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GEORGE WILLIAM CHILDS.

(1892.)

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BIOGRAPHICAL HEALTH STUDIES.

BY F. L. OSWALD, M. D.

Author of "Physical Education," "The Bible of Nature," etc.

3.—George W. Childs.

IN that most many-sided of all philosophical allegories, the "Travels of Lemuel Gulliver," the ingenious author describes a nation that had no specific name for the idea of Death, but called the end of existence "The Return to First Mother,"—a definite cure for all the afflictions of life.

A similar remedy can now and then be applied on this side of the grave. From the manifold ailments incident to our complex civilization we ought to take refuge in the realm or our First Mother, Nature, and cure the evils of city life by a temporary return to the habits of our primitive forefathers,—frugal fare, out-door exercise, field sports, and woodland camps.

To an instinctive perception of that truth, George Childs owed the preservation of his health during the busiest period of his life. The exigencies of his professional labors never prevented him from indulging his passion for physical exercise. Like Elihu Burritt, who managed to digest the vocabularies of four ancient and six modern languages by trip-hammer soirees in a blacksmith shop, young Childs would alternate his office drudgery with manual labor: unloading boxes, constructing new shelves, bringing home stacks of books on a wheelbarrow, and devoting the early morning hours to spade work at his suburban garden-cottage.

Withal, he had hygienic sagacity enough to recognize the mistake of that numerous class who consider hard bodily work of any kind a panacea, or, as it were, an atonement for all sorts of sins against the health laws of nature. From his father's cabin in the sandhills of East Baltimore, George had often watched the white sails of the Chesapeake fishing boats, and like many other American boys, associated his daydream of romance and adventure with the life of a sailor on the wide, free sea. For a lad of his age, he was uncommonly short, and in his thirteenth year he went to Norfolk, Virginia, and tried to realize the ideal of his childhood.

Experience in the actualities of a sailor's life soon dispelled that illusion. The spendthrift habits and reckless intemperance of his messmates shocked his economic soul. In his cock-pit berth he longed for the airy hills of Patapsco Bay. His fare of hard-tack and salt pork never ceased to sicken him; and after a fifteen months' struggle against the promptings of his better instincts, he returned to shore and resolved to try his luck in Philadelphia.

He was not quite pennyless, for he had saved every copper of his wages, and besides brought letters of introduction from his Baltimore friends, but his best recommendation was his cheerful, honest face and his evident readiness to make himself useful to the utmost extent of his abilities. He secured a job in a bookstore, and from the first day made the interests of that establishment his own. He would study the specialties of every customer, and anticipate their wishes the next time they called around. On rainy days he used to take down the books, volume by volume, and clean the shelves as they had never been cleaned before. By way of facilitating the work of locating special books at short notice, he labeled the shelves and compiled a little pocket index, which he copied for the benefit of other clerks. His employer soon recognized his abilities, and raised his wages, but young Childs before long

outgrew the curriculum of his training-school, and founded the independent firm of "Childs and Peterson, Booksellers and Publishers."

The publishing business was at first carried on at a rather modest rate, but a few successful hits encouraged the partners to risk more venturous enterprises, and then began the busiest time in the life of the junior, who was in fact the factotum of the firm, and besides planning its program and conducting its correspondence, found time for the supervision of countless practical details.

Childs, who had married the daughter of his friend Peterson, grew rather thin about that time, and was often advised to treat himself to a few months' vacation; but he declined, pleading the apprehension that a week's neglect of the personal supervision of his affairs would make him fret himself into a serious illness. His elastic step and restless energy proved, indeed, that the citadel of his vital vigor had weathered the campaign; he had now and then to silence the importunities of his friends with the promise of an eventual vacation trip, but in the meantime found all the needed recreation in his system of alternating mental and manual labor.

For the first thirty-five years of his life, Childs enjoyed the now-a-days very exceptional privilege of a man who "does not know that he has such a thing as a stomach," and experienced the premonitory symptoms of dyspepsia only in 1866, when he had already burned barrels of midnight oil.

Two years before (December, 1864) he had bought the Philadelphia *Ledger*, and for the next thirty months toiled in the editorial workshop as no newspaper proprietor, with the possible exception of Mr. Joseph Pulitzer, ever toiled before or since. According to his own confession he remained at the desk for fifteen or sixteen hours a day, week after week, allowing himself only twenty-five minutes for dinner, and of course, getting little or no chance for indulging in his favorite prophylactic of garden work.

It was no longer the bustling, downstairs and upstairs activity of his former years, but drudgery of the most trying sort, and that he survived those thirty months at all would prove an almost marvelous innate vigor of his constitution if it did not admit of a more plausible explanation,— the sustaining influence of success. Almost from the day when Childs took hold of the *Ledger*, its business prospects began to brighten, and continued to improve till the annual profits of the publication reached the enormous aggregate of $480,000, the full significance of which fact can only be understood when it is considered in connection with the circumstance that in 1863 the same paper had been losing money at the rate of $6000 a month, and was offered to Publisher Childs almost at any price of his own naming. A man sailing on such a tidal wave of success does not mind a few hours' extra work at the helm of his ship.

The traveler Gerstacker, who visited California in 1851, with his keen semi-Semitic eyes wide open, observes that miners digging nuggets from a "pay-dirt" claim seem practically insensible to the feeling of fatigue. After working from daybreak to nightfall with desperate, restless energy, they would shorten their supper-hour to gain a few minutes' time for repairs of their sluices, then repair to their dug-outs to sharpen their spades, and after a few cat-naps start up at 2 A. M.: "Hurrah, boys, here's daylight, — why, no, confound the luck! it's nothing but the moon."

A similar phenomenon is recorded by the first Napoleon in his own account of that marvelous Italian campaign that could be pushed to a triumphant end before the dread of the victor's genius had raised up a bull-and-bear confederation of conservative Europe: "Were I to name all those who have been distinguished by acts of personal bravery, I must read the muster-roll of all my grenadiers and carbineers of the advance guard. They jest with danger and laugh at death, and if anything can equal their intrepidity, it is the gayety with which, singing alternately songs of love and patriotism, they accomplish the most severe forced marches. When they arrive at their bivouac, it is not to take their repose, as might be expected, but to tell each his story of the battle of the day, and produce his plan for that of to-morrow."

It might, indeed, be said that overwork is not near as deadly as unsuccessful, hopeless, and ill-paid work, and editor Childs floated along on his tide of prosperity without feeling the strain on his constitution, and held on to the helm till the *Ledger* had reached a safe anchorage of storm-proof prestige. To make security double-sure, the paper was removed to the massive, fire-proof building at the corner of Sixth and Chestnut streets, and the editor-in-chief then thought it time to keep his promise to his medical advisers. He really felt the need of rest, as a wrestler's bones begin to ache only on the morning after a dead-lift tussle, and after a few weeks' hesitation between Europe and the Holy Land, Mr. Childs decided to visit England, and if possible, get a look at Paris, the Mecca of American travelers, and (1869) still the seat of the most splendid court of the eastern continent.

The charge of tuft hunting preferred against the guest of British noblemen is absolutely unjust, and seems to have been provoked chiefly by his refusal to join in the demagogic crusade against old England and everything English from the cradle of William Shakespeare to the tomb of William Pitt, and it might even be asserted that the simple-hearted American's familiarity with half a hundred European celebrities and aristocrats is a most triumphant vindication of common-sense vs. ceremonialism. He hated etiquette as heartily as any of his old Norfolk messmates can have hated the red tape formalities of a government quarterdeck, but his hearty handshake and humorous sallies were accepted everywhere as more than an equivalent of French dancing-masters' contortions.

Childs had a foible for architectural luxuries, and on his return from Europe set about copying some of the countryseat fairy-castles he had seen in England and France. His villa at Bryn Mawr became a model of a garden home, and his Long Branch cottage, of a summer residence, but he often besides tried his hand at founding Tusculums for his friends and employees.

He had no patience with people who spend an income of anything more than six hundred a year in boarding house bondage, and it became a proverb that any applicant for a share in the Crœsus editor's charities could carry his point by pretending to contemplate the construction of a suburban home. His preference for Philadelphia among the many great cities of East America was perhaps founded on the same principle. With all its factories, wharf-shops, and slaughter-houses, the City of Brotherly Love is still something like what its founder planned to make it: "A green country town," a city where a larger number of families own homes of their own than, perhaps, any other metropolis of Christendom. Childs had a good eye for fine building sites, and on his trip to the Rocky Mountains, founded his "Home for Invalid Printers" at that unequaled garden spot or the, on the whole, much over-rated "Great West"—Colorado Springs.

Before the end of his fortieth year, Childs's noble hobby of philanthropic munificence had become a confirmed passion. He did not wait for applicants, though their correspondence kept a couple of clerks busy,—but employed agencies of his own to enlarge his list of deserving objects of charity. He pitied misers. "That they are hated and publicly snubbed is not the worst," he used to say, "but if they only knew how ill they treat themselves, in foregoing the highest luxury of existence."

He had no children of his own, and gratified his instinct of benevolence by becoming the protector of hundreds of orphans and scores of friendless invalids. Phrenology must be founded on a mistake if Childs's "organ of benevolence" was not abnormally well developed; but Larabee, at all events, was right that ruling passions will, for better or worse, leave unmistakable traces of their activity on the human countenance, and if a sculptor should try his hand at a type of good nature he could not do better than model his face lines after the portrait of George Childs, in his fiftieth year.

Fourteen years ago Childs had already become the most popular man of North America, if not of the English-speaking universe; and if he had felt any political ambition, he would have made a model embassador (reform committees, too, competed for the honor of his leadership), but from a hygienic point of view popularity of that sort has its occasional drawback. Hospitality and benevolence are to some degree interchangeable terms, and though Childs preferred the peace of his own fireside to the most flattering invitations, he could not prevent his numberless friends from making his home their favorite rendezvous and, in the words of a biographer of Robert Burns: "A crust of rye bread flavored with the turf smoke of a hovel is healthier than a haunch of venison eaten in the atmosphere of a daily debating club."

With such visitors as his friend Anthony Drexel, Childs, of course, felt too much at home to waste a moment of enjoyable time on formalities, but hardly a day passed without very different demands upon his never abundant leisure. Few distinguished strangers visited Philadelphia without hastening to pay their personal respects to the world-famous philanthropist. Dickens, Dom Pedro, and the Duke of Buckingham made his residence their headquarters, and hospitable George Childs never learned to imitate the expedient of Lord Holland, who loved to assemble all the celebrities of the British metropolis, but in the midst of his convivial guests stuck to a hermit's fare and forestalled criticism by keeping up a rocket swarm of puns on his own ascetic habits.

Childs tried to practice "temperance in all things," and to the very end continued to resist the temptation of strong alcoholic stimulants, but his less complete success with pastry and spicy ragouts proves that in matters of diet it is on the whole the safest plan to "regulate the quality and let the quantity take care of itself." Surfeits, aggravated by the dyspeptic influence of that debating-club atmosphere, brought on severe indigestion, which in turn engen-

dered disinclination to physical and mental exercise. Symptoms of plethora became more and more manifest, and Childs and his alter-ego, Drexel, were advised to try a movement cure, but it was too late, at least for the prescribed form of the remedy. A man of sixty cannot be persuaded to undergo a course of contortion gymnastics, and the gospel of garden-work was no longer preached at Bryn Mawr. All the practical result of medical admonition was the promise, and occasional accomplishment of a morning walk on the strictly level streets of the Garden City, a form of exercise which in small doses soon loses its tonic value. Childs objected to hydropathy, and plausibly urged his instinctive preference for warm baths — perhaps a valid argument in cold weather, though, who knows? Our instincts may have ceased to be reliable guides in such matters. On frosty evenings the owner of a comfortable house may feel a strong temptation to go to bed in a well-warmed room, though comparative experiments may often have convinced him that the superior chances of sound sleep in a cold room — with a liberal supply of woolen blankets — are as ten to one.

In Childs's case that neglect of physical exercise had moreover ceased to be offset by active intellectual occupations. The *Ledger* had been put on a paying basis years ago, and was taking care of itself and its proprietor by the enormous profits of its advertisement columns. Much more than the most popular advertising medium of a great city its owner seems never to have intended it to be. "Childs, with all his halo of beneficent deeds," says a competent, and on the whole, decidedly friendly critic, "did not leave a single written line by which posterity will remember his name. The *Ledger* strictly confined itself to the average life of the average householder, but the intrepid championship of new ideas and of to-morrow's reform was out of its province; it did not even attempt to quicken and inspire the life of the community by bringing into the narrow sphere of the borough the world's wider affairs or stirring news of national haps and mishaps."

In summing up the causes of Childs's premature death in the remark that he fell a victim to hospitality and habitual in-doors life, we should therefore add that he lacked the vitalizing influence of a tonic, congenial occupation. Wilberforce was an invalid, but his identification with the great cause of the anti-slavery movement kept him alive till he had witnessed the triumph of that cause. Voltaire was born so weak that his mother's midwife despaired of his survival; and in his fiftieth year the guest of King Frederick was little more than a living skeleton, but the excitement of the fight in the forefront of mental emancipation kept him alive to the end of his eighty-fourth year. The naturalist Buffon, in his eighty-first year declared that he "was sorry to disappoint his prophetic physician, but was still too busy to die."

Childs's chief motive for survival seems for years to have been his attachment to a few of his old friends and employees, and when his last friend, Drexel, died last June, the retired publisher and nominal editor became listless and taciturn, and in his last illness felt the lack of a sufficient motive for recovery. The price of longevity, in fact, is often the active devotion to a cause which enhances the value of individual life, with the conscious result that —

"Each to-morrow finds us further than to-day,"

and work of that sort can neither be deputied nor hypothecated.

In other words, when a man comes to rely altogether on the revenue of his earlier intellectual investments, his mental credit may, for a while, continue to flourish, but the Genius of Life is apt to retire, as from a task accomplished.

(To be continued.)

CANNIBAL CRABS. — A French journal publishes the following result of an experiment which was recently made for the purpose of determining the truth of the assertion that microbes prey upon one another: 165 male crabs and an equal number of females were placed in a tank. They were freely fed with fish for some months. When the water was drawn off, there were found 165 fat males, but 113 females had disappeared, nothing remaining but their shells and pincers, which were probably too hard for their male companions to eat.

ONE of our contemporaries is authority for the statement that a London physician has banished from his table all articles of food that contain starch, claiming that the digestion of starch requires the expenditure of an undue amount of nervous energy.

SIR JAMES WYLIE makes the statement that "the cases of disease on the dark side of an extensive barrack have been uniform for many years, in the proportion of three to one, to those on the side exposed to strong light."

HEALTH HABITS.

BY HELEN L. MANNING.

III. — CONTROL OF APPETITE.

APPETITE is the rock upon which many a human voyager upon the sea of life has been hopelessly wrecked in body, mind, and morals. A perverted appetite is often cultivated in childhood by the injudicious indulgence of parents and friends; it is fostered in youth, and by middle age it becomes a veritable Old Man of the Sea, whom it is impossible to shake off. There would be very little for the doctors to do if people were schooled from their youth up to control their appetites. The moralists and philanthropists, too, would have many less calls to service, since indulgences at the table lead directly to other and more gross indulgences.

One need not go abroad for notable instances of men who were brave enough to face and vanquish almost any outward foe, and who yet were conquered by appetite within. Yet it may not be unprofitable to glance at two pictures of Frederick the Great, who fought nearly all of United Europe. First, view his prowess in war; at the battle of Knuersdorf, he led three charges in person. Two horses were killed under him; his clothing was pierced by several bullets, and his infantry was driven back with frightful slaughter. At the terrible battle of Zorndorf, quarter was neither given nor asked on either side. In another instance, his troops were driven back with awful carnage, and still he fought until one of his staff said to him, "Does your Majesty mean to storm that battery alone?"

Look again, and behold this hero of many battles seated at the table: "I would advise your Majesty not to eat of that dish. You will be sick," his physician, who often dined with him, would frequently say. "O, no!" Frederick would answer, and indulge heartily in the prohibited food. In consequence of his yielding himself a victim to inordinate appetite, the doctor would be called up night after night to attend the king, who suffered agonies because of his gluttony. Still, Frederick would persist in gratifying his palate, no matter what the consequent sufferings were.

