron embrace of the inflexible corset; and those corsets which profess to conform to the requirements of health, are little if any better. It is impossible to wear any tight garment about the

waist without injuring the figure, and thus destroying all grace of movement. The way to get a good figure is by daily practice in the gymnasium, or, if such an institution cannot be conveniently found, one may take in his own room all the exercises necessary to develop and maintain as good a figure as nature will permit him to have,—which means, in most cases, a figure which is good enough for anybody.

THE Society for the Promotion of Physical Culture and Correct Dress has applied for 1,900 square feet of floor space in the Woman's Building to make an exhibit of statuary, photographs, pictures, and costumes at the World's Fair.

SOME time ago Lady Florence Dixie outlined what she considered an ideal costume for women. She advocates very earnestly for street wear a flannel shirt, knickerbockers, a short kilt skirt, and a loose jacket, all rather Scotch in plan.

GIRLS' SHOES.—A late medical authority says: "I lay great stress upon the construction of the shoe. It should not be coarse and heavy, as then it will be a constant source of mental irritation to the wearer; but the foot, with a little forethought, can be properly attired, and at the same time be both healthfully and neatly dressed. I take this opportunity to speak a word in condemnation of that modern abomination to womanly grace and comfort,—the French heel. These heels displace the supporting base of the body by forcing upward the keystone of the arch on which it rests, thereby weakening the whole superstructure. Their injurious effects are not confined to the feet—their baneful influence pervades the whole economy."

SOCIAL PURITY

INFLUENCE OF THE SENSATIONAL DEPARTMENT OF NEWSPAPERS.

A LEADING medical journal makes a partial abstract of an interesting paper on "Mental Health and the Newspapers," read sometime since by Dr. F. W. Russell, at a meeting of the American Social Science Association:—

"In the ordinary newspaper news, science, literature, politics, theology, the sensational story, and the realistic detail of crime stand side by side in heterogeneous array. But what I wish especially to emphasize now, is that department of our newspapers which deals with the darker side of life—the minute account of horrors, and ruin of great cyclones, the blood-curdling description of murders and crimes, and the detailed reports of suicide. It is no doubt true that many persons, perhaps most readers of healthy mental powers, are repelled by these unnecessary horrors, and carefully shun them in their reading. But it is equally true that there is another and a very numerous class to whom details of these matters are of absorbing interest. Their minds seize upon them with avidity, and are injured to a marked degree. Such readers seek out only the vicious parts of their paper, and their thoughts turn only to vulgar and uncanny news, and gradually the fair bloom of their moral sense is rubbed off. Later on in their downward course of mental impairment, the effects of such reading show themselves in sympathy for criminals and then in criminal action."

Dr. Russell has a private hospital for the treatment of nervous invalids, and his attention was first particularly called to this subject by the following occurrence: "A lady patient, who had not come in to dinner, suddenly came hurrying through the hall with the daily paper in her hand and a horrified expression on her face. Of course this startled and interested all my family of patients, and only by decided action did I keep the matter quiet. A few days before, a hopeless dipsomaniac had left my care, and by a strange fatality had been led to put an end to her life. This was elaborately reported in the daily papers, and this my patient had chanced

upon. Intense suicidal impulse took possession of her from that moment, and in a few days she also met death by her own hand, and another person, a friend of both parties, in a few days, reading the same account, also followed the same fearful example. Here were two deaths, in different parts of the State, directly traceable to the wretched energy of our newspapers, which impels them to publish such items.

"From that day I insisted that all daily newspapers which entered my house be thoroughly scanned, and all notices of suicide be removed before they reached our readers. Experience soon led me to extend this censorship to murders and great accidents. Here I met a difficulty. Often my paper, thus hardly treated, would not hang together. It was a surprise to see what a large proportion of the space was thus taken up. One paper, when conscientiously treated, often looked like a sieve. Gradually certain papers were eliminated from my list, and only those quite free from such faults are now allowed within my gates."

Referring to the Whitechapel crimes, the details of which newspapers in general considered as so much capital, and upon which a certain class in particular dwelt so lingeringly, Dr. Russell said:—

"I believe no persons could read these reports without a positive loss of mental purity. They were so hideous and so degrading that all clean people would have gladly seen the whole subject tabooed by law.

"Is there no remedy? The newspapers themselves will aid us only in so far as public sentiment demands. It is their business to gather and publish news. Professional pride and business energy will urge them to their utmost efforts. . . .

"As the court of last appeal, then, I come to the public itself, hoping the general tone of opinion may be improved, that such a healthy sentiment will be created as will condemn and reject this class of publications."

NEED OF AN EDUCATED MOTHERHOOD.—Do the young girls who take upon themselves the duties of wifehood and motherhood, have any adequate idea of the responsibilities which they assume? They take upon themselves the bringing of a new life into the world, and they write the history of its future long before it is born. They determine in a large degree what it shall be physically, mentally, and morally. Young women, how many of you are collecting facts which shall aid you in this mighty undertaking? Are you becoming acquainted with the needs of a child's nature? Very often the first baby is in a young wife's arms before she has any adequate idea of its needs, and she experiments with it much as the little girl experiments with her first doll, not knowing what it can stand, or how it should be treated. A little girl usually learns by the time she has destroyed two or three dolls how to preserve the succeeding ones, and in like manner, many and many a young mother sacrifices her first one or two children physically or morally, and sometimes both, in learning what she should have learned about children before she married. A grand woman once told me with tears in her eyes, that she had sacrificed the lives of her first two children to her inexperience. After the death of the second, she began to ask herself why it died, and to educate herself to perform intelligently the duties of motherhood.—*Kate Lindsay, M. D.*

A WISE MOTHER.—A mother who had brought up a large family of children successfully, was left with the last one, a boy. One day, when he was about five years old, he was playing on the veranda, near his mother, who was reading. All at once she dropped her eye glasses.

"Pick them up for mamma, please, dear," she said, and the child started to obey. But some little demon crept into his heart just then, and he laid them down again, and said, very deliberately, "I won't do it."

"Willie," said his mother, this time sternly, "pick them up instantly."

"I won't do it," he replied.

This mother, thinking that Solomon's injunction about the rod was now in order, brought one forward, but the boy, looking at her with a defiant expression, said doggedly, "You can beat me if you wish; I do n't care, and I won't pick them up."

Instantly she put the stick down. "So my boy is not to be a gentleman, it seems," she said. "Very well. I cannot associate with any but gentlemen, so I will leave you."

The nurse carried his supper to him pretty soon, and after he had eaten it, proposed to put him to bed. This was something his mother had always done before.

The little fellow said, tearfully, "Jane, does my mother expect me to say my prayers without her?"

"I do n't know, I'm sure," said Jane. "I was just told to put you to bed."

"Then I'd best leave off my prayers altogether," replied Willie, who felt that he was being cut off from his privileges very fast.

"Very well," said Jane, and she tucked him in, and left the forlorn little fellow prayerless and un-kissed.

No one knows about the struggle that followed, but about ten o'clock, the mother heard a rustling in Willie's room, and presently he pattered down stairs and out on the veranda where the glasses were still lying. Upstairs he came, then, straight to the arms that were aching to receive him.

"Oh, mamma," he sobbed, "I will try to be a gentleman always, after this, for it's no fun not to be. Please forgive me, and do let me say my prayers and kiss you good-night."

The child had exorcised his own demon; it had neither been beaten nor scolded out by his wise mother.—*Sel.*

JAPANESE WOMEN BOUGHT AND SOLD.—The *Woman's Tribune*, Washington, D. C., always the outspoken champion of the weak and the oppressed, in speaking of the steps which are being taken on the Pacific coast to stop the importation of Japanese women for immoral purposes, says, "The traffic has been in practice for years, and women so brought are literally bought and sold, and held in a bondage as absolute as that of the slaves of *ante-bellum* days. Seattle has the unenviable distinction of having a distinct portion of the city called Whitechapel, built and sustained for this very form of slavery, and although the citizens have sometimes threatened its destruction, nothing has really been done, and it remains to make Seattle unique in its open tolerance of vice and disgrace."

WHAT a beautiful and wonderful thing is the human hand! what lovely pictures it can paint! what enchanting music it can play! what valiant deeds it can do! what kind acts it can perform! Best of all, it can lift up the fallen, and welcome back to hope and new effort the repentant wanderer from the path of rectitude—a task fit indeed for angels.



ELECTRICAL FRAUDS.¹

(Concluded.)

“WHAT physician of any reputation has ever been known to attempt to apply magnetism, or to recommend the use of electric belts or the like? On the contrary, every reputable physician with whom I have talked on the subject has denounced them as worthless. Let us go a little further into this subject, and see how some of these things will bear the light of an investigation. We will first investigate the so-called electric hair brush. I have thought best to purchase one of these brushes so that we can see how they are made, and to prove the assertion that so far as any curative property is concerned they are no better than any ordinary hair-brush. I will first read an extract or two from the directions pasted in the box in which it comes: ‘Cures headache in five minutes; cures neuralgia in five minutes; restores the hair, prevents baldness. The ‘Odic force’ can always be tested by moving the brush near a compass. This power is so strong that if the compass is placed upon a thick book or table, and the brush is moved in a circle beneath the same, the power will pass through the intervening table or book and cause the needle of the compass to rotate rapidly. A silver compass of considerable value accompanies each brush.’

