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BIOGRAPHICAL HEALTH STUDIES.

BY F. L. OSWALD, M. D.,
Author of "Physical Education," "The Bible of Nature," etc.

5. Louis Kossuth.

THE historian Mundt, in his Chronicle of the Seven Years' War, quotes a conversation which seems to prove that Frederick the Great thought himself bullet proof, till an exploding shell knocked him out of the saddle, and one of his accomplished messmates mentioned cases of several heroes who had been killed in battle before the accomplishment of their life work.

But there can be no doubt that William of Orange's plan to "identify one's interests with those of a great cause," is a panacea for countless petty annoyances of daily life, and under certain circumstances will make a man almost disease proof—possibly through the same mysterious interaction of body and mind that sustains the vital energy of a mother who is watching the sick-bed of a favorite child. The most striking modern illustrations of that truth are the careers of Voltaire and Louis Kossuth. Both overcame the effects of hereditary ailments, and by the inspiring influence of a self-imposed task, contrived to survive persecution, imprisonment, and exile, and to reach an age, the one of fourteen, the other of twenty-two years beyond the psalmist's average.

During the first ten years of his life, Louis Kossuth appeared to be one of those children whose active brain, like a parasitic plant, absorbs the strength of the organism. He was pale and thin, with a penchant for reading and meditating that had given his face an oldish expression; he had no playmates of his own age in the neighborhood of his father's residence, and was subject to contemplative moods that made him fond of long, solitary rambles. Rousseau's advice to let a boy go without his dinner if he fails to come at the appointed time, would not have answered in his case; with an entertaining book to keep him company, he would forget eating and drinking, and look up as from a dream, when his friends warned him against the danger of reading in the evening twilight.

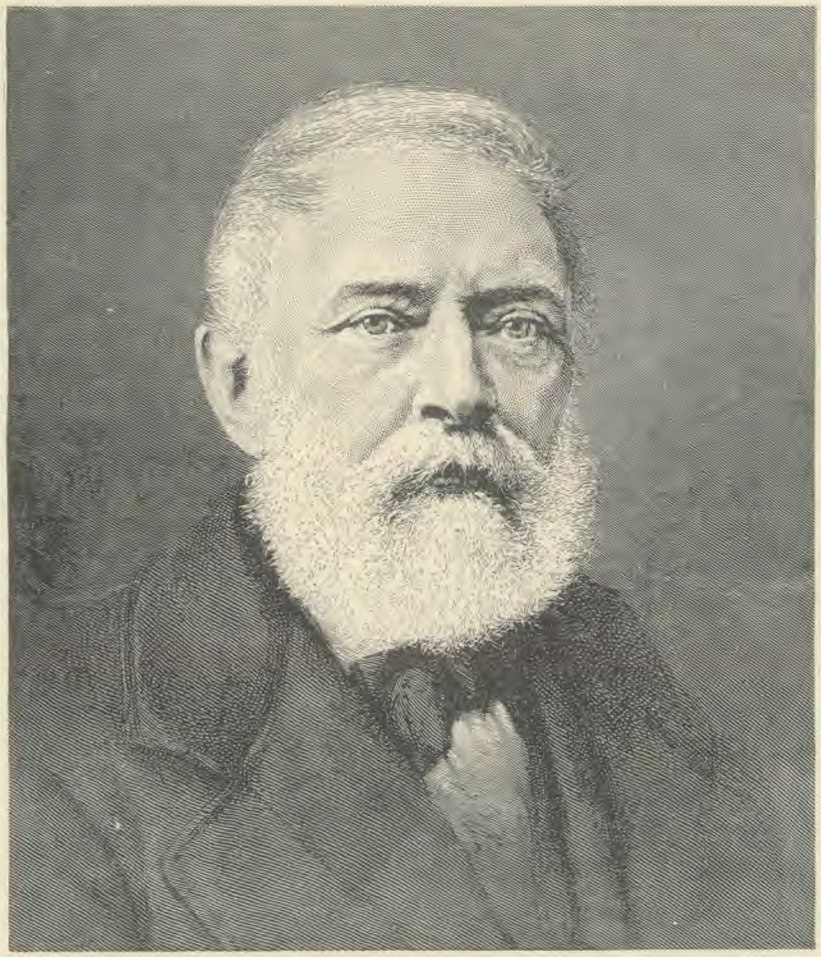
At the early age of eight years, Louis began to take an interest in the conversation of his father's guests, and their frequent complaints about the insolence of the Austrian bureaucrats and their encroachments upon the constitutional rights of the Magyar gentry.