Every one knows that the appetite for alcoholic drinks has slain its tens of thousands, and though few seem to realize the fact, it is equally true of overindulgence at the table. Multitudes are aware that certain articles of food hurt them, and yet because of an acquired relish or taste, deem their continued use an offense which can be easily condoned. They prefer an after-dinner headache or an after-dinner pill to restricting themselves to simple food in reasonable quantities. But outraged nature accepts no palliatives. The full penalty must be paid, and that often means life-long misery and premature death. It always means the curtailing of the usefulness of the victims of appetite, for when undue draft is made upon the nervous energy for the task of digestion, there is just so much less to be used for other purposes. No bank honors the same check twice over.

There is an old Dutch legend of a "Magical Cure," which is not without its lesson for all who fail to control their appetites. Much abridged, it runs that a certain Mynheer Schillembeck, a wealthy burgher in Amsterdam, spent his time in eating and drinking and smoking and sleeping. He used to spend the whole afternoon at the table until it became a standing jest among the neighbors that the wisest man in all Amsterdam could not tell when Mynheer Schillembeck's dinner ended and his supper began. As a consequence, he grew very portly, and after a while, became as helpless as a sack of malt. He fancied that he had a new disease for every day in the year, and became such a patron of the doctors and swallowed such immense quantities of all sorts of medicines that he received the nickname of the "two-legged apothecary shop." Yet all the time he grew worse instead of better.

At last he heard of a very remarkable physician who lived a hundred miles away, so skillful that sick people became well immediately if he only looked at them. To this wonderful man, Mynheer Schillembeck wrote, and so well did he describe his case that the famous doctor descried a glutton who needed exercise and a frugal diet instead of drugs. The doctor replied to Mynheer, telling him that he had a horrible animal in his stomach — a dragon with seven mouths. It was deemed necessary that the physician should talk with the dragon face to face, and Mynheer must make the necessary journey. He was instructed that it would be dangerous to ride on horseback or in a carriage, but instead, he must come on "shoemakers' nags," in order not to make the dragon angry enough to destroy his vitals. A list of simple foods in small quantities was added, with the caution that anything in excess of these

would feed the dragon, "who will grow larger, and your tailor will soon be obliged to yield his place to the undertaker."

Mynheer Schillembeck wisely made up his mind to follow the advice of this famous physician, and the next morning started out on foot, though at snail's pace. The following day he felt better, and he began to find enjoyment in the beauties of nature. He grew stronger and lighter of heart each day, and by the time he had reached his destination, his only lament was that he had not a single complaint to excuse his calling upon the doctor. The doctor gravely assured him that the dragon was destroyed, but that there were eggs left which would develop into others unless due precautions were taken. So Mynheer must return on foot, and when he reached home, must employ a portion of each day in some useful enterprise, exercise regularly, and never eat anything more than would satisfy hunger. By so doing he might destroy all the eggs, and live to be a very old man. He did as directed, and lived happy and content until he was nearly ninety, sending each year a present to the doctor whose remarkable prescription had restored him to health.

The regimen which wrought this magic cure is still potent, and, faithfully followed, would deliver many another from invalidism and preserve health for those who have not as yet forfeited the blessing. In childhood the foundation for health should be laid by teaching the children to eat only to live; to choose wholesome food because it is best, and not to eat a dish simply because it tastes good. But this cannot be done satisfactorily by precept alone. When a table is spread with all manner of indigestible foods, and the parents indulge freely, the children recognize nothing but injustice in denial to them.

Horace Bushnell has the following impressive lesson for parents in teaching their children simplicity of diet: "The child is taken when his training begins, in a state of naturalness as respects all the bodily tastes and tempers, and the endeavor should be to keep him in that key, to let no stimulation of excess or delicacy disturb the simplicity of nature, and no sensual pleasure in the name of food become a want or expectation of his appetite. Any artificial appetite begun is the beginning of distemper, disease, and a general disturbance of natural proportion. . . . Nine tenths of the intemperate drinking being, not in grief and destitution, as we so often hear, but in vicious feeding. Here the scale and order of simplicity is first broken, and then what shall a distempered or distemperate life run to, more certainly than what is intemperate? False feeding genders false appetite, and when the soul is burning all through in the fires of false appetite, what is that but a universal uneasiness? And what will this uneasiness more naturally do than partake itself to the pleasure and excitement of drink?"

Careful students of human nature all agree with Dr. Bushnell as to the results of lack of control of appetite, and that the impressionable period of childhood is the time when the future manhood or womanhood is made or marred. How sadly it is often marred, we have but to look around us to determine. A child is fretful and peevish, because its stomach is out of order; it is selfish, because it has never been taught self-restraint. The lower nature dominates over the higher, because the one has been unduly cultivated and the other unwisely suppressed. If we may be allowed to begin with the children and keep them to a pure, healthful, clean, and nourishing diet, we may be safely assured that they will make men and women of fine physique, bright and clean in thought and action, and pure and true in morals.

But how shall the masses be reached who sin more through ignorance than willfulness, in the matter of dietetics? Food reformers are generally looked upon as "cranks," and their notions laughed to scorn, yet everybody reads, and the promulgation of health literature is one of the best means of awakening interest in the gospel of good health. The few health journals published should have their circulation increased a hundred-fold. As an aid toward this, suppose each subscriber to GOOD HEALTH looks about him for a family in which its good offices are especially needed, and sends in a gift subscription, if a subscription cannot be solicited. The journal must inevitably prove a valiant reformer before the twelve months roll around. Its advent may at first awaken only idle curiosity, yet its iteration and reiteration will as surely awaken serious attention and conviction. Try it and note the results, for there are few who cannot afford to send at least one missionary copy, and many who can afford a dozen. If it costs you a little self-denial, the results will make you all the happier.

As a general educational measure, let all who are interested in food reform urge that the chemistry of foods and scientific alimentation be taught in our public schools. The nutritive qualities of various foods and the best ways of cooking to preserve these qualities and increase digestibility, should be set forth theoretically and practically. The scientific feeding of domestic animals is well understood and practiced by expert stock growers; — is it not high time that human beings were accorded at least the

advantages which live stock enjoy? Why not have a Department of Household Science attached to our public and private schools, and to our colleges and universities as well? Kitchen gardens are doing a great educational and economic work among the poor,—why may not the children of the well-to-do enjoy kindred privileges in well-conducted cooking schools?

NEAL DOW.

A Personal Sketch of Prohibition's Famous Leader.

BY MISS FRANCES E. WILLARD.

THERE is not another man in Maine so well known the world over as General Neal Dow, the venerable "Apostle of Temperance" as he is sometimes called, whose 90th birthday, March 20, 1894, is to be universally observed by meetings in the interest of temperance reform. The story of Gen. Dow's life has often been told in print, but we are not aware that it has ever appeared in these columns.

Neal Dow was born in Portland, March 20, 1804, and is accordingly over eighty-nine years of age. It is doubtful if there are many men in this city, says the *Portland Globe*, of seventy years who are as well preserved, active, and strong as Mr. Dow. His vitality and retentive memory are wonderful for a man of his years. His father was Josiah Dow, who conducted a large tannery in Portland. Mr. Dow's family belonged to the society of Friends, and as they were the only people in those days who did not use intoxicating liquors, Neal Dow's early life was thus influenced by temperance principles.

In 1830, at the age of twenty-six, he was married. Two or three years after his marriage occurred the event that crystallized his hitherto awakening reformatory tendency into the one adamantine purpose of his life. The story has been told before, but it always possesses an interest and fascination.

There was a certain Portland citizen who occupied a government position, and who was addicted to periodical intemperance. One evening his wife came to the young Neal Dow, who was even then a power in temperance circles, and told him that her husband was at a certain saloon, and that if he was absent from his duty on the morrow, he would surely lose his position. Would Mr. Dow go after him and try to induce the rumseller not to sell him any more liquor? Mr. Dow found him in the saloon, and said to the proprietor:—

"I wish you would sell no more liquor to Mr. ——."

"Why, Mr. Dow," said he, "I must supply my customers."

"But," was the reply, "this gentleman has a large family to support. If he goes to his office drunk, to-morrow, he will lose his place. I wish you would sell him no more."

The rumseller became angry at this and said that he, too, had a family to support, that he had a license to sell liquor, and that he proposed to do it, and that when he wanted advice, he would ask for it.

"So you have a license to sell liquor?" said Mr. Dow, "and you support your family by impoverishing others? With God's help I'll change all this."

He went home fully determined to devote his life to suppressing the liquor traffic. "The Maine law," says he, "originated in that rumshop."

All the rest of his life he has labored in the cause of temperance, visiting the different places in the State, lecturing on the evils, paying out of his own pocket for other lecturers and speakers, distributing tracts, and stirring up matters generally. In 1851 he drew up the "Act for the Suppression of Drinking Houses and Tipling Shops," and on June 21 of the same year it was signed, and became what is known the world over as "The Maine Law."

All our readers are wonderfully well acquainted with Gen. Dow's subsequent leadership of the Prohibition Party. He devotes about half of each day to the cause. In summer he rises at 5 o'clock, in winter at 6. He breakfasts in summer at 7:30, and in winter half an hour later. The time between his rising and his breakfast hour he usually spends in reading or writing. He dines at 1, has a light supper at 6, and retires usually at 9 o'clock. Gen. Dow is a very temperate man, both in eating and drinking, and to this and the regular hours he keeps, he ascribes his wonderful health and preservation at such an advanced age. He believes that there is intemperance in eating as well as in drinking, and he never rises from the table without feeling that he would like to eat more.

The most interesting room in the Dow mansion is the library, a long, well-lighted apartment, occupy-

ing the south-western wing of the house. Gen. Dow probably has one of the finest and largest private libraries in the State of Maine, and he may be found there almost any time in the day. The General does not care much for fiction, and not many books of that class find a place in his library. He says so many works of that kind are ground out now-a-days that it is impossible to keep up with them all, so he prefers to leave them severely alone. History and biography are his favorites, and his library is particularly rich in them. In one bookcase are about 500 French books which Mr. Dow reads as readily in the original as in the English language. He is a splendid French scholar, and thinks the language is delightful.

The time the General does not spend in his library he may generally be found in his study, occupying the eastern corner of the house. Here is where the writer found him one morning seated at an old-fashioned desk with the cheerful sun shining in upon him, and writing as actively as a man of thirty instead of being nearly three times that age. The General's study is a small room, large enough to hold the desk above mentioned, a few reference books, and his invaluable collection of scrap books, which he proudly displayed to the writer. These scrap-books are worth more than their weight in gold, not only to the owner, but to future generations, who are interested in the cause and history of the leader of the Prohibition Party. This collection consists of twenty-two large volumes of 500 pages, each numbered and bound neatly in Morocco leather. In them the General keeps anything which relates in any way to himself or to his cause. Here are to be found souvenirs, handbills, invitations, autograph letters from some of the world's greatest celebrities, photographs, hotel bills, programs, menus, newspaper clippings relating to himself, editorial communications which he has answered through the columns of the papers, and in fact a perfect mine of wealth.

General Dow's chief recreation is traveling, and he has journeyed extensively, not only over this country, but Europe as well. In 1857 he was invited to England by the United Kingdom Alliance, and spent nine months there, speaking for temperance. He made a similar journey in 1865, under like conditions, and remained eighteen months in Europe. Once more in 1873 he crossed the ocean, and remained abroad over two years. He delivered over 500 addresses in England, speaking in all the largest towns as well as the cities, and made hosts of friends. The pluck which has made him enemies here is universally admired there.

In appearance, Gen. Dow is pleasing. Though small, he is straight and compactly built. In youth he was quite an athlete. Socially he is very attractive and winning, with a most genial smile. His manners are gentlemanly and courteous, and belong essentially to the school. After one has had a talk with him, and it is a treat to have such a privilege, he feels, as he leaves, that he has been talking to a perfect gentleman.

SANITARY MOTES AND BEAMS.

THE sanitarian, official or amateur, need only look about him to be appalled at the spectacle of indifference of rich and poor, high and low, to dangers far greater than any from cholera microbes which confront them every hour, and it may be worth our while to indicate some of these beams in our own eyes, which we complacently refuse to see, while we magnify the motes on our horizon.

The preventable disease which kills more of the human race than cholera and yellow fever put together, and in its ordinarily slow process of killing, lessens the productive power of a community directly by the enfeeblement of its victims and indirectly by its demands upon members of households and eleemosynary institutions for the care of these chronic invalids, — tuberculosis, — is tolerated with as little concern as the Mongolian exhibits for smallpox or the Creole for yellow-fever and malaria. The consumptive, whose traits no professional acumen is required to recognize, frequents our crowded thoroughfares, sits beside us in unventilated street cars and at the hotel table, occupies Pullman sleeping berths, and shares the steamship state-room, wholly unrestrained and innocently ignorant that he or she may be sowing the seeds of disease among delicate women and children.

Any one may verify this who uses his eyes for the purpose, along the railway and coastwise steamer routes to our invalid resorts. Within a twelvemonth, on my way to Mexico by rail, I was fellow-passenger with two invalids in the advanced stage of phthisis, *en route* for San Antonio, one of whom occupied the opposite berth and the other one diagonally across the car, so that I could see and hear them coughing and expectorating, with only such attention as well-intending but unskilled relatives could render. They

had no vessels for receiving their sputa, which were discharged in their pocket-handkerchiefs, to be scattered over pillows, coverlets, and blankets. They left the car in the morning, and I saw those same berths — it is true, with change of linen sheets and pillow-cases, but with no change of blankets, mattresses, or pillows — occupied that very night by other travelers, who were thus subjected to contact with a pathogenic microbe far more tenacious of life and power of evil doing than the dreaded cholera spirillum. One has only to sit in a crowded street-car on a winter day and watch the clouds of respiratory steam circling from the mouths and nostrils of the unclean and diseased, into the mouths and nostrils of the clean and healthy, as the expiratory effort of the one corresponds with the inspiratory act of the other. The road is short but straight and sure from vomica and mucous patch to the receptive nidus in another's body. Who that has ever had forced upon him an aerial feast of cabbage, onions, garlic, alcohol, tobacco, and the gastric effluvia of an old debauchee, can doubt that aqueous vapor can transport microscopic germs by the same route?

Not long ago I traveled by sea from New York to Charleston, and for two nights was cabined with some twenty consumptives going to Florida. The air was chilly, and they huddled around the stoves and fearfully and fearlessly closed doors and windows, until the atmosphere became stifling and surcharged with their emanations, and the dried sputa which they ejected on every side. It was comparatively easy to escape during the day by staying on deck, and I slept with my state-room windows wide open, but the curtains, carpets, pillows, and mattresses had been saturated by I know not how many expectorating predecessors. I have visited fifty smallpox cases a day, have gone through yellow-fever wards, and stood by cholera bedsides with far less apprehension than I experienced on that trip, yet it was one taken by many thousands of people, who would have been terrified to know that there had been a case of cholera within a mile to leeward of their homes. Recall in your several experiences the instances of members of a family who have occupied the same chamber and bed with a gentle and beloved invalid aunt or sister, and those of tuberculous husbands or wives, who have become ill like them with pulmonary phthisis attributed to everything but the manifest cause. . . .

I do not expect that all who have eyes will see as I do, or, having ears, hearken to what I say. The idle and perverse generation of the first century will have its following in the twentieth, and men and women will continue to do the unsanitary things they ought not to do, and leave undone the sanitary precautions they ought to take, despite our warning, our imploring, our advice, or our denunciation. However benevolent and beneficent the hygienist's aim, his unappreciated, unrequited, and often unprofitable labor is enough to deter him from what has been derisively described as only an effort to procure the survival of the unfit, and thus thwart nature's own attempt to rid the world of them. He encounters another obstacle to success as aggravating as the disbelief in the necessity for his work. The authorities listen to his warnings, and then employ their own perfunctory and superficial methods of protection. Told that absolute cleanliness is the fundamental fact of sanitation, street cleaners are set at work brushing the surface dirt into little heaps, which passing vehicles again distribute, or the winds carry into the open windows of adjacent residences. The refuse of the household is deposited in vessels on the sidewalks of crowded thoroughfares, to be emptied after a time into collecting carts, from which clouds of dust envelop passers and circulate back into the houses — *living* dust, for Manfredi found an average of 761,521,000 microbes to the gram of the street dust of Naples, from which he cultivated pus, malignant œdema, tetanus, tubercle, and septicæmia. Swarms of flies feed on the decomposing contents of exposed garbage pans and buckets, and carry their germ-laden booty into the butcher shop of the poor and the kitchen of the millionaire.