“Now this brush I have does deflect the compass needle just as stated, but the real cause is very different from the ostensible one, and instead of any Odic force (whatever that may be), or any electricity having anything to do with its deflection, the statement is false, as I shall prove. I have taken pains to dissect the back of this brush and find just what I expected to find: Embedded in the material of which it is composed is a steel magnet. That, and that alone, is the cause of the compass needle moving towards the brush when brought near it. When I purchased this brush, I was told that the movement of the needle proved that the brush was

charged with electricity, and I have no doubt everybody else that buys one is told the same thing. You will notice this magnet is made of a piece of steel wire in the form of a double loop and extends nearly to the end of the handle. The only electrical effect possible that can be produced by the use of this brush is static, and even under favorable conditions of the atmosphere, the greater part of such a very small amount of static electricity as might be generated while the brush was being used, would imperceptibly pass off the earth through the hand and arm and body of the user, leaving him no more benefited by its use than if he had used any other hair-brush.

“Electrical corsets are another deception. How is it possible, I ask you, for such a thing to be of the slightest use electrically to the wearer when they are not even worn next the skin? The magnetizing of steel ribs, as is often done, is of no use whatever as to any beneficial effect upon the wearer. Another of these precious frauds is the electric garter. I have seen advertisements, as no doubt many of you have, where the use of electric garters is guaranteed to give a more shapely form to the limbs of ladies. The absurdity of such an appliance is too apparent for comment. What swindle under the name of electricity will not be attempted next? Why don’t they get up an electrical hat-band guaranteed to supply a lack of brains or furnish new ideas to those that wear them? Would not such a thing be just as reasonable as some I have stated?

“As an answer to some of the reckless statements which appear in advertisements and circulars, some of which I have mentioned, in regard to electric belts and appliances, I will quote an authority and read some extracts from De la Rive’s ‘Treatise on Electricity.’ De la Rive was at the time of writing his work a member of the Academy of Sciences, and also of Medicine, of nearly every large city in

¹ Paper read by Mr. A. A. Knudson before the New York Medical Society.

Europe, so that he is an eminently qualified authority to pass judgment on these appliances. After explaining the construction of the electro-galvanic chains and belts of Goldberger, and of Pulvermacher, he says:—

“We do not very well understand the effect of this arrangement by virtue of which the current is scarcely to circulate in the chain without traversing, at least in a very sensible manner, some part of the body. For not even a derived current can be obtained on account of the imperfect conductibility of the skin. Moreover, no very positive fact has proved the efficacy of this latter mode of application, upon which experience has not yet decided. And again, we do not deny that there may be a production of currents in these apparatus; even the galvanometer indicates their presence; but they are very feeble currents; and we do not see what advantages can be presented by these arrangements

which at the very basis rest on false ideas of the electricity of contact.’

“My wonder is that the electric journals have not been more outspoken in showing up these frauds upon the public. The public would naturally look to such a source for information of this kind, and these journals are not handicapped as others are, by being paid for fat advertisements, for it is the uninformed public on electrical matters that it is desired to reach; and so these fraudulent parties use the daily press and weekly and monthly publications to make known their wares. In summing up this whole matter of electrical appliances, it seems singular that they have been allowed to exist so long, especially the hair-brush; one reason may be that the public love to be humbugged,—but there is a limit to all things, and I predict, as electrical knowledge is being more and more disseminated, it will not be long before people will understand the truth in regard to them.”

COLLAPSE OF THE KEELEY CURE.

At a recent medical meeting of the Chicago Medical Society, according to the *Organiser*, one of the subjects of discussion was Keeley's so-called chloride of gold cure, in which it was asserted by one of the physicians that the gold concerned in the Keeley cure, does not enter the arteries of the patients, but goes into the pockets of the doctor. The inefficiency of the so-called cure was very well shown by a physician who reported the statistics of the Washingtonian Home of Chicago, the records of which institution show nineteen inmates taken during the last year, who had been claimed as cured at Dwight. One man when admitted was in a high degree of intoxication; had barely enough intelligence left to assert his belief in the chloride of gold cure and the fact that he was just from Dwight. Another man who had graduated three weeks before, was found in a state of intoxication; in his pocket were a pint bottle of whisky, a dram of morphia, an ounce of sulphonal, and a receipt for \$50 which he had paid the Keeley company.

One of the cases mentioned was that of the first vice-president of the original chloride of gold club at Dwight. He had recently been treated at another institution for the cure of the liquor habit.

Another very damaging evidence against this method of treatment, which was brought forward, was the fact that quite a number of persons had died soon after leaving the institution, presumably from the effects of the medicines administered. The

cause of death, in most cases, had been inflammation of the liver—a disease very likely to result from the mode of treatment employed.

The *Organiser* gives a number of quotations from recent lectures by Dr. Keeley at the Bi-Chloride of Gold Convention held at Dwight recently. Among the various profound assertions made by this money-making philosopher, were the following:—

“Time was, when drunkenness was considered a disgrace, a crime. I am proud to say that henceforth it is neither. It is not a disgrace, because it is a cultivated habit.”

Describing a debauch of the worst character, he remarked:—

“Is it any disgrace, therefore, to get into this condition? I answer, No. He has simply followed and obeyed a physiological law. Let me tell you there is no heredity in the liquor habit. . . . Now, drunkenness is a disease and not a crime or an immorality. Alcoholism is no more of a disgrace than is typhoid fever or any other disease brought on by germ poisons.”

It is no wonder that saloonists look with satisfaction upon Dr. Keeley's work. It might be presumed that they would consider the doctor one of their most inveterate enemies; but this is by no means the case. He must be himself a liberal patron of the whiskey dealers, as he keeps a barrel full on tap for the use of his patients, and it is claimed that he allows them to help themselves as freely as they wish.

GOOD HEALTH

J. H. KELLOGG, M. D. EDITOR.
BATTLE CREEK, MICHIGAN.

MIND CURE.

THAT disease is often cured through the influence of the mind upon the body, is a fact which has for ages been well known to scientific physicians. The true physician always seeks to put his patient in as quiet and peaceful a frame of mind as possible, appreciating the advantages of such a mental state in facilitating the action of the remedies which he administers. Numerous illustrations of the influence of the mind upon the body, and of cures effected thereby have been reported; the following are a few which occur to us at the present moment:—

A lady in Savannah, Ga., who had been bed-ridden for twenty years and had been supposed to be hopelessly paralyzed, was so startled by the commotion created by the great earthquake,—the house reeling, windows crashing, chairs and tables chasing one another about the room, etc.,—and so alarmed for her safety, that she sprang out of bed and ran out upon the streets, and has since been in the enjoyment of a very comfortable degree of health. Cases of rheumatism and other similar diseases have been reported as having been cured by the earthquake.

It is said that a certain St. Louis man who was greatly afraid of the cholera, when that disease threatened to invade this country some years ago, never went to bed at night, without having upon the stand at his bedside a bottle of cholera liniment which was supposed to cure the cholera by application over the stomach. Waking up one night with a sudden pain in his stomach, he aroused his wife with the exclamation, "Give me the liniment quick,—the cholera has got me!" The good woman handed her husband a bottle which, in the dark, she supposed to be the cholera medicine, and the poor man was soon relieved of his pain and his alarm, and fell asleep. The morning light revealed the fact that the good woman in her nervous haste had given her husband an ink bottle, and that the cholera

patient had been cured by an application of Arnold's writing fluid!

Some years ago a good-natured doctor in Western New York used to cure his patients by telling them pleasant stories. His idea was that most patients were suffering from torpid livers, and that if he could get their diaphragms to acting vigorously, the sluggish liver would be waked up, and thus the patient would be cured. Whether or not his theory was correct, the results of his practice were excellent, as his patients nearly all got well, and the doctor acquired quite a reputation as "the laughing doctor."

Another case of laughter-cure is reported from an insane asylum: A business man who was laboring under a great mental strain, though a man naturally of jovial temperament, one day at the dinner table suddenly ceased laughing and assumed a very grave mein. His friends soon discovered that he had become insane, and he was removed to a lunatic asylum. All efforts made in his behalf were unavailing, and he became so morose and disorderly that he was at last confined in a barred room.

Despairing of the patient's recovery by the employment of other means, the physician in charge conceived the novel idea of trying the effect of laughter upon this solemn-faced patient, and accordingly employed a great fat, jolly-looking Dutchman to come every day and stand before the barred door of the patient's room and laugh. There stood the big Dutchman day after day, laughing as though his sides would split,— "ha-ha-ha-ha!"—with a laugh so hearty and natural that it would seem that even a sphinx would be unable to suppress at least a smile; but the poor sad lunatic was unchanged. At last, without previously having given the slightest indication of any improvement in his mental state, the spell seemed suddenly to break, and the sick man joined the jolly German in his laughter, and laughed

so heartily that the shackles of disease were shaken off, and he was found, upon examination by his physician, to be in sound mind, and was returned to his friends.

A man who had suffered many years from rheumatism and was quite a cripple, was suddenly awakened at midnight by the alarm of "Fire!" Fearing his own buildings were threatened, he sprang out of bed, put on his coat and boots, in his haste forgetting his pantaloons, and rushed down the street with the hurrying crowd. He found that the fire involved the property of a friend, and he worked vigorously with others to extinguish the flames, not noticing, in his eagerness, that he was himself attracting almost as much attention as the fire itself. After the fire was extinguished, he suddenly discovered his oversight in dressing, and, with a full appreciation of the ridiculous figure he had cut, hurried back to his home. The night was cold and damp, and he said to himself, "I shall certainly have a terrible attack

of rheumatism in consequence of this exposure;" but, instead, his rheumatism disappeared at once and forever; he never had another twinge of it during the balance of his life, nearly a score of years.