The little lad had already a taste for politics, and the events of the Napoleonic era stirred his soul to its inmost depths. The victories of the French armies, he thought, would eventually break down the strongholds of East-European despotism, and when the hero of fifty battles marched against Russia, Louis, then in his eleventh year, used to run every now and then to the next post-office town, in his eagerness to learn the latest news from the seat of war. "Why in the name of wonder does n't he free Poland, and make seven million brave men his natural allies?" asked the young politician, after an impatient perusal of a French bulletin.

Kossuth's family, by the way, were Hungarians only by geographical accident, but by descent Slavonic, with a slight admixture of Magyar and German-Transylvanian blood. It is this chance for race mixtures that has filled the Danube countries with moral novelties and guarantees our universal republic a future of social surprises.

At the end of his teens young Kossuth still looked "hectic," as the German physicians described the external symptoms of weak lungs, and was troubled

with a cough that defied medication; but those symptoms subsided when he commenced the practice of the law, and got a chance for speech making at the bar and in political debating clubs. His forensic prospects were prejudiced by his somewhat unprofessional habit of refusing to advocate doubtful claims, but his oratorical talents soon attracted attention, and in 1832 he commenced his political career at the Diet of Pressburg.



LOUIS KOSSUTH.—1862.

Within three years the harangues of the young Liberal had made him so formidable to the representatives of the Austrian government that they intrigued to prevent his re-election, and fearing the eventual success of their bribes, Kossuth began to devote his leisure to a novel literary enterprise. No periodical printed in the interest of radical reforms could have hoped to get the *imprimatur* of the government censor, but a shrewd old lawyer in the council of the Liberals called attention to the fact that the penal code refers only to abuses of the *press*, and Kossuth engaged a number of handy scribes to multiply manuscript copies of a periodical, or rather a series of periodical pamphlets, that circulated in the liberal sense of being handed from friend to friend, and soon became the representative organ of the party of progress. The demand for that sort of literature at last outgrew the means of supply, and the enterprising editor bethought himself of the plan of supplementing the work of his clerks by a few hundred lithographed *facsimiles*.

The watchful agents of the government police grabbed him at once. Lithography is a form of the printing art, and the editor and publisher of these *facsimiles* were promptly indicted for a violation of the press laws and sentenced to four years' imprisonment in the dungeons of an Austrian frontier post.

"I should have stuck to Dr. Luther's scheme of fighting the devil with ink," wrote Kossuth from his Pressburg prison; "or else run away in my stocking feet, rather than stand trial before such judges. They have got me on the hip now; I cannot stand indoor life."

Kossuth's jailers refused him even the boon of a Sunday afternoon walk in the barracks yard, and with a sort of sanitary instinct, the prisoner, in the hope of survival, clutched the fact that brain work can, to some degree, be made a substitute for physical exercise. Paper and ink could not be trusted in the hand of the manuscript publisher, but he contrived to procure a copy of Shakespeare's dramas and a couple of lead pencils. The glimpses of daylight entering the cell of the obnoxious politician, were insufficient for reading purposes on cloudy days, and artificial light was permitted only in the form of tallow candles. On that slender basis of operations; *i. e.*, without a teacher, and even without the aid of a dictionary, Kossuth managed to master the English language in eighteen months by "implying the meaning of new words from the context, their accent from the rhythm, and their pronunciation from the analogies of the rhyme." Imagine an American student being ex-

pected to acquire the knowledge of a foreign language by that method! But its very difficulties served the purpose of its projector by diverting his mind from the misery of his situation, and while several of his fellow-prisoners lost their lives or their reason, Kossuth got off with an occasional relapse of his lung troubles, and within a month after his liberation was mentally and physically on his legs again, and did not rest till his native district sent him as a deputy to the new Diet.

Here the accumulated wrath of the ex-prisoner broke forth like the outburst of a pent-up storm, and for hours together turned the Chamber of Deputies into a lecture hall, no adversary venturing to controvert the arguments of the impassioned orator for fear of giving him a chance for his crushing repartees or being hissed out of sight at the first word of interruption.