(To be continued.)

Ibsen does not eat much when he is writing one of his dramas. He thinks eating heartily prevents the keenest brain work.

Health Should Be the Rule. — God made and meant us to be strong and well, and not sick. His health decalogue is as binding as the ten commandments. When one is not well and strong, the question in order is, Who did sin, this man or his parents? There is no more sense in men and women being ill than there would be of birds and buffaloes being ill. The reason that so many domestic animals are sick is because of the company they keep. We are a poisoned race, poisoned by tobacco, alcohol, drugs, bad air, bad food, and clothing far from hygienic. — *Frances E. Willard.*

SYMMETRY AND DEFORMITY.

BY J. H. KELLOGG, M. D.

In the Scriptures we read that "God made man upright," but by his gross neglect and abuse of nature's laws he has become very greatly deformed and mis-shapen. Symmetry of form means more to us than merely an element of beauty; it is much more essential to real beauty than is mere prettiness of face, although a beautiful, symmetrical face is quite likely to be accompanied by a symmetrical development of the whole body.

There are two principal elements which go to make up symmetry of body; first, proper proportions in the size of the different parts of the body; secondly, symmetry in the lines or curves which form the exterior of the body.

Prof. Hogarth's "line of beauty" is found in every living organism,— in the drooping flower, in the drooping lily stalk, in the beak and neck of birds, in the curved back of the horse,— everywhere. And we have this same line of beauty, modified in various ways, in the human figure.

The ancient Greeks gave great attention to the matter of proportion in the body. They studied the subject very carefully, and sought by training to develop the highest degree of symmetry in their own bodies. They also laid down various rules in respect to the symmetry of the body. One of the most noticeable features in Greek statuary is the smallness of the head in proportion to the rest of the body, which gives to these figures an air of grace and beauty which cannot be secured in any other way. These sculptors made the length of the model head about one eighth that of the entire body. This subject was also a study among the ancient Egyptians. According to their rules, the height of the body should be nineteen times the length of the forefinger. The foot, and other parts of the body, have been taken as standards of measurement of the body, in different times and by different peoples.

By a comparative study of the physical proportions of modern nations, we find that the length of the body is about seven and one half to eight times the length of the head. The body of a very short person is generally about seven times the length of the head; if the person is tall, his body is eight or eight and one half times the length of his head. Short persons always have short legs, while tall persons have long legs, the difference in height being due chiefly to difference in the length of the legs. Tall persons usually have longer long bones than short persons. It is a noticeable fact that even in persons of great height, there is not a very great increase in the size of the head and trunk; the increase lies in the lengthening of the bones of the legs. Long limbs give a graceful and easy movement of the body. The sculptor who is fashioning an undraped figure, makes the legs long in proportion to the rest of the body, because it adds grace to the figure.

Prof. Giovanni, of Italy, has recently published a book, in which he gives the results of a careful study of the proportions and symmetry of the human figure. He finds that the stretch of the ideal arms is exactly the height of the entire body. The circumference of the chest he found to be one half the height, and the length of the sternum, leaving off the cartilage at the lower end, is just one fifth the circumference of the chest. The length from the lower

end of the sternum to the pubic bone is just twice the length of the sternum.

These facts are of very great interest and value in the fine arts; for the true artist always studies these matters with the greatest care. Give an artist the length of the spinal column and of the sternum, and he can construct a complete skeleton, because he knows the proportionate length of each bone in the body.

The curves of the body are perhaps still more important than are the proportions in relation to symmetry. A slight discrepancy in the proportion between one bone and another may be overlooked, but ugly curves and abnormal lines in the figure are so conspicuous as to attract attention immediately.

Probably the most conspicuous curves are those affecting the spine. Curvature of the spine may be divided into two classes; namely, lateral and posterior. There are several varieties of lateral curvature, such as single lateral curvature, in which the spine is convex to one side; double curvature, the upper part being curved to the right and the lower part to the left, or vice versa; and posterior curvature. We now refer to forms of curvature unaccompanied by disease, but wholly due to disordered muscular action.

When the spine is affected by lateral curvature, it is concave on one side, and consequently the shoulder on that side is lowered; that is, if the spine is curved toward the right side, the left shoulder will be lower than the right. Look at the anatomy of the trunk for a moment. The spinal column is perpendicular, and across its top is a cross formed by the clavicles and the shoulder blades. Now when the spine is bent to the right, it lowers the left arm of the cross, thus causing the left shoulder to be lower than the other. The curvature may also affect the hips, making the left hip higher than the right. Thus a person with spinal curvature may come to look very much deformed. In a case of double curvature, in which the upper part of the spine is curved to the right and the lower part toward the left, the left shoulder and the right hip will be the higher.

The posterior curve is one more generally found than any of the others, but it is usually overlooked, being rarely mentioned even in medical works. Round shoulders, flat and hollow chests, are treated of, but nothing is said of posterior curvature of the spine. When we come to study this matter closely, we find that posterior curvature is present in all these cases, if it is not the cause of the conditions themselves. Every round-shouldered person, every flat-chested person, has posterior curvature of the spine.

There are three forms of posterior curvature: First, that which affects the upper part of the spine, causing the head to be thrust forward over the chest. There is extreme roundness of the shoulders, and the hips are carried back. This form is most common in aged people, and in laboring men who have to bend over their work, and is the result of weakness of the upper part of the body.

The second form is that which affects the middle portion of the spine. In these cases the head and hips are both thrown forward. This form is found in young and middle-aged people, and is usually due to bad positions in sitting and standing, and a lack of development of the muscles of the trunk.

The third form is that in which the lower, or lumbar, region of the spine is affected, causing what is known as the lumbar curve. In these cases the forward curve is effaced, or almost completely destroyed, so that this part of the spine becomes straight. The hips are nearly on a line with the spine, giving a most ungraceful posture.

MUSCULAR DEVELOPMENT AND HEALTH.

It was, we believe, a saying of Pascal that the evils that afflict mankind arise from our inability to sit still in a room — meaning thereby that in useless and ill-considered action is to be found the origin of much tribulation, and that calmly thinking out the best methods of action in advance would obviate it. But the modern physician and hygienist must often feel like reversing Pascal's motto, and saying that the evils that afflict mankind come mainly from sitting still in a room. We mean by this that the great and increasing prevalence of sedentary and indoor occupations inflicted on human bodies is already ripening a wretched source of physical (and hence psychic and moral) suffering. If there is any truth at all in evolution, it is that animal and human life and progress have always been conditioned upon the exercise of the muscular system, that function precedes and begets structure, and that disuse leads to atrophy and death.

The disuse of the muscular system is the prolific source of much of the disease of modern life and an illustration of the biologic law. All the discoveries of modern medicine and science, every bacteriological truth, every known etiology of disease, simply

confirms the truth that, together with cleanliness, muscular health and development are the necessary conditions of freedom from disease, and that there is no health of the muscles without use of the muscles. The bacillus of tuberculosis has no power of harm to a person with proper thoracic and pulmonary expansion and development. All "consumption cures" except this one are useless, and this with some exceptions is effective in prophylaxis or cure. There is hardly a disease that does not equally well illustrate this truth.

What is civilization doing for this law? It is crowding people into huge cities, where every means of artificial locomotion, every labor-saving apparatus, and every necessity of business are all working to the same end of inactive muscles. From the weak, half-atrophied muscles naturally follow the defective digestion and assimilation of food, and the overwrought, hyperæsthetic, morbid nervous system, ever vainly seeking to undo and right the evils of denutrition, hyper-nutrition, and muscular inactivity. Our food is pre-masticated and we are becoming edentulous; and from the advertisements of predigested foods it would appear that we shall soon have no need of a private stomach, liver, or pancreas, because we can and should buy these products from the slaughter-house and laboratory, and thus save personal wear and tear. . . .

And even our frantic attempts to remedy the evil of muscular inactivity, with its spawn of varied disease, are themselves morbid, and sometimes serve to increase the evil. This fact becomes plain in our rage for athletics by proxy, and in the steady trend of athletic games toward professionalism and newspaper notoriety, sensationalism, to the encouragement of betting, and to the more brutal sorts of arena combats.

So far as our cities are concerned, one of the most crying evils is over-pressure of school children. Every physician has daily before his eyes the sad results, and he knows that instead of medicine the poor little body needs play and exercise, and outdoor air and sunshine. All the book-cramming that can be jammed into them will never compensate for the pallor, the pipe-stem legs, the narrow chests, and the stunted or abnormal growth. The city child needs what it cannot have, country life. Failing in this, it should be supplied with abundant, healthful gymnasium exercise, under the careful eye of expert and discriminating teachers of hygiene and physiological development. All of this is doubly true as regards girls and women. Fashion and house-incarceration and wealth are reducing our women to sad specimens of bodily and muscular ill health, flabbiness, and undevelopment. Either publicly, or in private to parents, every physician can point out the truth, and by his advice may help to avert the crop of coming disease or, in some degree, to cure the pathetic instances that fall under his care.— *Medical News.*

WHY THE BODY SHOULD BE CULTIVATED.— The important subject of physical culture is not considered as it ought to be by the majority of men and women, and there is almost absolute ignorance of the make-up of the body on the part of even intelligent people, with little desire for such knowledge, although health, beauty, and success depend largely on the treatment given to the body. Mental acquirements are blindly worshiped, while the essential question of health receives little thought; and hence it is almost impossible to find men in the ordinary walks of active life, at middle age, who do not complain of impaired health and want of vital force.

Without a sound body one cannot have a sound mind, and unless proper attention is given to the culture of the body, good health cannot be expected. Plato is said to have called a certain man lame because he exercised the mind while the body was allowed to suffer. This is done to an alarming extent nowadays. Brain-workers, as a rule, exercise no part of the body except the head, and consequently suffer from indigestion, palpitation of the heart, insomnia, and other ills, which, if neglected, generally prove fatal. Brilliant and successful men are constantly obliged to give up work through the growing malady of nervous prostration; the number of those who succumb to it has increased to an alarming extent of late years, and that of suicides hardly less. Few will question that this is owing to overworking the brain and the neglect of body-culture. Vitality becomes impaired and strength consumed by mental demands, which are nowadays raised to a perilous height, and it is only by careful attention to physical development and by judicious bodily exercise that the brain-worker can counteract the mental strain. Women rarely consider the importance of physical culture, yet they need physical training almost more than men do. Thousands of our young women are unfit to become wives or mothers, who might be strong and beautiful if they gave a short time daily to physical development.— *Wilton Tournier, in Lippincott's.*

THE FIRST AMERICAN ROCKING CHAIR.— This simple invention is still preserved, says an exchange, and is now being shown by a local dealer in Boston. The story of this original and unique relic is as follows: "The chair was made on the Brewster farm, Kingston, Mass., by a farm hand in 1780. The inventor, taking pity upon the invalid lady of the house, conceived the idea of attaching curved pieces of wood to the legs of a common high-back chair. The invalid was a descendant of Ray Thomas, who owned the farm afterward purchased by Daniel Webster. The invalid was the wife of Deacon Wrestling Brewster, and the chair comes from the Woodside museum, Kingston, where it has always been, and where the seventh generation of the Brewsters still live, and those before them for 180 years. The chair is owned by Miss Emma E. Brewster, the seventh, in direct line, of the 'Mayflower' Brewster."

A REMARKABLE MAN.— There are probably very few persons who will differ from the opinion that the grand old Englishman, Mr. Gladstone, is one of the most remarkable men the present age has produced. Although at the advanced age of eighty-four, Mr. Gladstone is one of the most active brain workers living, and probably performs more hard mental labor every day than any one of the few great Englishmen who could be counted as his rivals. Mr. Gladstone unquestionably owes his great endurance of mind and body to the fact that he has all his life given attention to physical exercise and to the observance of health rules.

A few years ago the writer listened to a speech by Mr. Herbert Gladstone, son of the Premier, at a great gathering at the town hall in Birmingham, the purpose of which was to witness an exhibition of athletics by the famous English trainer and gymnastic director, our friend, Prof. Hubbard, of the Birmingham gymnasium. In this speech Mr. Gladstone dwelt at length upon the importance and value of physical training, which he exemplified in himself, in his fine physique and excellent carriage. The high vital level upon which systematic physical training maintains the body, is conducive to a high degree of mental activity and moral development.

Although, of course, not the only condition essential, yet it is doubtless due in part to his life-long habits of accustoming himself to feats requiring physical endurance, such as chopping down four-foot elm trees at his country seat at Hawarden, that has rendered Mr. Gladstone the possessor of the unusual degree of courage and fortitude manifested by him recently when informed by his physician, Dr. Granger, that the sight of one of his eyes was obstructed by cataract, and that the formation of a cataract had begun in the other eye. On hearing this information, the Premier, after a moment's reflection, remarked, "I wish you to remove the cataract at once." On being told that the cataract was not sufficiently developed to make an operation expedient, he remarked, "You do not understand me, it is the old cataract I wish removed. If that is out of the way, I shall still have one good eye when the new cataract impairs the sight of the other." The physician hesitating, Mr. Gladstone remarked again, "You still seem not to understand me. I want you to perform the operation here and now, while I am sitting in this chair." It is not mere good fortune which makes such men as Gladstone, Washington, and Lincoln. While these men may owe something to opportunity, it is the quality of the man which has enabled him to improve in an unusual way the usual opportunities offered, quite as much as the character of the opportunities.

HOW TO WALK.— It would seem sometimes that the art of graceful walking might be numbered among the lost sciences, so few women master the accomplishment, or even acquire any approach to perfection in this exercise, which is the foundation of all others. Every one succeeds in propelling himself along by means of his feet, but that is not true walking. An English authority says: "The body should be held erect, the shoulders down, chest expanded, and the leg moved from the hip, the whole figure above being immovable. The movement from the knee is said to be the secret of bad walking, combined with the discomfort of tight shoes and high heels, which turn the figure in a most ungraceful manner. A short, brisk walk is beneficial, while a tramp for miles results in utter weariness."

"WHAT do you call that there thing you rid up here on?" asked the old farmer of the youth who had stopped to get a drink of water at the well.

"It's a bicycle."

"Seems to me," said the old man, "that I'd druther have a wheelbarrer. Wheelbarrer's something you can sit down in and rest when you get tired of pushing the thing."— *Indianapolis Journal.*

Philanthropist— "I wish to found a great university on this site. Is it desirable?"

Expert (doubtfully)—"It will take a lot of grading before football can be played here."— *Detroit Tribune.*

Home-Culture

THE FASHION-PLATE EVIL.

BY E. L. SHAW.