Harper's Monthly, gives the following as a remarkable instance of mind cure, which is vouched for on good authority:—

"A noted English bishop had for years nursed the fear that he would some day become paralyzed. On one occasion, at a dinner, he suddenly interrupted the guests at the table by exclaiming that his worst fears had been realized at last; that he was paralyzed in his right lower limb; that he had been pinching his thigh for some moments and was unable to detect the slightest feeling. A lady sitting next to him assured him that he was mistaken, for it was *her* limb which he had been pinching instead of his own, the silk of the lady's dress being difficult to detect from the silk of the bishop's robe! He was cured."

BAKING POWDERS.

WITHIN the last few months, a lively agitation of the baking-powder question has been awakened through the publication by an eminent chemist, of the fact that ammonia, when added to bread, enters into combination with the glutens, and is not dissipated by the heat, as is generally supposed. This, of course, has led to an examination of a large number of baking powders, and the following list of baking powders containing alum and ammonia has been compiled by the *Sanitary Era* from the official publications of the United States Department of Agriculture, Internal Revenue Department of Canada, the reports made by the Massachusetts State Board of Health, and the State Commissions of Ohio, New Jersey, and Minnesota:—

"A. K.,
Active,
American Gilt Edge,
Atlantic and Pacific,
Aunt Sally,
Bon Bon,
Brookman's,
Berkley's True,
Big Can,
Brooks & Mc George,
Brunswick,
Buckeye,
Burnett's Perfect,
China T. House,
Chicago Yeast Powder,
Capital,
Columbia Yeast Powder,

International,
Ivory,
James,
Jersey,
Kenton,
Lincoln,
Lion,
Lone Star,
Loyal,
Monarch's Mills,
Mason's Pure Cream Tartar,
Mason's,
Metropolitan,
Miles,
Mrs. Baker's,
New Era,
New Home,

Columbia,
Challenge,
Crystal,
Can't Be Beat,
Capitol,
Carlton,
Centennial,
Cook's Acme,
Cook's Best,
Cook's Choice,
Cook's Favorite,
Cook's Finest,
Coral,
Cottage,
Crown,
Daisy,
Davis' O. K.,
Dixon's,
Dooley's,
Dry Yeast,
Echo,
Eastlake,
Eddy's,
Eclipse,
Empire,
Enterprise,
Eureka,
Fidelity Yeast Powder,
Farina,
Feather Weight,
Fleur de Lis,
Forest City,
Four Ace,
Gem,
Golden Rod,
Good as Gold,

North Star,
Ocean Foam,
Ocean Wave,
Old Colony,
One Spoon,
On Top,
Oriole,
Our Best,
Our Own,
Patapsco,
Putnam's Best,
Palace,
Policy,
Pearson's,
Perfection,
Peerless,
Pride of Ottawa,
Pride of Toronto,
Princess,
Purity,
Rising Sun,
Royal,
Scioto,
Silver Cream,
Silver Queen,
Silver Spoon,
Silver Star,
Silver Thimble,
Snowdrift,
Sovereign (N. J.)
Springfield,
Star,
State,
Standard,
Sterling,
Sunflower,

Grant's,	St. Bernard,
George Washington,	Solar Brand,
Globe,	Safe and Reliable,
Gold,	St. Paul,
Golden Sheaf,	Twin City,
Grape,	Triumph,
Great Eagle,	Veteran,
Household Pride,	Vienna,
Harries' Favorite (Min'apolis),	Washington,
Hotel,	Welcome,
Hard-Pan,	Wheeler's,
Home,	White Star,
Henkel's,	Windsor,
Higgins,	White Rose,
Holyoke,	West Hotel,
Hygiene,	Zipp's Grape Crystal."

On the same authority we add the following, as containing other ingredients besides cream of tartar and bi-carbonate of soda; among other harmful ingredients, ammonia, which has been shown to be

exceedingly damaging in its effects when used habitually:—

"Royal,	Silver Star,
Atlantic and Pacific,	Dry Yeast,
Davis' O. K.,	Bon Bon,
Kenton,	Calumet,
Patapsco,	Zipp's Grape Crystal."

The last named in the list is especially worthy of notice, having been widely advertised as being absolutely pure. All baking powders are harmful. Baking powders containing alum and ammonia are doubly damaging. Besides, baking powders are entirely unnecessary; the only excuse that any cook can have for using them must be either laziness or ignorance, for the finest breadstuffs can be made without the use of any sort of chemical raising material.

TOBACCO PROHIBITION IN PERSIA.—The newspapers are publishing the fact that the priests of Persia have succeeded in breaking up a tobacco monopoly in that country, which had doubtless been purchased by some foreigner, by forbidding smoking. As the result, the monopoly has been officially abolished, and it is to be hoped that the good results may be so apparent that some other semi-civilized country will follow suit, and then it may be possible that sometime in the remote future, our more civilized countries may reap benefit from following the good example set by their half-civilized neighbors.

KILLED BY THE CIGARETTE.—The *Atlanta Constitution* thus describes the death of one of the leading speculators of Wall street, New York, from cigarette smoking:—

"He smoked fifty cigarettes a day, and kept it up for fifteen years, inhaling the smoke all the time. Years ago Woerishoffer saw danger ahead. His head, heart, stomach, and nerves remonstrated, protested, and begged him to change his course. In their agony they cried out against the fiendish cigarette and denounced it. Colossus grinned sardonically. When he got ready he would down the cigarette, and not before. Slowly but surely the coils of smoke twined around their victim, tightening their grip each day. The man's heart turned into a big sponge saturated with nicotine. Still the smoker continued the fight. He would lie down when too feeble to stand, and smoke while his heart beat at the rate of 120 a minute. He said: "I have a German stomach and an American; I am equal to

anything." At last he became alarmed. To his amazement he found that he could not give up the cigarette. He tried again and again. He went to a famous medical man, and said, 'You shall have \$50,000 in gold if you will emancipate me from the cigarette.' The physician worked hard, but it was no use. The big, strong man, the giant who tossed money kings about like babies, lay hopelessly crushed under a little rice-paper pigny. 'A remarkable case,' the medical men say. Very; but there will be others like it."

JAUNDICE FROM TIGHT LACING.—A case of jaundice due to movable kidney has recently been reported by Dr. White, a physician to Guy's Hospital, London, which throws some light upon the fact long ago observed that jaundice and gallstones occur much more frequently in women than in men, and especially in women who are addicted to tight lacing. In Dr. White's case the right kidney was movable, and he believed the jaundice to be produced by pressure of the kidney upon the gall duct. In his account of the case, Dr. White quotes Landau as saying that jaundice is more common in women with movable right kidney than in others. That the right kidney is frequently movable in women who are addicted to tight lacing is, we think, fully established by the statistics which we have collected and published upon this subject. We found mobility of the right kidney in nearly one third of the adult women who had been addicted to tight lacing, in 200 women who were carefully examined upon this point. It is not surprising that so much mischief

results from the common practice of wearing the clothing tight about the waist; the only marvel is that still greater mischief does not follow this pernicious practice. The kidney is displaced and rendered movable in consequence of compression of the liver, which would doubtless suffer far more than it does as the result of abuse, were it not for the remarkable recuperative property possessed by this interesting organ. A German experimenter has shown that the experiments of Von Meister, and Poufik have shown that the liver reproduces portions which have been removed. In animals, three quarters of the liver has been removed without causing death, and complete regeneration of the part removed was found to have taken place within thirty-six days after removal.

AN INFANT MURDERER.—A dispatch from Columbia, S. C., recently announced the murder of a seventh months' old babe by a colored boy five years of age, the child of a neighbor. The child slipped into the house during the absence of the mother, and beat the little one to death by blows with a piece of bent iron carrying a sharp point which penetrated the skull several times. The boy murderer was found shortly afterward, looking the picture of innocence, digging holes in the ground with the bloody weapon. He readily acknowledged the deed which seems to have been committed under a murderous impulse without any motive of malice.

Some years ago, a boy of nine or ten years in an Eastern city, was convicted of decoying into an unused cellar and murdering a number of young children, his playmates upon the streets. The boy's father was a butcher.

The papers recently recorded the murder of a little girl by her brother, who cut her throat with a butcher knife the next day after having seen his father slaughtering pigs. When inquired of respecting the whereabouts of his missing sister, he led the way to the spot in the garden where she was lying in a pool of blood, and coolly remarked to his horrified parents, "I've been killing pigs."

When there is to be found in every town in this vast country from one to several hundred slaughterpens devoted to the destruction of the lives of helpless animals, requiring the maintenance of a class of human beings who devote their lives to this murderous business, thereby becoming brutalized and hardened to an extent which sometimes seems to extinguish almost the last spark of humane sentiment and regard for human life, it is not to be wondered at that such horrible incidents are occasionally re-

corded, and indeed the marvel is, that similar occurrences are not more frequent.

ETHER DRINKING IN PARIS.—The pleasure-loving Parisian is constantly seeking some new tickle with which to extract some additional pleasure for his jaded nerves. Recently, he has taken to ether drinking, a practice which seems to have originated among the natives of a remote district in the Emerald Isle, soon after the great temperance agitation by Father Matthew rendered it impossible to obtain alcoholic liquors in any form in many parts of Ireland. Ether drinking is said to be gaining ground in Paris, and recently, one death and a number of cases of insanity have been reported as due to this cause. The usual dose of ether is from one to three drams taken several times during the day.