"His energy of diction was irresistible," says the poet Hartmann:—

> "So hat nicht Capistran, nicht Ireland's Dan gesprochen,
> Wie diesse bleioche Mann, von keckerguat gebrochen."
> "Not Capistran (a mediocral revivalist) nor Ireland's Dan,
> Could have held their own with this pale, jail-worn man."

The spokesman of the conservative party, at all events, had no chance against him, and the ardor of the Kossuth orations set Hungaria afire from end to end and frightened the government into connivance at numerous violations of parliamentary by-laws—decidedly minor evils, compared with the explosions that would have been sure to follow the attempt to re-arrest the idol of an impulsive nation.

No one who witnessed Kossuth's activity in that period of storm and stress would have supposed that he supported his vital resources on what a Vienna gormand would have called a sickroom diet; but it is an often-demonstrated fact that intense mental excitement enables men of a certain constitution to dispense with other stimulants. Napoleon's frugality during the first Italian campaign often excited the wonder of his messmates, and Shelley, in his fits of poetic inspiration, became totally indifferent to the quality of his food, and would dine on a crust and a handful of raisins, rather than take the trouble of dressing for the *table d'hote* of a luxurious Swiss summer resort. Kossuth, during the two years following his deliverance from the clutches of his Austrian jailers, often declared that he "had no time to be sick," and, indeed, seems to have enjoyed an interval of almost perfect health. "I do believe that long hunger-cure cleaned the germs of dyspepsia out of my system," said he, in a subsequent reference to his prison life; "drugs only procured me temporary relief; but those thirty-eight months of Lenten fare gave my stomach a fair chance of rest." In the meantime the leaven of the revolutionary ferment had done its work, and in 1848 the Hungarian nation rose upon its oppressors. The threats of the Austrian Court were answered by a declaration of independence, and the orator of the Pressburg Diet became President of the Committee of National Defense, and soon, to all purposes, the dictator of a new republic. Victory after victory elated the hopes of the patriots, and within another month Kossuth would have dictated the terms of peace before the gates of Vienna, when his projects were thwarted, but in all probability his life saved, by the intervention of a Russian army.

No human constitution could have stood worry, such as his, much longer. His nerves were about to give way, overwork had begun to avenge itself in sleeplessness and attacks of vertigo closely resembling fainting fits. Friends who knew the temper of the dictator suspected that he was resolved to perish at his post, but the defeat of Vilagos interposed a veto of fate, and Kossuth, realizing the absurdity of continuing a hopeless struggle, advised his followers to take refuge on the turbaned side of the Turkish frontier.

The courts of Vienna and St. Petersburg joined in demanding the surrender of the refugee, but while his English and American friends trembled for his fate, the practical Turks took measures to insure the safety of their guest under all circumstances. Their diplomatists found means to temporize with the allied despots, and an agent of the Grand Vizier promised the fugitive from injustice that, if the worst should come to the worst, they would give him timely warning and a chance to escape to the mountains of Albania where his swarthy complexion and his linguistic talents would enable him to conceal his identity for any desired length of time. For nearly a year Kossuth watched, as it were, with one foot in the stirrup, hoping the best but prepared for the worst, and in the meantime employed his leisure time in perfecting his Oriental vocabulary and studying the domestic habits of his Turkish neighbors.

Their cleanliness (though with them an article of faith), he thinks, has been somewhat overrated, but their athletic forms combined with such frugality, impressed him as a strong argument in favor of vegetarianism. To their simple diet he also ascribes the remarkable self-control of Eastern nations. "The sight of a man in an obstreperous passion," he says in the English edition of his memories, "is an astonishing phenomenon to an Oriental; a Turk may get angry enough to plot poison and daggers, but he will not often betray his emotions by words, least of all

in the presence of his enemy. The vehemence of his passion cannot be doubted by any one familiar with the vindictive character of the Turanian race, and their superior ability to control its demonstration would be an enigma if it were not for the ready explanation found in the stout nerves of a man stolified by life-long temperance."