In spite of the protests of doctors, physical culture directors, and all sensible persons, as well as the general enlightenment of the present time, the horrible practice of distorting the human form into the shape of an hour glass still goes on among many thousands of our young people. Many, too, of a maturer age — women for whose folly there is no excuse — lend their influence to swell the tide of public opinion in this direction. And so widespread is the desire to be "stylish," and so corrupt the popular taste in this regard, that it is no wonder that all over the world the manufacturers of women's suits, "ladies' tailors," pander to this vicious taste in their advertisements. The fashion plates which they send out, in turn have their influence, helping to form a standard of taste among the people, and thus the evil is perpetuated. In many a remote rural district — so remote from the great centers that one would suppose that there, if anywhere, would prevail a truly Arcadian simplicity — in the home of the backwoods settler, and even in the cabin of the poor "cracker" of the South, these same fashion plates often put in their evil work. It is only a torn, soiled leaf, perhaps, a bit of the frontispiece out of one of our popular fashion magazines, brought home wrapped around a parcel bought at the village store, but enough of it is left to prove an object lesson for some silly young girl, and to give her her first ideas of what is considered "stylish" in dress and figure, out in the great world. This dirty leaf — why, it is a souvenir fresh from the great world outside, of which she has dreamed so much, but known so little, and its suggestions are as seed sown in a fruitful soil. Be sure she quickly notes the difference between her own healthy trunk, almost as broad at the waistline as it is under the arms and, these ghastly caricatures of the human form which one could span just above the hips. These figures wear the most beautiful clothes, and what young girl has not a weakness for clothes? So it is not to be wondered at that she should admire them. And it is scarcely to be wondered at when we find her casting about for something she can use to reduce her own too abundant waist. She has just found out that it is too large. She has, very likely, never heard of a corset, but as she is not over nice, any old strap with a buckle on one end will answer the purpose. It is not very easy work, this reconstruction of a human form, for the complex organism of woman does not readily and uncomplainingly readapt itself to new and cramped conditions. The strong, healthy internal organs protest, with many "achey" days, and nights of exquisite torture, but the girl persists. What is more, as the result of her extreme physical suffering, she soon finds herself in possession of something else, very "stylish" and very highly prized by our wasp-waisted sisters, namely — a pale, delicate look. But this only increases her resem-

blance to the figures she admires. Of course she influences her young companions, and they — some of the silliest among them — go and do likewise.

And so it goes. Many of these young girls so early imbued with a pernicious love of finery and "style," eventually drift to our great cities, and form a certain per cent of the class which annually goes the downward path. The girl with a pipestem waist advertises her own vain, frivolous nature to all, and is usually instinctively selected by vicious persons as the one likely to be most easily led to ruin.

It is not alone girls in their teens who feel the baleful influence of the fashion plates. Many foolish middle-aged women sigh regretfully as they look at these pictured monstrosities and say, "Ah, if I only had a waist like that!" Little girls, too, of tender age listen to the conversation of their elders, and discuss the subject among themselves. It was only a short time since that a lady friend gave the writer a bit of her own experience when a child, as follows: She herself was ten years old, and a little playmate was eleven, when they together first conceived the brilliant idea of making their own waists "as small as Minnie's," the elder sister of the little neighbor. In pursuance of this plan they hunted through the house, and succeeded in finding, one an old trunk strap, and the other a discarded belt, both of which they proceeded to buckle around them as tightly as could be borne. This proving not nearly so much fun as they had expected, they decided to wear the straps loose until they got used to them. After a day or two, the children began to tighten them up a little. After awhile they found they could tighten the straps a good deal before eating a meal, but not much afterward, so with much talk over the matter, concluding that they ought to be willing to sacrifice something in so good a cause, they made up their minds firmly, but sorrowfully, to eat less, so that they might be able the sooner to move the "tongue" of the buckle forward into the next hole in the strap. Strange to say, this mischief went on for a good many weeks, until at last the children's lack of appetite, and their general queer behavior and evident suffering, caused an inquiry to be made by their parents, which resulted in a breaking up of the experiment, as well as an application of the straps to a much different use from that which the children had intended.

Some years ago, a petition asking for the substitution, in these fashion plates, of a correct representation of the healthy human form, was presented to the large business firms who send out these abnormal advertisements. The petition was signed by hundreds of good citizens, but was met by the assertion on the part of the dealers, that as long as the public demanded such things, manufacturers would be obliged to supply them or go out of the business.

We can but hope that a day may come when enlightened public sentiment may realize the demoralizing effect of this great public nuisance, and so demand its abolition.

HOW LOTTIE HELPED.

VERY pretty and wholesome Lottie Emery looked, as she came lightly tripping down stairs, across the shaded, orderly dining-room, in her graceful sun-hat and her airy suit of nun's veiling, knotted about her with a wide blue sash.

"Clearing up" after breakfast was always Lottie's work, and so, too, was the care of the dining-room and chambers. Very seldom did the old "Townsend clock," perched on one end of the kitchen mantel, whirr for eight o'clock in the long summer morning, but it found Lottie's tasks neatly accomplished and she at liberty to commence her half-mile walk to school.

This morning, it was n't quite eight, yet beds had been aired and made, chambers and kitchen put to rights, the dining-room swept and dusted, fresh flowers picked for the parlor vases, and she, lunch-basket and book-strap in hand, was ready for school; but on the kitchen threshold she paused in dismay. "Such a looking room! Who did it?"

Well, that great stack of milk-pans, smeared with bonny-clabber inside and out, that Lottie's tired-faced mother had just brought from the milk-cellar and piled into the sink till leisure — no, not leisure, who ever heard of leisure in a farmhouse kitchen in the summer time? — till she found a hurried opportunity to wash them, helped in the confusion; and that litter of ash shavings by the wood-box, that father Emery had scattered there not ten minutes before, as he whittled an ox-goad while he chatted with "mother" a moment, added to the chaos; and the unwashed churn, also from the milk-cellar, with dasher and ladle and dripping butter-paddles tilted across its top, waiting for those same tireless mother hands and hot water, added not a little to the disorderly state of affairs; and the overturned box of to-

mato plants in the open window, with dirt sifting along the ledge and across the floor,— the combined work of a hungry, foraging hen and the June breeze, —helped in the clutter; and a big slop by the sink, and a train of little slops across the floor leading from the well to the water-pail rest on the sink-board, told even big Rover, as he indignantly lifted his clumsy feet from the slops to track them across the tomatoes, dirt-sifting across the floor, that careless Fred had for once brought his mother a pail of water.

But this patient, ever-busy mother, where was she?

A pile of pie-plates flanking the heaped pan of flour on the long kitchen table, another pan of prepared pumpkin, and bowls of "mixing" and cream, gave promise that toothsome pumpkin pies were under way. The cellar-door standing open, and the big dinner-pot jarring its iron cover with imprisoned steam, noisily testified that the house-mother was in the cellar foraging for vegetables.

"I should think mother would stifle, working all the forenoon in this sweltering kitchen!" Lottie exclaimed, reaching for her sun umbrella that hung on the wall.

"Better help her by putting the kitchen to rights," whispered the little voice that sometimes gives an unpleasant jog to our thoughts. "You will have plenty of time before school, and only think of the surprise and pleasure it would give her!"

A little scowl came between Lottie's pretty blue eyes. "It 's not my work to wash the milk dishes, nor is it my fault if the kitchen is all in a clutter. I am sure I put it in apple-pie order not an hour ago," —the little foot poised over the plank door-step.

"For even Christ pleased not himself."

Why should that Scripture passage flash in mind just then,—the day's verse on the little bright-colored calendar that hung just under the clock? Lottie had read it with a swift glance, as she paused in her dusting to tear off yesterday's leaf.

"But it 's so stifling hot here, and I have hurried all the morning to finish my work, so that I might walk to school before the sun gets scorching high in the heavens; besides, mother does n't expect me to help her."

"Then give her a pleasant surprise as well as rest, by setting the kitchen in order before she comes in," buzzed the little voice close at hand.

"Pleased not himself."

The red letters of the calendar seemed to glow before Lottie's eyes, but they did n't; it was only some balls of red yarn that the kitten sent rolling over the floor just then.

"I 'll do it. Mother will have her hands full with the vegetables and pies and the dinner. It 's a pity if I am not willing to give her a little extra lift now and then."

The shade hat went up on a nail with a toss; off came the dainty cuffs and tiny ruffled apron, and in place—broadly covering the neat school suit—went on her big checked apron.

"I hope mother will dress the vegetables before she comes into the kitchen, and then I shall have plenty of time to straighten things before she sees it," thought Lottie, softly latching the cellar door that the clatter of pans and of whisk-broom might not reach her mother's ears.

A shadow fell across the kitchen window, and, looking up, Lottie saw her mother carrying from the cellarway a basket of vegetables, carefully selected from last year's sand-packed supplies, to the cool shade of the lilac trees in the back yard, there to dress them for the dinner-pot.

Broom and dishcloth, wing and dustpan, how they flew the next half-hour!

The warped, forked hand of the old clock pointed the quarter to nine before the jaunty sun-hat came down, and Lottie lightly tripped through the red-framed doorway of the kitchen, as she again set out on her way to school.

"Dear child! God bless the dear child!" was just what her mother said as she entered the kitchen, heated and tired, wearily thinking of the work that must be met before noon.

O, it was such a help, and so restful for that hurried, discouraged mother to find her kitchen in order, and her sink cleared of its stack of milk-pans.

"The dear, dear child!" Lottie little knew how often she was in her mother's thoughts that day, and how her loving attempt to lift a burden from he mother, set a little bird singing in that heart a day as she toiled; for love lightens labor, and these mothers never forget, never overlook, or cease to hunger for expressions of love and sympathy from the dear ones of their household unto whom they minister unceasingly and uncomplainingly; but how sad it is that in many and many a home come, all too late, this lovingly expressed sympathy and tender care.

When the tired feet are still, the hands crossed in strange whiteness and idleness, the sweet lips that never before in all our lifetime refused to answer us or be dumb to our entreaties, mute and cold; then, all too late, we wake to her worth, and bitterly regret we had not "made more of mother" when she was with us.— *The Quiver.*

HOW WE VEX OUR OWN.

If I had known in the morning
How wearily all the day
The words unkind would trouble my mind
That I said when you went away,
I had been more careful, darling,
Nor given you needless pain;
But we vex our own with look and tone
We may never take back again.

For though in the quiet evening
You may give me the kiss of peace,
Yet it well might be that never for me
The pain of the heart should cease.
How many go forth at morning
Who never come home at night,
And hearts have broken for harsh words spoken,
That sorrow can ne'er set right.

We have careful thought for the stranger,
And smiles for the sometime guest;
But oft for our own the bitter tone,
Though we love our own the best.
Ah! lips with the curve impatient,
Ah! brow with the shade of scorn,
'Twere a cruel fate, were the night too late
To undo the work of the morn.

—*Margaret E. Sangster.*

THE POWER OF TENDERNESS.

A LITTLE book by Mr. Jenkin Lloyd Jones contains the following touching story of the power of tenderness: —

Among the toilers in a pottery factory in Cincinnati was a man who had one small invalid child at home. He wrought at his trade with exemplary fidelity, being always in the shop with the opening of the day. He managed, however, to bear each evening to the bedside of his "wee lad," as he called him, a flower, a bit of ribbon, or a fragment of crimson glass — indeed, anything that would lay out on the white counterpane and give color to the room. He was a quiet, unsentimental man, but never went home at night without something that would make the wan face light up with joy at his return; and by-and-by this affection for his boy — though he never said to any living soul how much he loved the child — moved that whole shop into a very real but unconscious fellowship with him. The working-men made curious little jars and cups upon their wheels, and painted diminutive pictures down their sides before they stuck them in the corner of the kiln at burning time. One brought some fruit in his apron, and another engravings in a rude scrapbook. Not one of them whispered a word, for this solemn thing was not to be talked about. They put them in the old man's hat, where he found them; he understood all about it. And strange though it may seem to some, that entire pottery full of men, of rather coarse fiber by nature, grew quiet as the months drifted, becoming gentle and kind, and some dropped swearing as the weary look on the patient fellow-worker's face told them beyond mistake that the inevitable shadow was drawing nearer. Every day now some one did a piece of work for him, and put it on the sanded plank to dry, so that he might come later and go earlier. And when the bell tolled, and the little coffin came out of the lonely door, right around the corner, out of sight, there stood a hundred stalwart working-men from the pottery, with their clean clothes on, most of whom gave a half-day's time for the privilege of taking part in the simple procession, and following to the grave that small burden of a child which probably not one of them had ever seen.

FIVE YEARS OLD.

Have you seen my baby fair,
Anywhere?
Golden curls, and sweet blue eyes,
Cupid laughing in disguise —
But yester eve I crooned to him my first
Low lullaby.

Have you seen my baby boy?
There 's his toy
As he dropped it in his play,
Dancing off another way,
As, bird, or flower, or butterfly
Led him to stray.

Say you he will yet return?
Not again —
The bud must to the flower unfold,
Amid time's changes manifold.
To-day my boy, a babe but yesterday,
Is five years old.

Yet I know that God's dear will
To fulfill,
Baby must become a man,
Learn the world's joy, and its pain,
Learn its losses and its gain,
And choose between.

Brave enough to right the wrong,
True and strong,
Day by day my boy must grow,
Since best love knoweth it is better so,
I cannot wish him longer to remain
A baby boy.

—*Edith Giles, in Good Housekeeping.*

APPROPRIATENESS IN DRESS. — Mrs. May Wright Sewall, in her first public utterance upon the subject of dress reform, made these sensible remarks: —

"The clothes that women have worn hitherto have been worn for the purpose of concealing the body for two reasons: First, the body has been considered of the earth earthly, and so to be given as little attention as possible; and second, it has been necessary to conceal the distorted, maimed condition which the body left to itself has assumed. . . . Appropriateness of costume is the fundamental principle of all dress. The costume should be suited to the time, occasion, and occupation. . . . It is just as much out of place to wear the short dress in the drawing-room as it is to wear the train dress on the street or in the performance of household duties. It is not the idea of dress reform to adopt the short dress on any and all occasions. This idea has become current because of the necessity of emphasizing the short costume to get it before the public. Improvement in dress will lead to physical improvement of body. Dress reform does not mean annihilation of all taste in dress, but rather the development of taste. Color in one's costume is not undignified. Color, like form, should be chosen for its appropriateness; dress should be so suited to the individual that there would be no relationship apparent between the clothing and the clothed."

THE MAGIC OF A FACE. — To a young niece who was bewailing her own lack of beauty, a gentle Quakeress once said tenderly, "The good Lord gave thee plain features, but he left it with thee to make thine own expression."

The girl took her lesson and learned it thoroughly, and now that the graces of her amiable character illumine her face, none ever think of it as plain. Her great wealth — and riches too often serve as a cloak for unloveliness of mind or person — is entirely lost sight of in the affluence of noble, womanly qualities, while her cultivated intellect and affectionate disposition give to her face that charm which is lacking in features. — *Harper's Bazar.*

WHERE TO ECONOMIZE. — A mother who was particularly successful in keeping her children at home evenings — so much so that it was with difficulty they could be induced to accept an invitation to spend an evening away from home — was asked if she had any particular secret for making home attractive. She replied that she could think of none except that she always kept her sitting-room and parlors very light. "In the evenings," she said, "we always have all the light we want; we put the gas on till both back and front parlors are brilliantly lighted, and then we keep the house comfortably warm all over. This is the only secret, if it is a secret." When the objection was made that this must be very expensive, she replied: "Oh, well, we will economize in something else, if necessary; but a cheerful light in the evening we will have."

Her remark was very suggestive, not only of the great difference between the cheerfulness of a well-lighted house and the gloom of one where the light is poor and stinted, but of the choice there is in matters of economy. In these times nearly every one has to study economy in some directions, but in family life it ought to be directed and exercised in anything rather than the curtailing of family comforts. This is especially true of food, warmth, and comfortable clothing. Better to wear the plainest outside garments, better to have no extra suit, better to put up with old and patched furniture, than to deprive any of real comforts, — especially the children. Warmth and light are among the most essential of these. They are the attractions used by saloons and other places of temptation to draw our sons from our homes. We must counteract these by providing better attractions of the same kind. We cannot afford to economize too much in these comforts.

This principle holds especially true in regard to children's food and clothing. . . . We have learned a great deal of late years of the possibilities of economy of food, even while having better and more palatable food on our tables than ever before. . . . Plenty of good, warm underclothing, good stockings, and stout, well-fitting shoes will make comfortable the plainest dress. If economy must be studied in children's clothing, let it be in the direction of reducing ruffles and trimmings and articles of outside show, and not in those things which give warmth and comfort. — *The Interior.*

"I HAVE gone through life looking for something great to do," said an earnest-faced girl the other day, "but I have come to the conclusion that there is *one* thing that I can do *now*, and that is, be pleasant, — not just to people to whom it is perfectly natural to be pleasant, but to the 'outside ones.'" — *Youth's Instructor.*

MANKIND is always happier for having been made happy. If you make them happy now, you will make them thrice happy twenty years hence in the memory of it. — *Sidney Smith.*

THE SWEETEST LIVES.