THE CANDY HABIT.—The Chicago *Confectioner* asserts that there are many women in that city who have become as much addicted to the use of candy as some men are to the use of whiskey. They cannot pass a confectioner's store without dropping in to purchase a supply of sweetmeats. There is certainly great danger in the habit of candy-eating. The writer some years ago encountered a case in which a young woman was in the habit of consuming, every week, two or three pounds of double extra strong peppermint drops. It is unnecessary to say that she had no appetite, and that her stomach was in a dreadful state. But it was no small task to wean her from the indulgence in sweets.

GERMS IN DRINKING WATER.—Dr. W. Migule has recently been engaged in the study of germs found in drinking water, and announces the result of an examination of 400 wells, springs, and streams. The number of germs found in a given quantity of water was observed to vary greatly. In 169 of the waters, he found more than 4000 germs for each teaspoonful of water. Sixty-six of the waters examined, contained more than 40,000 germs to the same quantity of water, and in 40, or one tenth of the entire number of the samples examined, the number of germs found was more than 200,000 for each dram of water. In 59, or about one seventh of the waters investigated, each quarter dram of water was found to contain more than 10 different species of microbes, including a large number of each species. The waters which contained the largest number of species of germs, and the most germs, were found to be most dangerous, as they were the most likely to contain putrefactive germs.



CAUSES OF CONSTIPATION.

THE causes of this exceedingly common condition are very numerous; some of the most common may be enumerated as follows:—

1. Prolapse of the bowels, a condition in which the stomach is usually involved, is the cause of chronic inactivity of the bowels in a very large number of cases, especially among elderly people. The proper causes of prolapsed bowels are two:—

(1.) Tight-lacing from corset-wearing or the pressure of tight bands, in women, or from wearing belts, a practice not uncommon among soldiers and certain classes of laborers, in men.

(2.) Relaxed condition of the abdominal muscles, common in both sexes, is the most frequent in women; the result, either of improper dress, or sedentary life and inattention to proper attitudes in sitting, standing, and walking. When the large intestine becomes prolapsed, it is not infrequently enfolded upon itself, so as to produce a sort of pseudo-stricture, so that the fecal matters detained in their passage along the intestine, become hardened and accumulate.

2. Dilatation of the large intestine results usually from over-accumulation of fecal matters, but is sometimes the result of abnormal fermentations. This condition may be the result of the preceding, as the pressure of vigorous abdominal muscle is necessary to prevent over-accumulation of gas, and to support the thin walls of the intestines. It is quite likely, however, to result from neglect to empty the bowels regularly. When over-accumulation has been allowed to exist habitually for some months or years, the walls of the intestines may be permanently stretched so that their natural muscular activity is gone and can never be recovered, although some improvement may be secured by proper treatment. This condition is common in both sexes, but

is more frequent in women, and is the direct result of improper dress and sedentary habits.

3. Dilatation of the stomach, a condition exceedingly common in persons suffering from dyspepsia, existing in fully one half of all cases of this sort; sometimes becomes a cause of constipation by provoking intestinal catarrh through the irritating influence of fermented and improperly digested substances, which, after a long delay, escape from the stomach into the intestine.

4. General weakness and relaxation of the muscular system of the body may induce a similar condition of the intestinal muscles, resulting in constipation from deficient peristaltic activity; hence, exhausting labor, or in fact anything which exhausts the nerve centers, may give rise to intestinal sluggishness.

5. A torpid liver, by which is meant a liver which does not secrete a sufficient quantity of bile, may be the cause of constipation. Bile is a natural laxative, serving to stimulate the muscular contraction of the intestinal walls. When deficient in quantity, deficient intestinal activity is a natural result. Any thing which clogs the liver, or renders it inactive, may be a cause of constipation. The excessive use of sweets, fats, and the use of animal food, condiments, tea, and coffee, must all be considered as productive of constipation, through their influence upon the liver.

6. Hemorrhoids may be a cause of intestinal inactivity, acting mechanically to prevent complete evacuation of the bowels, and to cause a retention and hardening of fecal matter. The number of persons who carry about with them constantly, considerable quantities of hardened fecal matter in the large intestine must be very great, as we may judge from the results of treatment in dislodging old accu-

mulations of this sort in cases which have come under our care. In some cases, great quantities of black and decomposing matter have been discharged after two or three weeks, during which time the patient's bowels had been daily washed out with two or three quarts of warm water applied in the most thorough manner possible.

7. Rectal ulcer, catarrh of rectum, and an irritable rectum resulting in spasmodic contractions of the muscles which close the lower end of the bowel sometimes induce constipation by presenting too great resistance to the expulsive effort by which the fecal matters are discharged from the body, so that the bowel is never completely emptied, and the accumulations thus begun are gradually increased.

8. A loss of natural sensibility in the mucous membrane of the rectum is doubtless a frequent cause of constipation. This semi-paralyzed condition is usually due to neglect to evacuate the bowels at a regular time. After long neglect of this sort, the natural reflex activities by which the bowels are stimulated to expulsive action, are no longer awakened by the presence of fecal matters in the rectum, and constipation is the result.

9. Another cause of constipation should be mentioned: excessive dryness of the fecal matters, which prevents their ready movement along the large intestine. This is usually the result of too long retention within the large bowel, but may result from other causes, as a feverish condition, or from a deficient secretion of the mucus which acts as a lubricant.

10. Many persons are suffering from chronic con-

stipation as the result of orificial surgery. The rectum not only contains pockets in which a quantity of mucus is formed for the purpose of lubricating the fecal mass as it is expelled from the body, but a fringe of papillæ is also found in the healthy rectum just within the anal orifice. These papillæ are connected with nerves, the function of which is to bring forcibly and involuntarily into action at just the right moment the strong muscles of the abdominal walls, so as to accomplish complete evacuation of the bowels. These pockets and papillæ were discovered, not by Dr. Pratt, of Chicago, but by Prof. Horner, the eminent anatomist of Philadelphia, who described and pictured them in his Anatomical Atlas, nearly half a century ago. The orificial surgeon industriously trims off every papilla, and slits up every pocket, for no other reason, that we have been able to discover, except the lining of his own pockets, but certainly to the great disadvantage of the patient, who, with his rectum thus maimed, has lost two important links in the chain of automatic activities by which nature secures a daily evacuation of the bowels.

Any course of treatment, to be curative of this condition, must take into consideration all the various possible causes which may have brought about the intestinal inactivity in any particular individual case. It is necessary also, not only to remove these causes, but to repair, so far as possible, by the application of efficient means, the damage which has been wrought by the operation of wrong habits and morbid influences.

THE DANGER FROM GRAVEYARDS. — The notion that graveyards are a means of propagating and diffusing microbes of a character dangerous to the public health, has impressed itself upon the minds of many sanitarians within the last quarter of a century, and it has frequently been proposed that there should be a general revival of cremation as a mode of disposal of the dead. It is doubtful whether this method of disposing of the remains of departed friends will become popular within the present century, and perhaps not for a long time to come, but it is more than likely that the ancient mode of burial which consisted in first reducing the body to ashes and then depositing them in an urn, may sometime be revived in this country. Indeed the practice seems to be making headway in nearly all civilized countries, not a few crematories having been erected in different parts of the civilized world.

Recently Dr. Justin Karlinki, of Herzegovnia, has reported the results of extensive investigations

which he has been making for the purpose of determining the changes which occur in bodies which have been buried in the usual way. His results show that the putrefactive process is invariably accompanied by a rise of temperature above that of the soil around, and that the rise is higher when the parts examined have been taken from bodies that have succumbed to infectious diseases, than from other bodies. He found that typhoid bacilli may retain their vitality in the decomposing spleen for three months, and are annihilated only by rapid putrefaction. The author says that he had previously shown that typhoid germs could retain their vitality for five months in soil, but that if the earth were thoroughly saturated with rain water, they were destroyed in from seven to fourteen days. The part played by the soil in the origin of epidemics should not, he thinks, be underestimated, since typhoid germs can exist in water only for a short time. The above observations explain the prevalence of typhoid in dry seasons.

HICCOUGH.— This sometimes troublesome affection is usually relieved by so simple an expedient as holding the breath for half a minute, or swallowing a small quantity of salt and vinegar. But these simple remedies sometimes fail; a faradic battery may then be tried. It should be applied, one pole at the spine or upper part of the neck, the other under the ribs on one side; or the two poles may be applied, one under the ribs on one side, and one at the same point on the other side. The current should be strong enough to cause the muscles to contract strongly— even somewhat painfully; this remedy will sometimes fail. A few drops, from five to ten, of chloroform on a small quantity of sugar, may be swallowed. Occasionally the hiccoughing is due to dilatation of the stomach, and an accumulation of fermenting fluids. In such cases the stomach must be emptied by means of a stomach tube. The introduction of the stomach tube is by no means so distressing a process as may be imagined; the flexible portion of the rubber tube is easily carried down the throat of a patient by repeated efforts at swallowing, and as soon as it reaches the stomach, the gagging or retching of the patient forces the fluid out through the tube. The stomach should be washed out with a solution of soda, a teaspoonful to a pint of water.

NEW TREATMENT FOR RATTLESNAKE BITE.— Dr. A. W. Barber recently reported in the *Therapeutic Gazette*, the successful treatment of nine cases of rattlesnake bite, by bathing the wound and injecting the surrounding parts with a 15 per cent solution of permanganate of potash. The remedy is harmless and destroys the poison.