The sweetest lives are those to duty wed,
Whose deeds, both great and small,
Are close-knit strands of an unbroken thread
Where love ennobles all.
The world may sound no trumpets, ring no bells,
The book of Life the shining record tells.

Thy love shall chant its own beatitudes
After its own life-working. A child's kiss
Set on thy sighing lips shall make thee glad;
A poor man served by thee shall make thee rich;
A sick man helped by thee shall make thee strong;
Thou shalt be served thyself by every sense
Of service which thou renderest.— *Mrs. Browning.*

THE MOTHER'S INFLUENCE.— George Evers, the famous novelist and Egyptologist, writing in a recent number of *The Forum*, says of mother's influence:—

"Few I believe individually appreciate the enormous hidden force in the educational and moral influence exerted upon them by their mothers. Were a college founded for the propagation of morality, its professors would touch only superficially the inner life of the students. It would be, in fact, a superfluous institution, for life itself is such a school. We begin here like children, understanding such instruction alone as appeals to the heart, and of this every man's mother, like mine, holds the key.

"Comprehending this, a wise mother should improve every occasion as a stimulus to an exercise in morality, teaching even by the glance of her eye, as it appeals to the innate love of her child; and this fundamental instruction will take root as deeply as though the pupils were already older, excluding superficialty from the fact that she can touch the soul to its innermost core. When one leaves a mother's influence, one is already a moral man or one is not, and of a hundred who are so, ninety-nine, even though unconsciously, are indebted to the mother."

THE SIN OF FRETTING.— There is one sin which it seems to me is everywhere, and by everybody underestimated and quite too much overlooked in valuations of character. It is the sin of fretting. It is as common as air, as speech; so common that unless it rises above its usual monotone, we do not even observe it. Watch any ordinary coming together of people, and we see how many minutes it will be before somebody frets — that is, makes more or less complaining statement of something or other, which most probably every one in the room, or the car, or on the street corner, knew before, and which most probably no one can help. Why say anything about it? It is cold, it is hot, it is wet, it is dry; somebody has broken an appointment, ill-cooked a meal; stupidity or bad faith somewhere has resulted in discomfort. There are plenty of things to fret about. It is simply astonishing how much annoyance and discomfort may be found in the course of every day's living, even at the simplest, if one only keeps a sharp eye out on that side of things. Even Holy Writ says we are born to trouble as sparks fly upward. But even to the sparks flying upward, in the blackest of smoke, there is a blue sky above, and the less time they waste on the road the sooner they will reach it. Fretting is all time wasted on the road.— *Helen Hunt.*

USELESS LABOR IN THE KITCHEN.— Mrs. Emma P. Ewing says: "There is a great deal of useless labor in our homes in the cookery department. The waste of labor and time is immense because a great deal of cooking is done that is of no earthly advantage. A great deal of fussing and mussing which takes time and strength and money, and leaves no one a bit better off. The best methods of cooking are the simplest, and the simplest methods are the best methods everywhere. I think elaborate dinners are simply absurdities that have come down from the Dark Ages, when they thought they had nothing else to do but eat."

A COLLEGE FOR HOUSEWIVES.— Old-fashioned people who lament the good housewives of the past, may like to know that there is a college in existence where young ladies may learn cookery, needlework, laundry work, and household management. The college, appropriately called St. Martha's, is at Walthamstow, and is practically a large household, where each of the ten lady pupils not only receives instruction in the different branches of domestic science, but has also an opportunity of practicing her knowledge by alternately filling the post of housekeeper, parlor-maid, and housemaid. The course of instruction includes scrubbing, fire-laying, stove-cleaning, lamp-trimming, marketing, as well as the more advanced branches of the domestic science which are involved in dinner-giving, children's parties, and so forth.— *English Paper.*

It is not the deed we do,
Though the deed be never so fair,
But the love that the dear Lord looketh for,
Hidden with lowly care
In the heart of the deed so fair.

Home Training School

- - - For Nurses

Conducted by KATE LINDSAY, M. D.

HOW TO PREPARE AND WHEN TO USE THE SITZ BATH.

THE sitz bath may be given very successfully in a private house. The apparatus needed are simply an ordinary wash-tub and a pail for a foot bath, with a blanket to cover the patient. The bath may be taken hot, warm, tepid, cool, or cold. The temperature of the hot bath should be 100° to 108°; warm, 96° to 100°; tepid, 85° to 96°; cool, 75° to 85°; cold, 75° to 32°. The warm and the tepid baths are the ones most frequently used. The hot bath is used to induce perspiration, to increase the action of the skin, and to relieve internal organs of congestion. The increased action of the skin thus excited is an aid in eliminating waste matter from the blood, and is useful in cases of kidney disease, inactivity of the liver, jaundice, and at the outset of all acute disorders.

To give a hot sitz bath properly, the room in which it is given should be at a temperature of about 75°, never above 80°. If the patient is quite ill or feeble, prepare the bath and the room first, then make the patient ready by removing the clothing and wrapping in a blanket. Wet the patient's head and face in cool water, and give a hot foot bath for a minute or two before putting into the sitz bath. It is always important to have the feet warm before taking any kind of treatment. When all is ready, assist the patient into the bath, keeping the feet in the foot bath. If it is desired to induce profuse perspiration, let the patient drink hot water and keep the tub and patient well covered with blankets or comfortables.

A patient should always be watched when in a hot sitz bath, as he may faint from the great amount of blood drawn from the brain to the pelvis and lower extremities. If the patient is weak, it is best to limit the sitz to from ten to fifteen minutes; then, if it is desirable to prolong the sweating, have a warm blanket on the bed ready to wrap him in. In that case the patient should go directly from the bath to the bed without cooling the bath or checking the perspiration, simply wiping off with a dry, warm towel. If it is not desired to continue the perspiration, the patient, after remaining ten, fifteen, or twenty minutes in the hot bath, should have the temperature of the water lowered five or ten degrees and be sponged off, or have a few dipperfulls of cooler water poured over him. The feet may be cooled off by stepping into the sitz tub, and the whole body should then be rubbed vigorously with a Turkish or some other rough towel, to keep the blood at the surface. The patient may then go to bed in a cool, well-ventilated room, and be covered lightly.

This is a very refreshing treatment in a case of sore muscles due to over-exertion, chilling, malaria, or any other cause. This bath also gives the same soothing and eliminating effects as result from the hot full bath, the Turkish bath, the vapor bath, or any other hot bath. The hot sitz bath is useful in all cases of pain in the pelvis, retention and suppression of urine, colic, and the cramping pains of cholera morbus, tenesmus, and dysentery. The troublesome symptoms of the last named disease are often relieved by a hot sitz bath, followed by a cool girdle and complete rest in bed.

The warm sitz bath may be used to soothe and quiet the nervous system, to relieve irritation due to hemorrhoids or external chafing, and to relieve the dragging, uncomfortable feeling so often experienced by women who suffer from chronic pelvic congestion after being on their feet, or, in fact, any condition of over nervous excitation. The tired housewife, or any of the exhausted world's workers, suffering from want of nerve energy and unable to get the needed sleep by which to recuperate the worn-out, over-excited nerves and brain, might often escape the narcotic habit formed by taking harmless looking powders, which are too often prescribed to benumb the sensibilities and induce sleep, if they would use the warm sitz bath before retiring; and with this simple treatment, they would wake from natural sleep, rested and refreshed, and would escape all

those languid, nauseating feelings and severe headaches which often become worse after taking the medicine than they were before.

The tepid sitz bath may be used in all cases of chronic pelvic congestion, torpidity of the bowels, weakness of the walls of the bladder, irritable bladder and urethra, incontinence of urine, and all overnervous excitement of these organs. It is also useful in cases of chronic dysentery and diarrhœa, and other chronic catarrhal discharges from the pelvic organs, as well as in many chronic disorders due to the weakness of the tissues, and derangement of the circulation of these organs, which makes invalids of so many women. The tepid bath may be made a more prolonged bath than either the hot or the warm bath, and should always be followed by brisk rubbing. If the patient is strong enough, he should take vigorous exercise afterward. This is an excellent bath for pregnant patients, increasing the tone of the muscles and relieving the irritability from which so many suffer during this period. This bath should usually be taken during the fore part of the day, but it is also a very soothing bath taken in the evening just before retiring.

The cool and the cold sitz bath are sometimes used to reduce fever, but are inferior to the full bath and the cold pack for this purpose. They are often useful in controlling hemorrhage of the bowels, bladder, and other pelvic organs, and where there is acute congestion with local heat and extreme engorgement of the bloodvessels of the pelvis. These baths are especially useful in the latter condition. The cold bath is used as a tonic in torpidity of the bowels and incontinence of urine due to weakness of the bladder or urethral walls.

For children who wet the bed from habit, a short, cold sitz bath, taken before going to bed, and repeated once or twice during the night if necessary, will often stimulate the intellectual centers, so that instead of sleeping and voiding the urine unconsciously, the child will wake up, and thus this disagreeable habit will soon be overcome.

A bath at 60°, if the feet are warm and the bath short, will do no harm, and the shock will act as a tonic to both the pelvic tissues and the nerve centers.

Five or six minutes is long enough to continue this bath, and a brisk rub should follow it, to secure a good reaction. After taking a cool bath, the patient should always be rubbed until the surface circulation is vigorous enough to produce a warm glow all over the body. Never let him remain chilly and uncomfortable, with a pale, clammy surface, which indicates internal congestion.

The ordinary sitz bath tub is made of wood, tin, zinc, or earthenware. The average size is about eighteen inches in diameter at the bottom, and twenty-four inches at the top. The front is ten or twelve inches deep, and the back two feet deep. The high back serves as a support to the back of the patient while sitting, and also keeps the edges of the blanket out of the water. Bath tubs made of wood or tin, or any other like material, are easily transported from room to room, and with a square of oilcloth to protect the carpet, may be used anywhere without injuring the floor or furniture. A common wash-tub raised up by a block of wood a few inches thick under one side, would answer very well where no special tub is at hand. The foot bath tub is usually, though not always, used with the sitz bath.

It is eight or ten inches in diameter, and six or eight inches deep. An ordinary pail will answer every purpose.

In giving the warm and tepid baths, where a foot bath is not required, if the feet are warm, the shoes and stockings may be left on, or the feet may be placed on a warm soapstone, a hot board, or on the register, if there is one in the room. When there is a tendency to cerebral congestion, a cool cloth should be kept on the head, and the face frequently wiped off with cool water. Sitz baths may be medicated by using soda or salt; about one half pound of soda or salt to the tub of water.

In preparing for a bath, be careful not to put too much water in the tub. No rule can be given, as the amount must be graded by the size of the patient and the tub. A small patient will leave more room for water, while a larger patient will fill up the tub and

the water must be less. Small children can take a shallow sitz bath in a common earthenware bowl. These baths are often very soothing in warm weather, when fleshy children from two to four years of age are likely to chafe and become irritated from sweat and dust and discharges. If there is a discharge of offensive matter, the bath may contain some antiseptic, as permanganate of potash, borax, or boracic acid, and the like. A little care and a few minutes spent in giving this simple cleansing bath, would prevent the formation of the habit of solitary vice. It will also prevent many diseases due to microbes, which grow and flourish in dirt and moisture, and find easy access to the internal organs, often causing inflammation of the mucous lining of the urinary organs, and producing catarrhal discharges which may become chronic and last through a lifetime. There is no better promoter of morality and habits of cleanliness than the warm or tepid bath.

In cooling a sitz bath, be careful not to pour cold water on the patient, and in heating it up, use the same caution with the hot water. Pour the water slowly down the edge of the tub. When giving a cold bath, it is best to begin with tepid water and cool it off gradually. With a hot bath, begin with the warm temperature and raise it gradually.

A well organ is unselfish; it goes on doing its work well, without giving any reminder of its existence. But a diseased organ demands the attention of the whole body, and uses up nervous energy and wastes the nutrition of every other member of the system.

VISITING THE SICK AND AFFLICTED.

THE endeavor to fulfill the command to "visit the sick and afflicted," affords one of the most striking examples of how the keeping of the letter of the divine injunction may make void and destroy the spirit of the same. The loving, compassionate Redeemer of our race set an example of visiting the suffering for the purpose of doing them good, helping them out of their sickness, and giving them strength to bear their afflictions. He never visited a sick one, or any family that was afflicted, to impress them more deeply with their troubles, as is so often done by well meaning, but thoughtless visitors to the sick at the present day. Before trying to obey the Saviour's injunction on this point, let us all take time to learn how to obey his command so as to represent him and his cause in the right way, to make our visits a blessing and not a bane to those who are fainting and ready to perish under a load of physical suffering, which depresses the mind, destroys faith and hope, and shuts out the sunlight of divine love.

Well does the writer remember a time, almost thirty years ago, when a severe accident nearly destroyed a dear mother's life. It was in the country, and the young girl and her younger sister were trying to nurse the injured one back to life and health. They were doing the cooking for the workmen on the large farm, taking care of the dairy, and attending to all the never-ending demands upon the time of a toiling housewife, which makes it impossible for her to say her work is ever done. There were weary nights of watching, when the patient groaned in delirium and moaned with physical pain. At last a night came when a few hours of quiet sleep brought the light of reason into the mother's eyes, and now she seemed to be on the way to recovery. A good constitution had prevailed over the damage she had sustained, and all was hopeful and cheerful. Mother would now get well.

It was in the middle of one forenoon that a bustling, noisy, well-meaning neighbor woman rushed in unceremoniously, and made for the sick room without asking permission. Her first salutation was, "O Mrs. M——, I am so glad to know you are not out of your head, for I hearn as how ye was crazy as a loon and wan't expected to live. Seein' as you know somethin', I'll jest set down awhile and amuse you while the gals are busy. Poor things, they must be all tired and worn out, being up nights so much!"

The poor children's hearts sank. They could not think how to get rid of this blundering, though kind-hearted woman. But knowing from past experience that she always staid to a meal, they baked and cooked and hurried up an extra dinner, to get her out of the sick room. But the hour taken to prepare the meal, was too long for the nerve-shattered invalid to endure the never-ending account of neighborhood scandal and gossip. When the weary girls went to call their visitor to dinner, the flushed face, weary eyes, and restless tossing of the sufferer told only too plainly that disease had again the ascendency. Nature's recuperative forces were again called upon for an unequal contest with the enemy, and the invalid came nearer the grave than at first, before they once more rallied in sufficient force to bring signs of a return to convalescence.

Had that neighbor known the mischief she was

doing, or how she might have made herself useful, she would perhaps have done much to help, or at least left undone a great deal that she did do. Her visiting of the sick and afflicted resulted in increased sickness and more affliction.

On this same day there was a fourteen-year-old girl out in the summer kitchen, struggling with a large churning, with the breakfast dishes still unwashed, and the baking before her. Had the hours spent in the invalid's room, wasting her strength and endangering her life, been spent in the kitchen, washing dishes, molding bread, and preparing the vegetables for dinner, helping and encouraging the younger girl, and giving her older sister a chance to rest while the mother was quiet, that she might be ready for the coming night's watching,—then the call of this neighbor might have been such as to make her visit seem like that of an angel, leaving hope and good cheer, a visit to be gratefully remembered for many days to come.

There are but few who know how to do the right thing in a sick room, but many may learn how to fulfill the spirit of the injunction, if not to take the nurse's part. In the country, trained nurses are still hard to be found, but there is usually some quiet woman with keen perceptions and the ability to see what should be done in a sick room, to soothe and comfort the suffering. She alone should help the family about the immediate care of the patient. If the disease is not contagious, others who wish to help may find plenty to do. One could volunteer to do the washing, another the baking, some one could take the children home and care for them, etc. Thus, a subdivision of help might be made, each doing what her talents or circumstances best fitted her to do. Such visiting of the suffering will help them, instead of simply condoling with them, and it will earn for the one who does it, a part in Job's blessing,—"the blessing of him that was ready to perish."

SENTIMENT is not a substitute for wisdom and knowledge. At best, it is but blind impulse, unless guided by reason and enlightened by proper education. Natural love may make a mother willing to sacrifice any personal comfort or undergo any hardship for the welfare of her child; but if she knows nothing about what will promote his best interests, all her good intentions and willing sacrifices are wasted.

THERE are a great many well-meaning people who make a great show of comforting the sick by sentimental sympathy, which always leaves the invalid more depressed and morose than before their visit. It is not condolence and pity that the sick need most, but help,— not to be told they are sick and suffering, for they are well aware of that already, but to help them back to health of body, strength of mind, and good cheer.

LITTLE things make up the sum total of good nursing. There is a right and a wrong way of administering even the cup of cold water. Thinking of how many ways it may be improperly given, this text means much to all who care for the helpless.

THE nurse should always bring hope and courage with her to the sick-room. They are necessary health-promoting and health-restoring agents.

ALWAYS study a patient's moods, and acquire the ability to recognize when he wishes you to talk, read, or otherwise entertain him, and when he wishes to rest and desires you to be silent.

PASTE FOR ATTACHING LABELS TO METAL SURFACES: —

Powdered alum	1 dr.
Powdered borax	1 dr.
Hydrochloric acid	6 dr.
Water	12 oz.
Wheat flour sufficient to make a thick paste.	

Mix the alum, borax, and flour with the water, stir until smooth, then add the acid, and boil until the flour is thoroughly cooked.

A SICK-ROOM, whenever practicable, should fulfill the following conditions: —

It should, first of all, be large and lofty.

It should possess a fireplace, not only for the sake of warmth and comfort, but to insure proper ventilation.

It should be light and sunny, and therefore should not have a northern aspect.

It should be a quiet room, and hence should not be over the kitchen or fronting a noisy thoroughfare.

It should not be liable to be invaded by a smell of cooking from within the house, or of the stable from without.

Lastly, it should have, if possible, a dressing-room attached.—*Manual of Nursing.*

GOOD HEALTH
J·H·KELLOGG·M·D·EDITOR·
BATTLE CREEK·MICHIGAN·

NEGLECT OF COLDS.

Most chronic catarrhs, whether located in the nose, throat, or bronchi, have for their origin a neglected cold, or rather a succession of neglected colds. The damaging results of the neglect of proper attention to this simple malady, which is so easily cured when taken promptly in hand, is most apparent in children. Not infrequently a child that has not yet attained the age of seven years is found to be suffering from an advanced stage of catarrh. The writer has met several cases of ozæna in children of the age mentioned. These children, and even those in which the disease has not reached so advanced a stage, are nearly always found to be suffering from disturbed nutrition. There are evidences of imperfect development. The child is puny, lacks endurance, complains of weariness on slight exertion, and often does not make proper advancement in studies in school. The removal of nasal catarrh in these cases not infrequently secures a most complete revolution in the physical state. Parents should be instructed to call the attention of the family physician at once to the case of any member of the family who has contracted a cold which does not speedily yield to ordinary measures.

Prevention of colds is a matter of equally great importance. The writer has frequently met persons who have gone through a long life with scarcely ever having experienced the inconveniences of a cold. These persons are invariably those who have early in life acquired the practice of taking daily, on arising, a cold sponge bath. This habit, when once formed, becomes almost a necessity for the comfort of the individual. The enlivening and rejuvenating influence of a cool sponge bath is one of the most valuable therapeutic measures with which we are acquainted, and the recent experiments of Winternitz and others give us a very sound physiological foundation for this practice. The researches referred to show us that the reaction following the application of cold to the surface, not only brings an increased quantity of blood to the surface of the body, but reacts upon the interior of the body in such a manner as to bring into circulation in the bloodvessels a greatly increased number of blood corpuscles. By reason of this change, the actual increase in the vital capacity of the body is secured. An increased number of oxygen carriers results in a more perfect oxygenation of the tissues and a more complete removal of waste products.

Every child should be taught the value of a cool morning bath, and instructed how to take it. It, in fact, should be the duty of every parent to see that each child in the family receives, every morning of his life, the advantages of this important means, not only of preventing colds, but of warding off many other maladies, since an increase in the number of corpuscles circulating in the blood is not only a means of fortifying the system against colds, but a most excellent means of increasing the resistance of the body against maladies of nearly every sort.

For a cool morning bath, it is not necessary that an individual should plunge into ice-cold water. A quart of water, or even a pint, is sufficient for securing the best advantages of the bath.

Here is the method practiced by the writer of taking a cool morning bath: A sponge towel or a loofah is moistened with water as cold as can be obtained from the city service pipes. A novice would better use water which has stood in the room over night, which will have a temperature of about 70°. The sponge is first applied to the face and neck and across the chest, then the arms; the rest of the trunk then receives attention. Laying down the sponge, the whole surface is rubbed with the hands, using first one hand, then the other, so as to reach every part. The legs and feet are then treated in the same manner, and if opportunity affords, each foot is laid for a few seconds in a stream of cold

water. This may be obtained directly from the service pipe or by means of a pitcher filled with water as cold as can be obtained. The whole body is next quickly dried with a soft Turkish towel, and the skin rubbed vigorously with a flesh brush or a coarse towel. A person who is inexperienced in taking a cool bath and who does not react well, should moisten but a small portion of surface at one time, drying each section of the body before extending the bath to other parts. Any one who has experienced the benefits of the cool morning bath will be very loth to relinquish the practice.

ABDOMINAL BREATHING.— The term "abdominal breathing" was, until recently, employed to designate the natural type of breathing in which there is expansion of the whole trunk, particularly in the region of the waist. A more careful study of the movements of breathing has led, however, within the last few years, to a different use of the term "abdominal breathing." It is not now applied to natural or full respiration, but to a form of respiration in which the diaphragm alone is used, and which is characterized by a forward movement of the abdomen without movement of the ribs either at the sides or at the upper part of the chest. Only two methods of breathing were formerly described,— the upper chest breathing, and natural breathing, which, as we have stated, was termed abdominal breathing. At the present time, however, three different modes of breathing are recognized :—

1. Costal, or upper chest breathing, in which the respiratory movement is confined almost entirely to the upper part of the chest.

2. Abdominal breathing, in which the movement is confined to the lower part of the trunk.

3. Natural or full breathing, in which the whole trunk expands, the principal movement being at the waist, which swells out both at the sides and in front. That this is the normal type of respiration may be easily determined by watching the breathing of a young infant as it lies quietly on its back. The same style of breathing may also be noticed in dogs and other animals.

The term "abdominal breathing" as used a dozen years ago referred to what we have above described as natural breathing, but its use at the present time is restricted, as above stated, to a style of breathing in which the diaphragm alone is used. This style of breathing is to be very strongly condemned, for the reason that when practiced, only the lower portion of the lungs are expanded. In listening to the chest of a person breathing in this manner, we were unable to discover the slightest evidence of the entrance of air into the upper or middle portions of the lungs,—not the slightest sound of the movement of air in or out could be distinguished by the most minute examination with a stethoscope. Such breathing, if habitually practiced, is likely to cause disease. Indeed, it is quite impossible for a person to breathe in this manner except when absolutely at rest, without making a constant and very decided effort to restrain the natural breathing movements, in which nearly all the muscles attached to the ribs take part.

AN American physician visiting Hamburg during the epidemic which prevailed in that country in the summer of 1892, was given an opportunity, in one of the city hospitals, to test a method of treatment which he had planned, and with results which justified his highest expectations. The essential measure of treatment employed was water used internally and externally. The patient was given at frequent intervals large quantities of water to drink, and large enemas or coloclysters were administered, using water as hot as could be borne, and by this means the alimentary canal was washed out as thoroughly as possible, and at the same time a large quantity of fluid was supplied to the system to aid the kidneys in removing from the circulation the poison which is characteristic of this disease. The tendency to collapse was combated by means of hot applications to the surface. There is no better measure which could be suggested for this purpose than the hot blanket pack. The result of this treatment was complete recovery, and in a remarkably short length of time in almost every case.

SWIMMING MACHINE.—A Frenchman has invented an apparatus which might be called a swimming machine. It is intended to be used in teaching the art of swimming, and gives every boy an opportunity to follow the advice of the anxious mother who solemnly charged her son never to go into the water until he had learned to swim. It is claimed that by the employment of this apparatus all the movements of swimming may be effected and in a manner as naturally as in the water. The course of instruction with this apparatus enables the pupil to enter the water at once and swim without danger. Such an apparatus ought to be placed in every school gymnasium in the country.

PREVENTIVE TREATMENT OF GALLSTONES.

A QUESTION constantly asked the physician who has assisted a patient through an attack of biliary colic is, "Doctor, what can I do to prevent another attack?" Here are a few suggestions which the writer has found beneficial in these cases.

Of course if the patient has a number of calculi left in his gall-bladder, he is not likely to find any peace until the cargo is unloaded; but if the calculus which has been expelled leaves no concretions behind it, the suggestions made, if carefully followed, will probably prove effectual in preventing a recurrence of the attack. It might also be remarked incidentally, that many cases mistaken for gallstones are really cases of infectious jaundice without gallstones. The suggestions made are especially beneficial in cases of this sort.

1. *Wear loose clothing.* Gallstones occur most frequently in women, and tight-lacing has been shown to be one of the causes, by obstructing the outflow of bile from the liver and gall-bladder.

2. Avoid the use of coarse foods and the excessive use of fats, sugar, and especially avoid the use of cheese, game, and meats possessing a *hautgout.* The investigations of Dujardin-Beaumetz and others have shown that dilatation of the stomach exists in a considerable proportion of all cases of infectious jaundice and of gallstones, and both of these conditions are secondary to chronic gastro-intestinal catarrh, which is always aggravated by the use of such articles of food as have been above interdicted. The patient should also observe care in the regularity of meals. He should take two meals a day, and should take pains to masticate the food very thoroughly, without taking much drink at mealtimes. Especially avoid the use of ice-water, iced tea, ice cream, and ices of all sorts. Alcoholics must be forbidden, as also the use of pepper, mustard, spices, and all condiments, except the moderate use of salt. Pickles, fried foods, pastry, and meats, particularly pork, must be absolutely forbidden.

3. Water as a drink should be taken freely at other times than at meals. From two to four pints of water should be taken each day. In case inconvenience results in taking so much water by the stomach, a pint or two of water may be taken by the bowels and retained. If slowly introduced at the temperature of the body, no inconvenience is experienced by taking water in this way.

4. Great pains should be taken to keep the bowels regulated by abundant exercise, the free use of fruits, cold water drinking before breakfast, massage of the abdomen, horseback riding, and such other methods as are found to be beneficial. A large enema, or coloclyster, should be used in cases in which chronic constipation exists, and which does not yield to simple hygienic measures. Saline cathartics, and, in fact, all sorts of laxatives, must be avoided, as these substances irritate the gastro-intestinal tract and so encourage the disease.

5. Abundance of out-of-door exercise is of great value in these cases, by promoting the elimination of bile, and through encouraging the respiratory movements, assisting in digestion and overcoming the tendency to stagnation of blood in the portal circulation. Deep breathing is one of the best means of aiding digestion and unloading the liver and portal system. It should be practiced many times daily, ten or fifteen minutes each time. Pains should be taken to expand the whole chest, and especially to contract the diaphragm in such a way as to swell out the abdomen, thus giving the liver a hard squeeze between the diaphragm and the abdominal muscles.

6. Another measure of very great value, but so simple that it is likely to be neglected, is the employment of fomentations over the liver, followed by the

moist abdominal bandage, or umschlag, as it is termed by the Germans. The fomentation should be applied at night for ten or fifteen minutes. It should cover the region of the liver and stomach, and should be followed by a moist abdominal bandage consisting of a towel wrung out of cold water dry enough so it will not drip, then applied about the body and at once covered with many thick, warm wrappings so as to maintain the moisture and heat. This "heating compress" should be retained over night. In the morning, when it is taken off, the parts should be rubbed with cold water, and a dry woolen bandage should be applied, to be worn during the day.

DISCHARGE FROM THE EAR.— Few persons are aware of the fact that a chronic discharge from the ear is usually indicative of a condition of disease which may at any time develop into a fatal illness. In chronic inflammation of the middle ear, the parts affected are separated only by a very thin bony partition from the brain itself, and it only requires a slight extension of the disease to involve the membranes of the brain. On one occasion the writer was called to see a patient suffering from suppuration of the ear, who had a few days before been seized with a terrific pain in the head which nothing would relieve. Investigation gave convincing evidence that an abscess had formed within the skull, and a quantity of pus amounting to nearly two ounces was removed.

The danger attending chronic ear discharge is well recognized by medical men, and also by Life Insurance Companies, who refuse to insure the lives of persons suffering from such a condition.

Treatment.— Nothing further need be said to emphasize the necessity for the proper treatment of this condition. In its acute form the discharge is generally accompanied by severe pain. For the relief of this pain, the application of heat in some form is a most valuable measure. Either dry or moist heat may be used. The ear douche is a remedy of great value. Another remedy of value is a mixture of olive oil and chloroform, seven parts of the oil to one of chloroform. This should be thoroughly mixed and kept in a closely stoppered bottle to prevent evaporation of the chloroform, and applied warm. The bottle may be warmed by holding it in water at a temperature as hot as the hand can bear, for three or four minutes, then making the application. This mixture should be poured into the ear and allowed to remain for ten or fifteen minutes. The application may be repeated several times daily.

The suppuration is due to germs. The activity and growth of these germs is lessened by the presence of chloroform.

Another remedy of value in acute discharges from the ear, as well as in chronic cases, is boracic acid in the form of dry powder. The boracic acid should be carefully introduced into the ear by means of a toothpick around the end of which a bit of absorbent cotton has been wrapped. The ear should be first washed out and carefully dried before the boracic acid is applied.

In case of chronic discharge, the ear canal should be packed as full as possible with boracic acid, which should be allowed to remain until it softens, which usually occurs within two or three days. It should then be washed out and a fresh application made.

The writer has frequently cured cases of chronic ear discharge of fifteen or twenty years' standing by a few applications of this sort, the value of which seems not to be generally appreciated by physicians.

GREEN'S AUGUST FLOWER.— We have been asked for the formula of Green's August Flower. According to Prof. Virgil Coblentz, the formula is as follows: —

Rhubarb	360 grains.
Golden seal	90 "
Cape aloes	16 "
Peperline lvs	120 "
Potass. carbonate	120 "
Capsicum	5 "
Sugar	½ pound.
Alcohol	3 ounces.
Water	10 "

ANTIDOTES FOR POISONS.— It is important to know, if possible, what poisonous substance has been swallowed, as chemical antidotes can sometimes be administered which will at once destroy the poisonous properties of the substance swallowed. As a rule, however, it is safe to administer, immediately, large quantities of warm water or milk, to which salt or mustard has been added, in the proportion of a tablespoonful to a half pint of water. The liquid should be swallowed as rapidly as possible, and the throat tickled with the finger or a feather so as to produce gagging and vomiting at the earliest possible moment. A few minutes' delay may be sufficient to lead to a fatal result in a case which might have been saved. In case of poisoning by opium or other nar-

cotics, hot and cold applications to the spine are of the greatest service. The following table gives some useful information concerning the special methods to be used in case of poisoning :—

For Bedbug Poison, Corrosive Sublimate, Blue Vitriol, Lead Water, Saltpeter, Sugar of Lead, Sulphate of Zinc, Red Precipitate, Vermilion,	Give milk or white of eggs, large quantities.
For Fowler's Solution, White Precipitate, Arsenic,	Give prompt emetic of mustard and salt, tablespoon of each; follow with sweet oil, butter, or milk.
For Antimonial Wine, Tartar Emetic,	Drink warm water to encourage vomiting. If vomiting does not stop, give a grain of opium in the water.
For Oil Vitriol, Aquafortis, Bi-carbonate Potassa, Muriatic Acid, Oxalic Acid,	Magnesia or soap dissolved in water, every two minutes.
For Caustic Soda, Caustic Potash, Volatile Alkali,	Drink freely of water with vinegar or lemon juice in it.
For Carbolic Acid,	Give flour and water or glutinous drinks.
For Chloral Hydrate, Chloroform,	Pour cold water over the head and face, with artificial respiration.
For Carbonate of Soda, Copperas, Cobalt,	Prompt emetics; soap or mucilaginous drinks.
For Laudanum, Morphine, Opium,	Strong coffee followed by ground mustard or salt in warm water to produce vomiting. Keep in motion
For Nitrate of Silver,	Give common salt and water.
For Strychnine, Tinct. Nux Vomica,	Emetic of mustard or salt, aided by warm water.