Dr. Barber also makes a new suggestion which seems a valuable one; namely, that the limb should be ligated intermittently—that is, a constriction should be applied above the wound so tightly as to completely interrupt the circulation, and should then be loosened for the space of a minute at a time at intervals of, say, half an hour. Continued constriction would, of course, produce serious injury and ultimate death of the part. By this plan the poison can be prevented from entering the circulation in fatal quantities, and the removal of the constriction for a short time serves to maintain the circulation in the limb without admitting a sufficient amount of poison into the general circulation at one time to produce fatal effects. The poison being slowly admitted in this way is removed with sufficient rapidity to produce no serious injury, but at the same time sucking of the wound is practiced, with free incisions to the bottom of the wound so as to

promote bleeding, and when possible, immediate cauterization. The permanganate of potash solution is thoroughly rubbed into the incisions, and injected by means of a hypodermic syringe into and around the swollen tissues.

FOR SPRAINS.— A writer in the *Medical Record* commends the use of water at a temperature of 120° F. as an excellent remedy for sprains. The water is applied in the form of a douche or spray. If no convenient apparatus is at hand, the water may be poured upon the part from a dipper or teapot.

CANNED MEATS.— It is not generally known that canned meats which may keep perfectly for a year or two, after that time deteriorate and often become extremely unwholesome. Many cases of sickness may be traced to these canned meats. Those who will use such questionable food should ascertain as accurately as possible the date on which the meat was canned. It would be well, as has been suggested, if the manufacturers were required to stamp their cans with a date mark so that each customer may be able to determine for himself whether he is consuming the flesh of a beast that has lived in modern times, or an antediluvian.

CHLOROFORM WATER IN DIPHTHERIA.— Prof. Loeffler, the renowned discoverer of the particular germ which is now recognized as the specific cause of diphtheria, recommends a cold, saturated solution of chloroform in water as the best remedy in diphtheria. The remedy has been practically tried, and it is reported as very successful. A 1 per cent solution of chloroform can be easily made by the addition of a small quantity of magnesia to the water. The remedy may be used as a gargle, or may be applied with an atomizer giving a strong, coarse spray, if the child is too small to gargle.

ARTIFICIAL HUMAN MILK.— The *Pharmaceutical Journal* reports success in the use of the following mixture as a substitute for human milk: New cow's milk, 3 pints; cream, 4 ounces; milk sugar, $3\frac{1}{4}$ ounces; water, 2 pints.

The milk sugar is dissolved in the water, and then added to the other ingredients. This mixture may be prepared in large quantities, if desired, and sterilized by means of the Sanitarium sterilizer, after being treated in which it may be kept for an indefinite length of time. We have samples of milk now on hand which were put up last June, and which are still in as perfect condition as when first sterilized.

ANSWERS TO CORRESPONDENTS.

CUTICURA, ETC.—Mrs. J. M. A., California, asks, “1. What are the curative properties of ‘Cuticura,’ and ‘Mansfield’s Capillaries?’ 2. Are lemons and sour fruit bad for eczema? 3. Is it well to eat rolled oats and wheat raw? 4. Will fresh dried beans be benefited by parboiling two or three times?”

Ans.—1. “Cuticura” ointment consists of vaseline colored and perfumed, containing 2 per cent of carbolic acid. “Cuticura Resolvent” is said, by the St. Louis *Druggist*, to consist of aloes, rhubarb, iodide of potash, and whisky. Whisky is the principal ingredient. We have not been able to find any analysis of the Cuticura soap, and are also unacquainted with Mansfield’s Capillaries. 2. Lemons and acid fruits are not harmful in cases of eczema unless they create a disturbance of digestion. 3. No. Grains should always be cooked. Human beings are not able to digest the raw starch of grains or vegetables. Herbivorous animals have stomachs adapted to such food, but human beings require that the starch should be changed by cooking. 4. The strong flavor of beans, which to most persons is unpleasant, is removed by repeated parboiling, thus securing a less pronounced flavor.

TREATMENT FOR OPIUM HABIT—HIVES.—A. S. M., Illinois, asks, “1. What is the treatment usually given by so-called ‘specialists’ for the opium habit? 2. What is good for hives?”

Ans.—1. The patient is given some narcotic as a substitute for the opium, the drug being afterward gradually withdrawn. In some instances, strychnia, atropia, and other powerful drugs are employed. 2. Hives is usually due to indigestion. It is sometimes produced by particular articles of food. The cause must be sought and removed.

DOES POISON REMAIN IN THE SYSTEM?—S. E. S., Mass., was poisoned twenty years ago, and thinks that some of the poison still remains in his system. Says that he feels its effects in his eyes, which are regularly inflamed every year at a particular season. Asks what treatment we would recommend.

Ans.—Cases are frequently reported in which persons after having suffered from ivy poisoning are subject annually to eruptions similar to that produced by the poison. These eruptions are not due to the fact that the poison remains in the system, but to the susceptibility of the system to irritation of the skin or mucous membrane, which has remained behind as an effect of the poison, and which manifests itself especially at a certain season of the year.

MORNING WEARINESS AND LANGUOR.—S. L. C., Washington, D. C., says that she feels weary and “good for nothing” upon rising in the morning, which feeling continues until about noon, each day, when she gradually improves, and feels pretty well later in the afternoon. She inquires, “What is the cause of this? and what ought I to do for myself?”

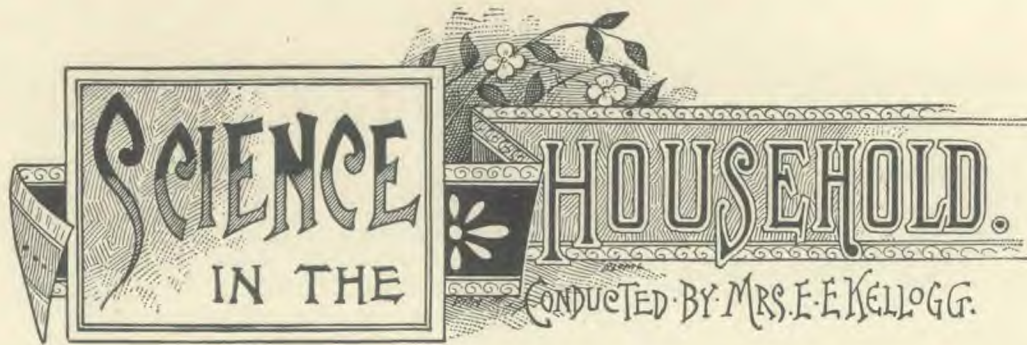
Ans.—The patient is suffering from neurasthenia. She ought to have a change and skillful medical treatment.

PHLEGM IN THE THROAT—WORMS, ETC.—Mrs. M. D. B., Kansas, is troubled with a sticky choking mucus, or phlegm, that collects in the throat—a complaint which seems to be quite general in that section. It is not the result of a cold or lung trouble, but is much worse at some times than at others. She asks, “1. What is the cause of this, and the remedy? 2. What is the treatment for round, white worms? If santonin, would like prescription. 3. Is there anything better for a cathartic than senna or bitter apple? 4. What effect has salt in bath water?”

Ans.—1. Chronic catarrh of the pharynx or larynx, or both. 2. An excellent prescription for the intestinal parasites, which we suppose to be referred to, is a mixture of equal parts of fluid extract of spigelia and senna, to be taken in half-teaspoonful or teaspoonful doses, while fasting, until thorough purgation is produced. Santonin is a drug too powerful to be used except under the direction of a physician. 3. Cathartics should seldom be employed except under the direction of a physician. Mild laxatives are less harmful, though even these may be abused. We would not advise the use of senna or any cathartic without consultation with a physician. 4. The effect of adding salt to the water of a bath is simply to increase the stimulating effects of the bath and the skin, salt being slightly irritant.

SEA SALT FOR BATHS—HARMFULNESS OF VANILLA.—E. S. S., Ontario, asks the following questions: “1. Is sea salt better than common salt for a tonic bath? 2. Is extract of vanilla, as prepared for flavoring purposes, harmful?”

Ans.—1. No. Common salt in the proportion of one or two tablespoonfuls to the quart of water forms a solution in every respect equal to sea water for a tonic bath. 2. The extracts of vanilla sold from the stores are often adulterated with wholly artificial products. Pure vanilla in the small quantity used for flavoring purposes is not likely to be harmful.



SCIENCE
IN THE
HOUSEHOLD.
CONDUCTED BY MRS. E. E. KELLOGG.

BREAKFAST DISHES.

BY MRS. E. E. KELLOGG.

A GOOD breakfast is the best capital upon which people who have real work to do in the world can begin the day. If the food is well selected and well cooked, it furnishes both cheer and strength for their daily tasks. Poor food, or good food poorly prepared, taxes the digestive powers more than is due, and consequently robs brain and nerves of vigor. Good food is not rich food, in the common acceptation of the term; it is such food as furnishes the requisite nutriment with the least fatigue to the digestive powers. It is of the best material, prepared in the best manner, and with pleasant variety, though it may be very simple.

“What to get for breakfast” is one of the most puzzling problems which the majority of housewives have to solve. The usually limited time for its preparation requires that it be something easily and quickly prepared; and health demands that the bill of fare be of such articles as require but minimum time for digestion, that the stomach may have chance for rest after the process of digestion is complete, before the dinner hour. The custom of using fried potatoes or mushes, salted fish or meats, and other foods almost impossible of digestion, for breakfast dishes, is most pernicious. These foods set completely at variance all laws of breakfast hygiene. They are very difficult of digestion, and the thirst-provoking quality of salted foods, makes them an important auxiliary to the acquirement of a love of intoxicating drinks. We feel very sure that, as a prominent temperance writer says, “It very often happens that women who send out their loved ones with an agony of prayer that they may be kept from drink for the day, also send them with a breakfast that will make them almost frantic with thirst before they get to the first saloon.”

The foods composing the breakfast *menu* should be simple in character, well and delicately cooked,

and neatly served. Fruits and grains and articles made from them offer the requisites for the ideal breakfast. These afford ample provision for variety, are easily made ready, and easily digested, while at the same time furnishing excellent nutriment in ample quantity and of the very best quality. Meats, most vegetables, and compound dishes, more difficult of digestion, are better reserved for the dinner bill of fare. No vegetable except the potato is especially serviceable as a breakfast food, and it is much more readily digested when baked than when prepared in any other manner. Stewing requires less time for preparation, but about one hour longer for digestion.

As an introduction to the morning meal, fresh fruits are most desirable, particularly the juicy varieties, as oranges, grape fruit, melons, grapes, and peaches, some one of which is obtainable nearly the entire year. Other fruits; as apples, bananas, pears, etc., though less suitable, may be used for the same purpose. They are, however, best accompanied with wafers or some hard food, to insure their thorough mastication.

For the second course, some of the various cereals, oatmeal, rye, corn, barley, rice, or one of the numerous preparations of wheat, well cooked and served with cream, together with one or more unfermented breads (recipes for which are frequently given in this journal), cooked fruits, and some simple relishes, are quite sufficient for a healthful and palatable breakfast.

If, however, a more extensive bill of fare is desired, many delicious and appetizing toasts may be prepared, recipes for some of which appear in this number, and which, because of their simple character and the facility with which they can be prepared, are particularly suitable as breakfast dishes. The foundation of all these toasts is *zwieback*, or twice-baked bread,

prepared from good whole-wheat or Graham fermented bread cut in uniform slices not more than a half inch thick, each slice being divided in halves, placed on tins, or what is better, the perforated sheets recommended for baking rolls, and baked or toasted in a slow oven for an hour or longer, until

it is browned evenly throughout the entire slice. The longer and slower the browning process, the more tender the zwieback. The zwieback may be prepared in considerable quantity, and kept on hand in readiness for use. It will keep for any length of time if stored in a dry place.

SOME SEASONABLE RECIPES.

GRAVY TOAST.—Heat a quart and a cupful of rich milk to boiling, add salt, and stir into it three scant tablespoonfuls of flour which has been rubbed to a smooth paste in a little cold milk. This quantity will be sufficient for about a dozen slices of toast. Moisten slices of zwieback with hot water, and pack in a heated dish. When serving, pour a quantity of the cream sauce over each slice.

BANANA TOAST.—Peel and press some nice bananas through a colander. This may be very easily done with a potato masher, or if preferred, a vegetable press may be used for the purpose. Moisten slices of zwieback with hot cream, and serve with a large spoonful of the banana pulp on each slice. Fresh peaches may be prepared and used on the toast in the same way.

ROLLED WHEAT WITH STEAMED APPLES.—An appetizing breakfast dish may be prepared by cooking rolled wheat with three parts water in a double boiler for three hours. The wheat may be cooked the day previous and warmed in the morning by filling the

TEACHING FACTORY GIRLS GOOD HOUSEWIFERY.—A European correspondent of a cosmopolitan newspaper details the following benevolent scheme for teaching the factory girls (always so ignorant of the first essentials of housekeeping) of a certain town in Germany, by practical experience, how to manage in homes of their own:—

“The ladies of Elberfeld, Germany, have adopted a practical system for teaching factory girls how to become good wives. It is well known that factory girls are singularly remiss in everything pertaining to good housewifery, and that when they marry, they know no more about getting up a good dinner than they do about sailing a yacht. The plan of the Elberfeld women is to take these girls into their homes for a year of service previous to their marriage. So now in Elberfeld the plan of teaching factory girls how to live is something like this: As soon as a factory girl becomes engaged to be married, she

outer boiler with boiling water, placing the inner vessel containing the wheat within and heating until the grain is hot throughout. No additional liquid will be needed and no stirring required. Meanwhile have some apples pared and quartered. Place them on a plate in a steamer over a kettle of boiling water, and steam until tender. When done, put them in the bottom of a large earthenware dish, sprinkle very lightly with sugar, turn the heated grain over them, and serve hot with cream.

LENTIL BISCUIT.—Cook one cup of lentils in water sufficient to make one pint in all when cooked, and rubbed through a colander. Add to the lentils thus prepared, salt to season, and two and one fourth pints of grated bread crumbs. Shape into biscuits and brown in a hot oven ten or fifteen minutes.

BERRY TOAST.—Take fresh red or black raspberries, blueberries, or strawberries, and mash well with a spoon. Add sugar to sweeten, and serve as a dressing on slices of zwieback previously moistened with hot cream.

gives up her position and takes employment with some woman who pledges herself to teach the girl all she knows about cooking, baking, sweeping, and all other housewifely arts. At the end of the year the girl is qualified to keep house properly and economically. And if, by a mischance, there should be a slip between the matrimonial cup and lip, the young woman has learned so much that she can go right on in domestic service, earning good wages, if she so desires.”

GREASE spots that have burnt and become hard on the stove, may be removed when stove is cold, by using kerosene oil on the cloth before rubbing them.

GOOD flour adheres slightly to the hand, and if pressed in it, shows the impress of the lines of the skin. Dough made of it is yellowish white, and does not stick to the hands after sufficient kneading.

LITERARY NOTICES.

THE May number of the *Century* is a number of unusual interest, and begins a new volume of this popular magazine. Three important serial features are begun this month, namely,—Senor Castelar's "Life of Christopher Columbus"; "The Chosen Valley," a story of Western life, by Mary Hallock Foote; and the series of articles describing the architectural features of the World's Fair, which a well-known architect is to contribute.

THE April *St. Nicholas* has plenty of attractions. The frontispiece, after a painting by Couture, and the artistic pictures of Mary Hallock Foote, illustrating her vivid sketch of life in the great West, are of unusual excellence. "The Lark's Secret" is a poetic bit of writing containing a bit of truth worth remembering. We have only space to give barest mention of a portion of its contents, such as, "A Story of the Swiss Glacier," the two papers on "Kite Flying," "Seven Years without a Birthday," "A Shocking Affair," etc., etc.; but it was long ago conceded that *St. Nicholas'* departments never lack in brightness nor interest and that its illustrations always remain unsurpassed. The Century Publishing Co., New York.

THE *Pansy* for May is a seasonable number. Two notable articles are "About New York," and the English Literature paper—"John Milton." These are full of cleverly described incidents, and will stimulate the taste for a broader study along these same lines of thought. The stories are bright, as the *Pansy* stories always are, the poems good, and the articles throughout such as will attract attention. "Way Stations," by Pansy, and the "Frisbie School," by Margaret Sidney, both wholesome and healthful, as well as interesting stories, this month develop fresh interest. D. Lothrop Company, Publishers, Boston.

"LETTERS OF SAMUEL JOHNSON, LL.D." Collected and edited by George Birkbeck Hill, D.C.L., Pembroke College, Oxford; editor of Boswell's "Life of Johnson." Two volumes. Vol. I., pp. lii., 423, October 30, 1771, December 21, 1776; Vol. II., pp. ii., 476, January 15, 1777, December 18, 1874. With a fac-simile letter, 8vo, Cloth, Uncut Edges and Gilt Tops, \$7.50. (*In a box.*) Harper & Brothers, Franklin Square, New York.

This collection of letters, although not including any that are found in Boswell's "Life" is the most complete yet published. The letters show, as no other publication has done, how admirable Dr. John-

son was in his correspondence. In matter and manner they exhibit a delightful variety—fine, weighty passages worthy of a philosopher, that strong common sense so characteristic of the man, that vigorous English of which he was master, and in some instances a playfulness and lightness of touch which will surprise those who know him only by his formal writings.

"SYBIL KNOX; OR, HOME AGAIN: A Story of To-day," by Edward Everett Hale, author of "The Man Without a Country," "In His Name" etc., is announced by the Cassell Publishing Company. There is no author in America who is known to a wider circle of readers than Edward Everett Hale, and a new book from his pen is sure of a large audience. Dr. Hale always has a story to tell, but he mixes a moral with it, and is so dexterous a compounder that the reader is unconscious of anything but the pleasant taste left by the story. There is a good deal of action in the story, with stirring Western scenes as well as Eastern episodes.

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THE May number of the *Arena* closes Vol. V., of that monthly, it being now two and one half years old. Its career, though brief, has yet been a pronounced success. No review published is so hospitable to new thought and advanced ideas. It gives more space than any other leading magazine to the discussion of social, economic, ethical, religious, and educational problems; indeed it may be called the literary stamping ground of reformers in every field. Several features of the magazine, such for example, as portraits of leading thinkers, brilliant biographical sketches, etc., combine to make it immensely popular with all members of the families that receive it. The Arena Publishing Co., Boston.

PUBLISHERS' DEPARTMENT.