FOR ECZEMA.—Wash the parts very clean, soften any scabs which may be present, by means of olive oil, then apply a pomade consisting of the following :—

Boric acid	3 parts.
Zinc oxide	10 "
Starch and vaseline	āā 60 "

THE SYMPTOMS OF CONSUMPTION.—We are frequently asked the question : What are the first symptoms of consumption ?—The patient has a slightly feverish condition, chilly sensations about the spine, a slight bronchial irritation, a very sligh cough, perhaps, a very slight loss of energy and strength, and a slight tendency to loss of flesh. However, not one person in a hundred who has these symptoms is going to have consumption, but these are the premonitory symptoms of that dread disease. Consumption does not begin with a healthy person. If it did, there would be universal consumption, for one cannot pass through the streets of a city without taking in the germs of tuberculosis. They are to be found in the dust of the street, in hotel parlors, in the drawing-room car—perhaps in the very bedding of the sleeping car. These places always have these germs in abundance, and the consequence is that we are continually exposed to this danger ; and the reason we do not all get consumption is that we are not all in a susceptible condition. But unless we conform to the laws of health, we shall become susceptible to the attacks of tubercular as well as other germs.

REMOVAL OF THE TONSILS. — Many persons have a prejudice against the removal of the tonsils, for the reason that they think them a protection to the lungs; but a tonsil is not a protection to the lungs; it is merely a secreting gland, and helps to make saliva. Tonsils should never be removed so long as they perform their proper functions ; but when a tonsil gets to be a deformity, —an abnormal growth or tumor, —and has lost its function, it should be removed. After it has become diseased and full of little pockets, ready to harbor germs (there are thousands of persons who have sore throats from this cause), the tonsil is no longer of any possible use to the body, any more than is a wart on the end of the nose, and the sooner it is removed, the better; indeed, in this condition the tonsil is a source of great danger, and the only safe cure is entire removal.

THE BODY NEEDS WATER.—Some one has asked, "What would be the cause of death of a person who drank no water?" This subject has been studied considerably, and animals have been experimented upon, and it is found that without water, they lose their power to eliminate the natural poisons ; they must have water in order to eliminate them, otherwise the secretions become too dense. Without water, the amount of urea which should be secreted becomes diminished, and so with the other secretions. We need water, not only to dissolve the food and carry it along, but we need it to dissolve and carry out of the system the poisonous and the worn-out material of the body, after it has served its purpose. Water forms a circulating medium for carrying substances back and forth in the system, conveying nourishment to the various parts of the body, and bringing back the used-up material and carrying it out by way of the excretory ducts.

A STRONG solution of soda is the best thing to use for all insect bites or stings.

ANSWERS TO CORRESPONDENTS.

GREEK WOMEN AND CORSETS.— Miss A. D. S., Indiana, writes concerning a late article in a popular journal where reference is made to corsets, size of waist, etc., and to the practice of Greek women in wearing under their flowing draperies "muslin bodices bound with iron," and asks, "Where does this journal get its information in regard to Greek women?" Another article by the same author advises women to put on the skirt *under* the corset; in fact, to let the corset be the last piece of underclothing donned. "Is not such teaching pernicious?"

Ans.— We quite agree that such teaching is pernicious. The Greek women who adopted the custom referred to were courtezans. Not all the people of ancient times were examples suitable for us to follow. The people of Greece varied at different periods of their history. The Spartans under Lycurgus set a good example in matters favorable to the care of the body.

HAIR OIL—TINCTURE OF NICOTINE, ETC.—L. J. B., Ind., asks: "1. Is the use of hair oil necessary? 2. It is said that barbers use tincture of nicotine in the place of hair oil. Is this harmful? 3. Does food containing phosphorus nourish the brain and nerves more than other food?

Ans.—1. No.

2. This must be an error.

3. All food capable of supporting life contains more or less phosphorus.

ENLARGED TONSILS.—J. S., Cal., writes: "Occasionally I am troubled with enlarged tonsils, which sometimes develop tonsilitis, and sometimes quinsy. Physicians advise me to have them taken out or pared off. Would you advise such treatment?"

Ans.—By all means have the diseased tonsils removed, or destroyed by the proper measures.

MAGNETISM.—I. E. B., Vt., inquires: "1. What is magnetism? 2. How is it used in the treatment of disease? 3. What is the so-called magnetic gift of healing?"

Ans.— 1. Magnetism is a secondary force allied to electricity. A magnetic body possesses the quality of attracting iron and a few other substances. Experiments conducted in Mr. Edison's laboratory, some of which have been repeated by the writer, show very conclusively that magnetism is of no value whatever in the treatment of disease.

2. If the question refers to "animal magnetism," we have only to repeat what we have already said, and add that there is no such thing as animal magnetism. It is a hypothetical force or influence, to which has been attributed results which are wholly due to the imagination or mind of the patient, and not to any occult force or principle.

3. Magnetic healers operate in two ways: (1) by rubbing with the hand the parts which are supposed to be diseased; and (2) by the simple laying on of hands, making passes, or making use of water or paper which is pretended to be magnetized. When the first method is employed, doubtless some good is derived from the rubbing. When the second method is used, any results noticed must be attributed to the imagination of the patient. Animal magnetism is a sort of "mind cure."

WHOLE-WHEAT WAFERS — "SEA FOAM" — DANDRUFF.— M. W., Minn., writes: "1. Please give a recipe for whole-wheat wafers. 2. Also a recipe for the 'sea foam' used by barbers when shampooing, or some better preparation. 3. What is the cure for dandruff?"

Ans.— 1. See Mrs. Kellogg's work, "Science in the Kitchen."

2. There is nothing better as a shampoo for the hair than the white of eggs.

3. Shampoo the scalp thoroughly with eggs or with fine castile soap two or three times a week. After the shampoo apply each time a mixture of equal parts of castor oil and alcohol.

BLOOD POISONING.—R. C., Penn., asks the following questions: "1. What is blood poisoning? 2. Can it be prevented or cured? 3. If so, by what means?"

Ans.— There are many kinds of blood poisoning. It is impossible to consider this great subject in a short paragraph. We must be content with saying that the most common forms of blood poisoning are due to the absorption of poisonous substances which are produced by germs, either in connection with the suppuration of a wound or an abscess, or in the alimentary canal. In typhoid fever, consumption, and other diseases attended by fever, it is due to the absorption of poisonous substances produced by the microbes characteristic of the several disorders.

2. It can only be prevented by avoiding the cause, which, as indicated, varies with almost every case.

RELIEF DEPARTMENT.

[THIS department has been organized in the interest of two classes: —

1. Young orphan children, and
2. The worthy sick poor.

The purposes of this department, as regards these two classes, are as follows: —

1. To obtain intelligence respecting young and friendless orphan children, and to find suitable homes for them.

2. To obtain information respecting persons in indigent or very limited circumstances who are suffering from serious, though curable maladies, but are unable to obtain the skilled medical attention which their cases may require, and to secure for them an opportunity to obtain relief by visiting the Sanitarium Hospital. The generous policy of the managers of the Medical and Surgical Sanitarium has provided in the Hospital connected with this institution a number of beds, in which suitable cases are treated without charge for the medical services rendered. Hundreds have already enjoyed the advantages of this beneficent work, and it is hoped that many thousands more may participate in these advantages. Cases belonging to either class may be reported in writing to the editor of this journal.

It should be plainly stated and clearly understood that neither orphan children nor sick persons should be sent to the Sanitarium or to Battle Creek with the expectation of being received by us, unless previous arrangement has been made by correspondence or otherwise; as it is not infrequently the case that our accommodations are filled to their utmost capacity, and hence additional cases cannot be received until special provision has been made.

Persons desiring further information concerning cases mentioned in this department, or wishing to present cases for notice in these columns, should address their communications to the editor, Dr. J. H. Kellogg, Battle Creek, Mich.

☞ He wishes especially to state that those who apply for children will be expected to accompany their applications by satisfactory letters of introduction or recommendations.]

A BAND OF FOUR. — Here comes a band of four boys (Nos. 189–192), to claim our attention and sympathy. Their ages are three, nine, ten, and eleven. They all have dark eyes and auburn hair. With the sad life they must have lived, they have not had the right kind of training, and hence will need careful watchcare from those who undertake their rescue. Has not some good Christian heart faith enough to take one of these lambs of the fold and bring him up for God? Surely the promise of grace and wisdom sufficient is not alone for those who minister to children who seem most promising. God alone knows what destiny awaits any one of his little ones.

Two little Swedish children, aged five and six (Nos. 196 and 197), demand a share of sympathy, for their father is dead, and their mother is too poor to take care of them. She has done the best she could, but is unable to do more. They have good health, and are nice appearing.

No. 198 is a little boy who has lost his mother and father, and has been living with his grandparents. They are very old, and cannot take proper care of him longer, so desire that a home be found for him. He is nine years of age, has dark eyes and light hair, and is of fine appearance. Here is an opportunity for some real missionary work, for this little fellow has been quite neglected.

TWO SISTERS (Nos. 199 and 200). — Word from Pennsylvania tells of two little girls, aged six and eight years respectively, who have been left without a mother's care, and their father is desirous of placing them in good homes. They have dark eyes and hair, are intelligent looking, and have had good training.

TWO DAKOTA BOYS (Nos. 201 and 202). — We have received the description of two boys who are sadly in need of a home. They have not known a father's care for six years, and their mother is no longer able to support them. The older, eleven years old, has black hair and eyes; the younger, ten years of age, has brown hair and blue eyes. They have had good training, and the greater part of the time they have spent in the country.

No. 203 is a boy living in Michigan, who is in need of a home. He is eight years old, has blue eyes and light hair, and is truthful, industrious, and obedient. Surely some home will be made brighter by his presence.

FANNIE (No. 204). — This little girl with bright blue eyes and light hair, who has been living with an aged relative, is in need of a kind mother's care. She is nine years old, and is now living in Pennsylvania.

ANOTHER BOY (No. 205). — A rugged boy twelve years of age has been left in the world without a fond mother's care. His father is out of work and wants to find a home for the child. He has dark hair and eyes, and a good intellect. Will not some one take this child and give him educational advantages, and at the same time provide him with a good home?

ERWIN (No. 209) is a bright, pleasant looking boy only six years old. His father is dead, and the mother is very poor and living among strangers, so the child is left in the world with no friends to care for him. He is now in Michigan. What family will welcome him as one of their number?

ALFRED (No. 213), a boy five years old living in the State of New York, is fatherless and his mother in poor health is left without means of support. He

has blue eyes and black hair. Will some home in the Eastern States open its doors to receive this boy while his character is yet unformed?

A FATHER who is away from his motherless boy (No. 216) is anxious to find a home for him in some good family, where he can have the surroundings of a pleasant home and will receive Christian care and training. This boy is now living in Pennsylvania. He is eleven years old, and has gray eyes and light hair. He likes to go to school, learns readily, and is said to have good traits of character.

No. 217 is a nine-year-old boy living in Indiana. He has dark blue eyes and dark hair, is said to be obedient, and has had good care. Last winter his father died, leaving his mother with no means of support, and he has no friends who are able to care for him. Will some family receive him as their own, and still direct his feet in the right way?

No. 218 is a healthy Swedish boy only four years old, living in Minnesota, who has no one to care for him. At the present time he has a temporary home, but he cannot remain in this place long. He has brown hair and eyes, and is said to be an intelligent little fellow. He would surely cheer some home, should a kind mother bestow upon him her love and care.

LITTLE Edith (No. 227) is but six weeks old, and is being cared for by charity. She has black hair and dark eyes, and is very bright in appearance. She is now living in Michigan, and is in need of a mother's kind care. Will some one take her as their very own?

A LITTLE girl (No. 228) six years old, living in Michigan, needs a home with good Christian friends. She has dark hair and blue eyes, and is very pretty. She is an attractive child, of a loving disposition and with no bad habits. She only needs a firm hand to guide her to make her a real comfort in any home which will receive her.

SOME interesting letters have been received from the little children (Nos. 186 and 187,) who were placed in a good home in Iowa. They are very happy on the farm, and write about the pleasant times they have, caring for the horses, colts, and chickens. They speak, too, of their studies, in which they also seem to be interested. We are sure that their work out-of-doors only fits them for better intellectual development, and we trust that they will grow up to be an honor to the kind people who have taken them into their home.

A MOTHER, who, when a child, was left an orphan, has not forgotten how a kind-hearted mother took her in and gave her a good home. After she had reared her own children, she wanted to give a home to some homeless child, so made application for two. After some correspondence in reference to the subject, she writes that an opportunity to help a mother with three children presented itself, so now she is doing what she can to help those near her own door, and feels that she is doing some good. Although we could not send her the children she wanted, her interest for the orphans is no less, and she has improved the opportunity which has presented itself.

PERSONS making applications for children advertised in this department, are requested to send with their applications the names and addresses of two or more persons as reference. If possible these should be known, either personally or by reputation, to some member of the Board of Trustees.

CLOTHING FOR THE POOR.

THE call for clothing of all kinds and the numerous offers to supply assistance of this sort, have led us to organize a Clothes Department to receive and properly distribute new or partly worn garments which can be utilized for the relief of the very poor. In connection with this work it is very important that a few points should be kept in mind and carefully observed: —

1. Clothes that are so badly worn that repairs will cost more in money or labor than the garment is worth, will of course be of no service. Garments that are old, though faded, or which may be easily repaired by sewing up seams, or made presentable by a few stitches judiciously taken in some point in which the fabric is nearly worn through, may be utilized to most excellent advantage. But garments so badly worn that they need extensive patching, or clothes which have become much soiled and grimy by long use in some dirty occupation, should find their way to the rag bag instead of the missionary box.

2. Freight must always be prepaid. It costs as much to send 25 pounds or any amount less than 100 pounds as to send the full 100 pounds; consequently it would be well for those who think of sending clothes to be used in this department, to put their contributions together in one shipment, so as to get the benefit of the 100-pound rates. *We are obliged to ask that freight should be prepaid as a means of preventing loss to the work in the payment of freight upon useless packages.*

3. Clothes that have been worn by patients suffering from any contagious disease — such as typhoid fever, erysipelas, consumption, and skin disorders of all sorts, as well as scarlet fever, measles, mumps, diphtheria, and smallpox — should not be sent. Infected clothes may be rendered safe by disinfection, but we cannot trust to the proper disinfection of such garments by those sending them, who, in the majority of cases, are quite inexperienced in such work; neither should those who unpack the clothe be exposed to the risk of contamination while preparing them for disinfection at this end of the line. Such clothes should, as a rule, be destroyed. If they are not destroyed, almost infinite pains are required to render their use perfectly safe.

4. All articles received here are carefully assorted and classified, and are then placed as called for where they will do the most good.

LITERARY NOTICES.

"MICHIGAN, MY MICHIGAN," is the title of a little pamphlet gotten out by C. M. C. Cook, of Mt. Pleasant, Isabella county, Michigan. It is a concise statement of valuable information in regard to the State of Michigan, its topography, climate, products, and people. While the tide of emigration is setting westward, listen to the following from Prof. Kedzie, of the Michigan Agricultural College: —

"There are now thousands of acres of as good agricultural land in Michigan as can be found anywhere, that only await the tillage of intelligent farmers to bring forth rich returns. The whole mad crowd that rushed last fall into the Cherokee strip could have been supplied with land here in Michigan having every advantage of the western prairies and some that do not exist out west. There is no worthless land in Michigan. On the pine barrens can be grown pasturage that will in time reclaim them for other agricultural products. Muck swamps produce splendid crops of celery, cranberries, and peppermint. In the sandy, porous soils of western Michigan are grown peaches, small fruits, and garden truck of all descriptions. The variety and productiveness of Michigan soils are remarkable. Farmers can raise diversified crops and thus avoid dependence on any one. It is a great mistake to push west when riches lie so near at hand. Let the disappointed 'boomers' come to Michigan and settle in the neighborhood of civilization."