MRS. O. W. WILLITTS, who was for seven years a missionary to China, is sojourning at the Sanitarium, having brought here her invalid mother. Rev. and Mrs. Willitts were stationed at Peking. They were obliged to return to this country a year ago on account of Mr. Willitts' failing health, but hope to be able to take up the work again some time in the near future.

* *

THE State Boards of Health of Pennsylvania, Ohio, Illinois, and Iowa have shown wisdom in a recent action forbidding the transportation of bodies of persons who have died of diphtheria. Doubtless the disease has often been propagated by the transportation of corpses from one point to another. It is to be hoped that similar action will be taken by other States, so that this highly unsanitary practice may be wholly discontinued.

* *

DR. J. W. GRAYBILL, formerly a medical missionary at Matamoras, Mexico, delivered an interesting address before the Sanitarium patients, a short time since. Dr. Graybill is a clergyman as well as a physician, and has spent some years in successful medical missionary work in Mexico. He was compelled to leave his post there on account of the health of his wife, who is now a patient at the Sanitarium, and making excellent progress toward recovery.

* *

OUR old friend, Mr. T. J. Cox, of Iowa City, Iowa, is again spending a few weeks at the Sanitarium, not as a patient, however, this time, but simply for an agreeable change and to renew old acquaintances. Mr. Cox looks remarkably young for a man of his age, and says he feels as young as twenty years ago. His proverbial good spirits certainly indicate a healthful state of mind, and are a source of encouragement to those who are now fighting the same battles with disease which he fought but a few years ago.

* *

MRS. MARGARET CUSTER CALHOUN, State Librarian, and sister of the famous General Custer, who lost his life in the terrible Indian massacre which occurred some years ago, has been stopping for a few weeks at the Sanitarium. Two brothers of Mrs. Calhoun, together with her husband, fell with the General at the time of the terrible tragedy referred to. The shock of such a sad bereavement, together with the long-continued strain of mental work, have reduced the patient to a state of nervous exhaustion, from which, however, there is hope that she may rally through the aid of efficient treatment.

* *

THE report of the April meeting (which was also the annual meeting) of the Michigan State Board of Health shows great activity on the part of the Board in the suppression of contagious diseases. The Secretary reported that within the last three months, action had been taken by the Board respecting 420 outbreaks of contagious disease. The work which the Michigan Board of Health has done in this direction has attracted much attention, not only in this country, but in foreign countries, among sanitary authorities. In many respects the Michigan Board has been a model for the Boards of other States, and a large share of the Boards now existing in this country were organized after the plan of the State Board of Health of Michigan. There is no important work carried on by any State which gives so great a return for the amount expended, as does a well organized State Board of Health. We shall take occasion to notice in our next issue, some matters of great importance, which were considered at the meeting of the Board above referred to.

THE Sanitarium patients were kindly favored, a short time since, by a stereopticon exhibition of views of South Africa, by Mr. Phillip W. B. Wessels, a native of that country, of Dutch descent, who has been spending three years as a student in the Battle Creek College. Mr. Wessels' father and uncle were the discoverers and owners of the celebrated Kimberly diamond mines of that region, views of which were shown, as well as of gold mines, scenic views, pictures of native Africans, etc. Mr. Wessels has since departed for his native land, bearing with him the good wishes of many friends whom he won in this country.

* *

DR. PAUL PAQUIN, Director of the Sanitarium Laboratory of Hygiene, was lately called by telegram to Montana, to investigate a strange epidemic disease which has recently appeared in that State, among the horses. More than \$100,000 worth of valuable stock has already been lost by the disease, which seems to be rapidly extending. Dr. Paquin's extended experience in the investigation of germ diseases, and his well-known success in ferreting out and suppressing the active cause of mischief in similar cases, has given him national reputation. The bacteriological researches necessary for a complete study of this strange epidemic will be conducted in the Sanitarium Laboratory of Hygiene, which is fully equipped with facilities for work of this sort.

* *

HON. ALFRED A. POPE, of Boston, Mass., who has done so much in the interests of the improvement of roads in this country, — a reform which is greatly needed, — is seeking to awaken an interest in a Road Exhibit to be made at the World's Columbian Exposition. Any one who has ever traveled in any country outside of this, exclusive, of course, of the barbarous and semi-civilized countries, must have noted the great difference between American and foreign roads. In England, France, Germany, — in fact in every great country except the United States, — the excellence of the public roads is a feature which constantly impresses the traveler. We hope Mr. Pope will succeed in creating a sufficient interest in the proposed exhibition to teach the people of this country a valuable and much needed lesson.

* *

ARSENICAL POISONING. — There is no doubt that arsenic is one of the most powerful poisons known. M. B. Church, of Grand Rapids, the manufacturer of Alabastine, the popular sanitary wall-covering, has made some observations which seem to refute the observations reported by Prof. Chandler, by which the latter has undertaken to maintain the innocence of arsenical wall papers. Mr. Church, as we learn by letter from him, is the manufacturer of a "potato-bug" poison which contains $1\frac{1}{2}$ per cent of Paris green. It is made by automatic machinery in a closed room, into which no one is allowed to enter except to fill the receivers of the apparatus. He observes that the men who simply head up the barrels containing the poison, are very appreciably affected by it, so that it is not safe to allow them to work more than a week or two at a time, although they wear respirators and sponges for the protection of the nose and mouth. Mr. Church is a firm believer in the fact so graphically proven by Professor Kedzie, some years ago, in his "Pictures from the Walls of Death," a paper which probably did more to compel the manufacturers of wall paper to discontinue the use of arsenic, than any or all other agencies combined. As we have often remarked, it is far better to dispose of wall papers altogether, since so admirable a covering for walls can now be obtained in Alabastine, which is recommended by all sanitary authorities.

PUBLISHERS' DEPARTMENT.

SHEEP RAISING IN DAKOTA is a financial success, as is evidenced by the statements made by prominent Dakotians in a pamphlet just issued by the Chicago, Milwaukee & St. Paul Railway, a copy of which will be sent free upon application to J. H. Highland, Gen'l Freight Agent, Chicago, Ill., or to Harry Mercer, Michigan Pass. Agent, 82 Griswold Street, Detroit, Mich.

* *

THE SISSETON INDIAN RESERVATION in South Dakota will be opened to settlement on or about April 15, 1892. This reservation comprises some of the choicest lands in Dakota for farming and sheep raising purposes. For detailed information, address W. E. Powell, General Immigration Agent, Chicago, Milwaukee & St. Paul Railway, Chicago, Ill.; or Harry Mercer, Michigan Passenger Agent, 82 Griswold Street, Detroit Mich.

* *

THE NEW ROUTE TO COLORADO—First-Class Sleeping Cars—Electric Lighted—run daily between Chicago, Omaha, Lincoln and Denver, via the short line of the Chicago, Milwaukee & St. Paul R'y—Chicago to Omaha—and the Burlington Route—Omaha to Lincoln and Denver. Leave Chicago 6:00 P. M., arrive Omaha next morning. Denver second morning for breakfast, face and hands washed, ready for business or pleasure. Time and money saved. All Coupon Ticket Agents in the United States and Canada sell Tickets via the Chicago, Milwaukee & St. Paul R'y., or address Harry Mercer, Mich. Pass. Agent, 82 Griswold street, Detroit, Mich.

* *

MRS. KELLOGG'S COOK BOOK.—The publishers of this work are glad to be able to announce that the plates of the work are at last completed, and the book in press and likely to be ready for delivery very soon. Outfits for agents are already prepared and orders will be received. The work contains 550 pages, 32 illustrations, and 9 plates, of which 3 are colored. The text comprises a description of all common food-substances, including their dietetic uses and value, tables showing the time required for digestion, and also most complete tables showing the food-values of various food-substances which have never before been published in the English language. The vast store of useful knowledge on all subjects pertaining to food and its preparation for the table includes between 800 and 900 valuable recipes, nearly all of which are original and cannot be found elsewhere, and all of which have been thoroughly tested many times.

One feature of the work which every housekeeper will appreciate, is a carefully arranged bill of fare for every day in the year, that is, a year's program of breakfasts and dinners, the bills of fare for which have been arranged with the greatest care, and tested in actual experience.

This work fills a place which has never before been filled by any similar production, and it is destined to find its way into many thousands of households; for it supplies just the information which the practical housekeeper wants, and which is not to be found in works which have heretofore appeared.

The work is published in two styles, oil cloth and muslin binding. The oil-cloth binding, for a book of this character, intended for practical and frequent use, is preferred by most persons, as it is not readily soiled, and can be washed, if necessary, to remove finger marks from the cover.

This work is the product of many years' patient labor, and a very large expense has been incurred in its preparation. Nevertheless, to encourage its wide circulation, the price has been placed at the modest sum of \$2.90 for the oil-cloth binding, and \$3.25 for muslin. Orders should be addressed, Good Health Publishing Company, Battle Creek, Mich.

* *

THE Michigan Passenger Agents' Association recently held its monthly meeting at the Sanitarium. The managers were pleased to make the acquaintance of so courteous and intelligent a body of men, and the members of the Association appeared to be much interested in the various features of the Institution, which were explained to them during a hasty trip through the buildings at the conclusion of their business session. The following list includes the names of those who were present, together with the railroads which they respectively represented:—

C. C. Craigie, T. P. A., C. & G. T.; H. P. Dearing, G. B. A., M. C.; J. E. Quick, G. P. A., C. & G. T.; J. G. Harris, G. P. A., S. T. & H.; W. H. Bennet, G. P. A., T. A. A. & N. M.; J. A. Dumphy, C. & W. M.; A. F. Mc Millan, Chief Clerk Passenger Dept., M. C.; Jos. S. Hall, Michigan Passenger Agent, M. C.; Jas. Jouston, President Association and Gen. Supt., P. O. & N.; R. E. Downing, Secretary Association; W. E. Davis, G. P. A., C. & G. T.; T. C. M. Schindler, G. P. A., C. J. & M.; John W. Land, Traffic Manager D., G. H. & M.; Ben. Fletcher, T. P. A., D., G. H. & M.; A. Plumer, Chief Clerk Pass. Dept., F. & P. M.; T. W. Moulton, Chief Clerk Pass. Dept., G. R. & I.; Van Dearing, D. P. A., "Soo" South Shore Line.

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Journal of the American Medical Association, Chicago, Ill.

DR. S. POTTS EAGLETON, Resident Physician in the Children's Hospital of Philadelphia. "Résumé
—Hydrogen Peroxide in Surgical Affections." *Medical and Surgical Reporter*, Philadelphia, Pa.

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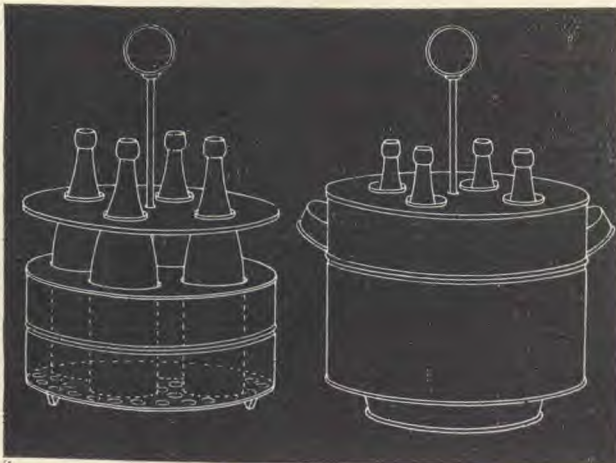
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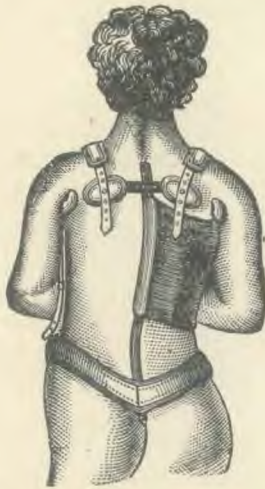
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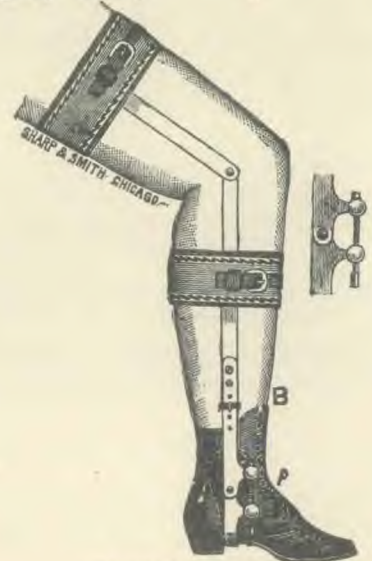
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p m	a m	p m	p m			a m	p m	p m	p m
3.00	9.00	7.00		Boston	8.15	9.50	9.25	10.30	
5.00	5.30	8.00		New York	9.55	7.40	5.07	10.10	
				Buffalo	8.40	5.30	4.20	9.00	
				Niagara Falls	7.30	4.10	3.10	7.10	
				Boston	8.15	9.50	7.83		
				Montreal	8.20	7.40	7.40		
				Toronto	7.35	5.25	7.35		
				Detroit	9.25	7.45	9.25	11.50	
Day	R. C. Pass.	Local	Exp.	Dep.	Arr.	Day	Exp.	Pass.	Arr.
am	pm	pm	pm	am	pm	am	pm	pm	am
3.44				Port Huron	10.01			12.00	
6.50	3.40	12.35	8.40	7.20	6.04	Port Huron Tunnel	9.56	12.25	7.30
8.05	5.10	1.40	10.07	8.51	7.29	Lapeer	8.15	11.15	6.17
8.85	5.47	2.08	10.45	9.35	8.13	Flint	7.30	10.45	5.40
7.10	4.30	11.40	8.25	8.25	7.10	Bay City	8.45	7.22	8.55
7.55	5.15	12.18	9.00	9.00	7.55	Saginaw	8.00	6.45	8.00
9.05	6.50	2.35	11.20	10.30	9.30	Durand	6.20	10.20	5.03
10.02	7.55	3.20	12.15	11.30	10.35	Lansing	5.10	9.30	4.00
10.29	8.30	4.15	12.45	12.05	11.15	Charlotte	4.30	9.01	3.25
11.15	9.25	4.30	1.35	1.00	12.25	BATTLE CREEK	3.35	8.20	2.40
11.53	pm		2.20	1.45	1.08	Vicksburg	2.35	7.43	1.48
12.40		5.40	3.18	1.42	2.06	Schoolcraft	1.29	7.00	12.45
1.20		6.20	4.00	3.30	2.50	Cassopolis	12.45	6.20	12.00
2.45		7.35	5.30	5.10	4.30	South Bend	11.10	5.00	10.30
4.50		9.30	7.37	7.50	7.00	Valparaiso	8.40	3.00	8.15
p m		pm	am	am	pm	Chicago	am	pm	am

Where no time is given, train does not stop.
 Trains run by Central Standard Time.
 Valparaiso Accommodation, Battle Creek Passenger, Port Huron Passenger, and Mail trains, daily except Sunday.
 Pacific, Limited, Day, and Atlantic Expresses, daily.
 Meals served in C. & G. T. Dining Cars on all through trains.
 W. E. DAVIS, Ticket Agt., Chicago.
 A. S. PARKER, Ticket Agt., Battle Creek.

MICHIGAN CENTRAL

"The Niagara Falls Route."

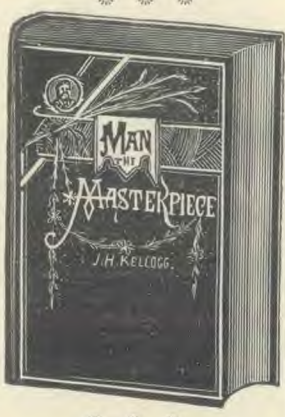
Corrected Jan. 31, 1892.

EAST.		† Mail.	† Day Express.	* N. Shore Limited.	* N. Y. Express.	* Ad'ntic Express.	† Eve'g Express.	† Kal. Accom'n
STATIONS.								
Chicago	am 7.05		am 9.00	pm 12.20	pm 3.10	pm 10.10	pm 9.25	pm 4.55
Michigan City	9.10		11.10	2.00	4.48	am 12.25	11.20	7.00
Niles	10.20		pm 12.48	2.52	5.50		am 12.25	8.25
Kalamazoo	12.00		2.20	3.55	7.04	3.37	2.00	pm 5.10.05
Battle Creek	pm 12.55		2.50	4.25	7.37	4.29	2.45	am 7.10
Jackson	3.05		4.30	5.32	8.52	6.25	4.20	9.45
Ann Arbor	4.42		5.25	6.22	9.45	7.45	5.43	10.55
Detroit	6.15		6.45	7.20	10.45	9.20	7.15	am 12.10
Buffalo	am 3.00		am 3.00	am 3.00	am 6.25	pm 5.05	pm 5.05	pm 8.15
Rochester					5.50	9.55	8.10	
Syracuse					8.00	12.15	10.20	10.00
New York					pm 3.45	pm 8.50	am 7.00	am 1.00
Boston					5.40	11.05	10.45	10.45
WEST.								
STATIONS.								
Boston			am 8.30	pm 2.15	pm 3.00	pm 6.45		
New York			10.30	4.30	6.00	9.15		
Syracuse			pm 7.30	11.35	am 2.10	am 7.20		
Rochester			9.35	am 1.25	4.20	9.55		
Buffalo	pm 11.00		11.00	2.20	5.30	11.50	am 8.45	
Suspension Bridge					3.15	6.25	pm 12.50	
Detroit	am 8.20		am 7.40	9.05	1.20	9.15	pm 4.45	pm 8.00
Ann Arbor	9.35		8.40	9.59	2.19	10.32	5.52	9.18
Jackson	11.25		9.40	10.58	3.17	12.01	7.15	10.45
Battle Creek	pm 1.00		11.12	pm 12.02	4.25	am 1.20	pm 8.47	am 12.05
Lalamazoo			2.17	11.55	12.39	5.00	2.22	pm 9.30
Niles			4.15	pm 1.12	1.48	6.17	4.15	7.40
Michigan City			5.37	2.14	2.48	7.20	5.35	8.55
Chicago			7.55	3.55	4.30	9.00	7.55	11.15

*Daily. †Daily except Sunday. ‡Daily except Saturday.
 Accommodation train for Jackson and all intermediate points leaves Battle Creek at 6.15 p. m., arriving at Jackson at 7.55 p. m., daily except Sunday.
 Accommodation train for Niles and all intermediate points, leaves Battle Creek at 7.53 a. m., arriving at Niles at 10.05 a. m., daily except Sunday.
 Trains on Battle Creek Division depart at 8.13 a. m. and 4.35 p. m. and arrive at 12.40 p. m. and 7.00 p. m., daily except Sunday.
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