Early Education is the title of a little eight-page journal newly come to our table. It has entered a large field, — that of assisting parents in the training of their little children; but if the first number is an index to those which are to follow, the little sheet will doubtless have wide usefulness. The editor, Mrs. Lizzie A. Lewis, has brought to her work a clear brain and a mother's heart. It is published at College View, Neb., subscription price 25 cts. per year.

IN addition to their great work entitled "The Book of the Fair," The Bancroft Company will soon publish the "Resources and Development of Mexico," written by Hubert Howe Bancroft at the personal request of President Diaz, who issued a commission to gather fresh material from every quarter of the republic and aid Mr. Bancroft in every way in the prosecution of the work.

A LIBRARY of pictures, art news, and biographies of artists is compressed into the pages of *The Quarterly Illustrator* for the spring months, published by Harry C. Jones, at 92 Fifth Avenue, New York. Good pictures make their own way everywhere, but the intelligence and taste with which the bill of fare has been arranged in the new issue of *The Quarterly* is worthy of all praise. From frontispiece to photographic appendix, each page has a number of bright, attractive pictures, together with text by the prominent writers on art of the day.

THE whole world has been traversed to find material for the Easter Number of the *Literary Digest*. Almost every civilized language is represented. The number is superbly illustrated, full of information; treating all questions of present interest, and all sides of those questions; presenting the leading articles in the foremost magazines and journals of the world. This number of the *Literary Digest* will probably excel any other attempt to give the literature of the world in one issue. Funk and Wagnalls Company, Publishers, 18 & 20 Astor Place, N. Y.

THE AMERICAN HUMANE EDUCATION SOCIETY, 19 Milk St., Boston, have on hand ready for delivery beautifully cloth-bound volumes of "*Black Beauty,*" *at 25 cents a copy, or sent by mail 30 cents;* also, beautifully cloth-bound volumes of two new splendid prize stories, "*Our Gold Mine at Hollyhurst,*" a story of Massachusetts, and "*The Strike at Shane's,*" a story of Indiana, each at 20 cents, or sent by mail 25 cents; also *Mr. George T. Angell's Autobiography*, handsomely cloth-bound, at 20 cents, or sent by mail, 25 cents.

"A SHORT HISTORY OF THE ENGLISH PEOPLE." By J. R. Green. Illustrated edition. Edited by Mrs. J. R. Green and Miss Kate Norgate. In four volumes. Vol. III with colored plates, maps, and numerous illustrations. Royal 8vo, illuminated cloth, uncut edges, and gilt tops, $5.00. Harper and Brothers, Franklin Square, New York.

Volume III of this magnificently illustrated edition covers two periods, involving two great changes in English history; namely, that of Puritan England and of the Revolution, extending from the year 1603 to 1679. The volumes already issued cover the following periods: Volume I, from "The English Kingdoms" (607) to "The Hundred Years' War" (1377); Volume II, from "The Hundred Years' War" (1377) to "The Reformation" (1603). This Short History is a fascinating study of national life, and the present edition, with its splendid pictorial features, is unrivaled among works of its kind.

PUBLISHERS' DEPARTMENT.

THE following preamble and bill were introduced in the Senate of the United States by Mr. Palmer, Feb. 12, 1894, and in the House of Representatives by Mr Richards, Feb. 19:—

"A BILL.

"*To remove certain disabilities of the late acting assistant surgeons.*

"*Whereas*, Before, during, and since the war of eighteen hundred and sixty-one to eighteen hundred and sixty-five, but chiefly during the war, private physicians were employed as medical officers, serving under the orders of their superior officers as such, agreeably to Army regulations, in the armies of the United States, in addition to the commissioned medical staff, because the number of the latter was not sufficient for the necessities of the service. This class of officers was known officially as acting assistant surgeons, because they performed exactly the same duties, and were subject to the same control as commissioned medical officers. These acting assistant surgeons were employed under contract made in accordance with paragraph twelve hundred and sixty-eight, Revised Regulations of the United States Army, eighteen hundred and sixty-one, and paragraphs thirteen hundred and four and seventy-one, Appendix B, Revised Regulations, eighteen hundred and sixty-three, and were obliged to remain in the service of the United States for a stated time. Among these officers were many of the eminent physicians and surgeons of the United States. Some of the duties performed by acting assistant surgeons were as follows: They were in charge and command of United States military hospitals, known as general, division, field, and post hospitals; they had charge and command of United States military hospitals for the care of contagious diseases; they were in command or in charge of hospital trains, hospital boats, and ambulance trains, and were executive officers of United States general hospitals; they acted as brigade and regimental surgeons, and at least one acting assistant surgeon acted as medical director of a department for nearly a year; they were responsible for hospital funds and property, and also post funds; they served on courts-martial, which the Articles of War require shall be composed of officers, and also on boards of survey, in camp, field, and garrison, on overland expeditions, and in Indian wars; they faced death and endured hardships like commissioned officers, and it is known that nearly one hundred and fifty died in the military service of the United States; and—

"*Whereas*, These acting assistant surgeons were allowed fuel, rations, quarters, and transportation in kind, and to purchase rations from the commissary, and traveling expenses the same as commissioned medical officers with rank of first lieutenant, and were accorded, by order of the War Department, the same protection in their position, the same respectful subordinate conduct, and the same military courtesy from enlisted men as if they were commissioned officers, because they were placed in the position of commissioned officers so far as related to their duties. Many of them were also required to wear the uniform of an assistant surgeon. Acting assistant surgeons who were disabled by reason of disease contracted or injury received in the military service have been granted pensions under a law which assimilates them to the rank of first lieutenant of the military or Marine Corps; and—

"*Whereas*, Because they were not commissioned as officers, but were employed by contract as such, they are denied admission to military organizations like the Loyal Legion and the Grand Army of the Republic; and to relieve this unjust discrimination, and to give a proper recognition to their patriotism, duties, responsibili-

ties, services, hardships, and exposures, they ought to be entitled to receive the rank for whic hey are allowed pensions and which will relieve them from these advantages. The appended bill is offered for this purpose. I volves no expense to the United States Government and no cha in the relative rank of officers of the medical corps of the United States Army who have been or are now in the service of the United States; therefore,—

"*Be it e. acted by the Senate and House of Representatives of the United States of America in Congress assembled*, That private physicians who were employed as medical officers in the armies of the United States for a period of not less than three months, in accordance with paragraph twelve hundred and sixty-eight of the Revised Regulations, United States Army, eighteen hundred and sixty-one, and paragraphs thirteen hundred and four and seventy-one, Appendix B, Revised Regulations, eighteen hundred and sixty-three, and who were known officially as acting assistant surgeons of the United States Army, and whose services were honorably terminated, shall be commissioned by the President of the United States as acting assistant surgeons of the United States Army; and the date of employment as acting assistant surgeons to be the date of commission and muster into service, and the date of the honorable termination of service as acting assistant surgeons to be the date of discharge or muster out of service: *Provided*, That no pay or allowance shall be made to any such acting assistant surgeon by virtue of this act; and this act shall not affect the rank, pay, or emoluments of commissioned medical officers of the United States Army."

It is desired that those who have been Acting Assistant Surgeons, or are in sympathy with this movement, shall communicate promptly with Members of Congress and others who are in a position to give material assistance.

* *
*

ANSWERS TO CORRESPONDENTS.—FARMER.—Yes, South Dakota furnishes an excellent field for diversified farming. Wheat, corn, barley, and flax are produced in abundant quantities and find a ready market at good prices, while the cost of production is much less than in the Eastern States. Stock raising and wool growing have become successful industries in South Dakota, where thousands of acres of the finest land in the United States can be secured at reasonable figures and upon long time for deferred payments. Further information will be cheerfully furnished free of expense by addressing Harry Mercer, Michigan Passenger Agent, 82 Griswold Street, Detroit, Mich.

* *
*

A VERY interesting lecture on astronomy was delivered in the Sanitarium gymnasium on the evening of February 27, by Prof. Culver, of Chicago. By means of fine stereopticon views he made the subject extremely entertaining as well as instructive, his views of the canals of Mars and the mountains on the moon being wonderfully clear. The lecture had been prepared in such plain and common language that both young and old, learned and unlearned, could understand and enjoy it.

* *
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THE demand for instruction in the science and art of cookery grows more urgent day by day. During the three months' course of instruction in the Sanitarium School of Cookery just closed, more than ninety persons have availed themselves of its privileges. Many and varied are the expressions of appreciation of the valuable information received in this school by those who have taken the course. A gentleman said a few days ago, "I would not take five hundred dollars for what my wife has learned in the cooking school this winter." Many other husbands are equally appreciative. For the new class that is now forming there are more than one hundred and twenty applicants.

THE members of the Sanitarium Medical Missionary Training School are giving special attention this year to the subject of hygiene. With its laboratory of hygiene, and its gymnasium well supplied with all kinds of useful apparatus for physical development, the Sanitarium possesses unrivaled facilities for the study of this subject. Mental and moral hygiene is also considered; the subject being pursued from a broad basis. The science of how we ought to "live, and move, and have our being," from a physical standpoint, is but little understood, as witness the suffering and sickness all around us, which are but the sure results of the violation of the laws of our being. Medical missionaries, of all persons, should understand the laws of health.

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THE cities of Los Angeles, San Diego, and San Francisco, California, can be reached comfortably and quickly via the Santa Fé Route from Chicago, St. Louis, and Kansas City. Vestibuled trains with through sleepers and free chair cars leave these cities daily for all important points in the west and southwest. Persons contemplating a visit to the Mid-Winter Fair cannot do better than to write to C. A. Higgins, Assistant General Passenger Agent, Monadnock Building, Chicago, for rates and free copies of this company's beautifully illustrated books of travel.

* *
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SIXTEEN WORLD'S FAIR PHOTOS FOR ONE DIME.—The Chicago, Milwaukee & St. Paul Railway has made an arrangement with a first-class publishing house to furnish a series of beautiful World's Fair Pictures, of a large size, at the nominal cost to the purchaser of only ten cents for a portfolio of sixteen illustrations. Nothing so handsome in reference to the World's Fair has before been published. The series would be worth at least twelve dollars if the pictures were not published in such large quantities, and we are therefore able to furnish these works of art for only ten cents.

Remit your money to George H. Heafford, General Passenger Agent, Chicago, Milwaukee & St. Paul Railway, at Chicago, Ill., and the pictures will be sent promptly to any specified address. They will make a handsome holiday gift.

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*

EXCURSIONS TO CALIFORNIA.—On account of the San Francisco Mid-winter Fair, the Chicago, Milwaukee & St. Paul Railway Company will sell excursion tickets to San Francisco, St. Jose, Colton, Los Angeles, and San Diego, Cal., and Portland, Ore., at reduced rates, good until April 1, 1894. For full particulars call on any coupon ticket agent or address Harry Mercer, Michigan Pass. Agent, 82 Griswold St., Detroit, Mich.

* *
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WHERE TO LOCATE NEW FACTORIES.

THIS is the title of a 150-page pamphlet recently published by the Passenger Department of the Illinois Central Railroad, and should be read by every mechanic, capitalist, and manufacturer. It describes in detail the manufacturing advantages of the principal cities and towns on the line of the Southern Division of the Illinois Central, and the Louisville, New Orleans, and Texas Railroads, and indicates the character and amount of substantial aid each city or town is willing to contribute. It furnishes conclusive proof that the South possesses advantages for the establishment of every kind of factory, working wool, cotton, wood, or clay. For a free copy of this illustrated pamphlet, address C. C. Power, Foreign Representative, 58 Michigan Ave., Chicago, Ill.

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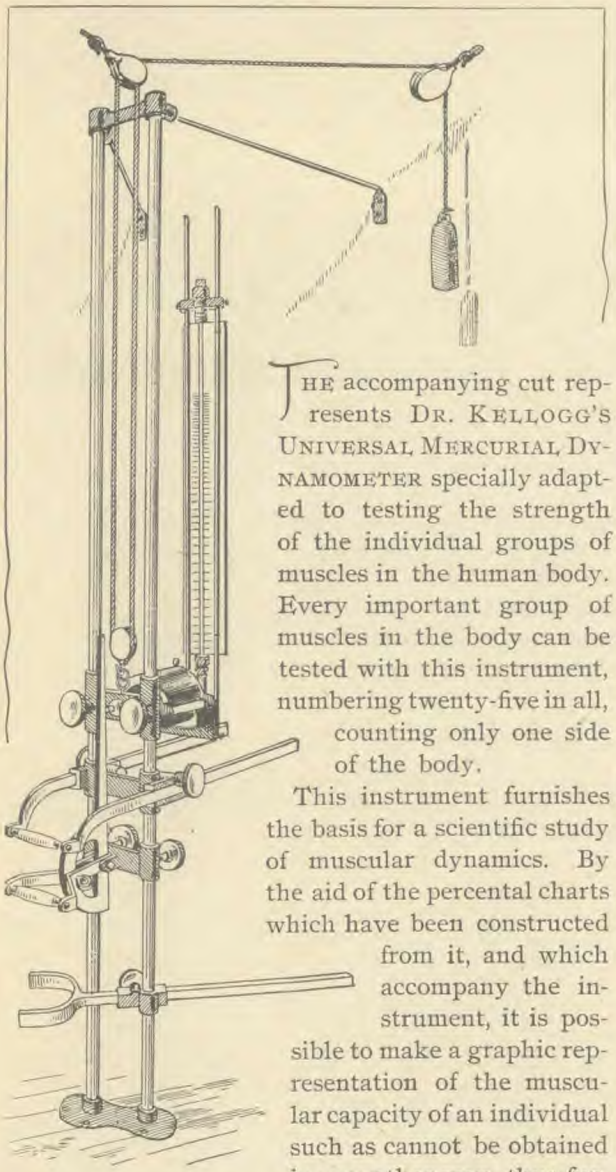

THE accompanying cut represents DR. KELLOGG'S UNIVERSAL MERCURIAL DYNAMOMETER specially adapted to testing the strength of the individual groups of muscles in the human body. Every important group of muscles in the body can be tested with this instrument, numbering twenty-five in all, counting only one side of the body.

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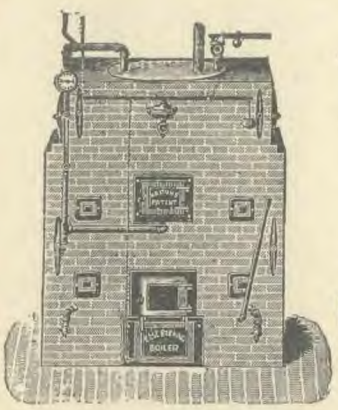

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THE SANITARIAN is filled with articles of scientific interest and practical value. It would be difficult to plan a better professional magazine than this, which is to the medical world what the *Scientific American* is to the artisan world. It deserves a greatly increased circulation. —*Baltimore Methodist.*

THE SANITARIAN is not only an interesting magazine to the specialist and the medical man, but it is of high value to thickly settled communities, to homes, to general readers, to city authorities—indeed, we would place the journal, for public good, in the hands of every adult, believing that misery and suffering would thereby be lessened and human happiness augmented by the knowledge the journal disseminates. —*Sacramento Record-Union.*

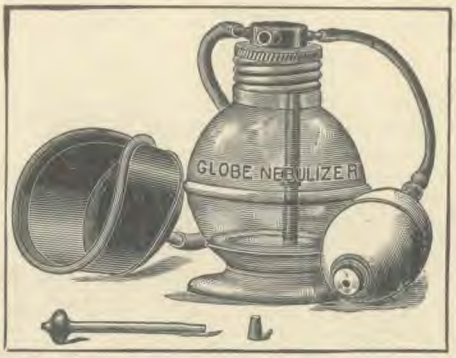
TERMS:

$4.00 a year, in advance; 35 cents a number; sample copies, 20 cents—ten two-cent postage stamps.

The SANITARIAN is published as hitherto, in New York. **THE AMERICAN NEWS COMPANY, General Agents.** Newsdealers will get their supplies from them.

☞ All correspondence and exchanges with the SANITARIAN, and all publications for review, should be addressed to the editor,—

Dr. A. N. BELL, Brooklyn, N. Y.



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