Luckily for the sanitary welfare of the famous exile, a period of nearly two years intervened between his life-and-death struggle for the independence of his native land and his speech-making tour through England and the United States. Rest and the climate of Asia Minor had braced his overstrained nerves, and the thousands that flocked to the lecture halls of the Hungariau Mirabeau will never forget the impression of his oratory and his personal appearance. If there was anything artificial about his pathos, it was, as Macauley says of Lord Bryon's prose, "inspired by that highest art that cannot be distinguished from nature." After a scathing denunciation of his persecutors, he would pause, as if struggling with anguish or rising tears, then, in a peculiar low, wailing voice, lament his country's fate and end with an appeal that brought tears to the eyes even of non-emotional hearers. For a time it actually seemed as if the witchery of those harangues would lure the United States from their traditional policy of neutrality in the affairs of the European nations, but in stress of home-politics our statesmen had to suppress their sympathies, and the homeless patriot re-crossed the Atlantic, almost heart broken, but resolved to watch and wait and avail himself of any opportunity for fanning the smouldering embers of revolt. With or without the assistance of his former colleagues, he might resume the work of agitation and fight the enemies of his country from the vantage ground of an inexpungable sanctuary.

That hope kept him alive. For a few years he made his headquarters in the uncongenial climate of Old England, but in 1853 he convoked his friends to celebrate the fulfillment of his passionate wish: the liberation of Italy that opened for him a refuge in the garden of Southern Europe. He received invitations both from Rome and the Piedmont country, and after some hesitation, decided for Turin, at the foot of the Graian Alps — all in all perhaps, for a permanent residence, the most desirable location in the Mediterranean coastlands. The climate is that of Geneva, minus the sleet-stormy winter; the scenery excells that of Salzburg; there is an abundance of archæological curiosities, libraries and museums; malaria is unknown, and the social atmosphere, too, is very pleasant, the natives of the Alpine borderland being in appearance and character as different from the lazaroni of the South as the inhabitants of Normandy are from the swaggering Gascons. He was surrounded by a colony of his countrymen who worshiped him as the apostle of their political creed. Visitors from all parts of the civilized world consulted the oracle of the Strada Nera as the philosophical pilgrims of the eighteenth century consulted the patriarch of Ferney. The enormous sales of his pamphlets had long ago obviated the risk of want in his old age.

Yet all these advantages Kossuth valued only as subsidiary to the great end of his existence. As an individual he would have been content to enter the haven of final rest from his labors, but for liberty's and his country's sake he continued to improve the sanitary arrangements of his residence, kept account of the results of his dietetic experiments, and spent nearly an hour every morning in the gymnasium of his garden cottage. Finding manual labor less fatiguing than gymnastics, he built another cottage on the plateaus of the Mont' del Bove in the foothills of the Alps, and insisted on taking a hand in the rough-and-ready part of the carpenter work.

When Kossuth settled at Turin, he had long passed the prime of ordinary lives. Yet for more than a quarter of a century his voice, from beyond the Alps, was heard on the Danube, and kept awake the patriotic spirit of "Forty-eight." Every successive triumph of the reform movement was celebrated as a holiday in the Kossuth household, but the silver-haired agitator refused to rest content with the success of halfway measures. In 1867, when Francis Drake effected the compromise that gave Hungaria a joint vote in the administration of her own affairs, Kossuth was urged to apply for an amnesty and return to the land of his birth, but his principles did not permit him to accept the invitation, and he even refused to join in the hallelujahs of the temporizers. The famous Turin Manifesto appeared simultaneously in German and Hungarian, and at least served the purpose of making the Court of Vienna very careful in avoiding a breach of the Modus Viveni contract. "There was a man," says Kossuth, "who induced a highway robber to spare his life and not steal his horse outright, but merely jump in the saddle behind him. 'Just look at me,' said the original owner of the nag, as the two continued their journey along the king's highway, 'ain't I, on the whole, a most successful negotiator? The gentleman behind me has consented not to cut my throat, and even permits me a share in the privilege of guiding the horse.' An un-cut throat, no

doubt, is a blessing, but I confess that I could not feel quite at ease in the saddle, with such an incubus clutching my ribs."

"I am sorry to disappoint them," said the old patriot more than once, when the newspaper reporters announced his approaching end, "but the fact is, I have no right to die yet."

On the receipt of especially provoking news from the Danube, Kossuth often took long walks,—rambles of ten or twelve miles through the foothills of the Alps, to "run away from his blue-devils," as he expressed it, and overcome his rising passions with the feeling of complete physical exhaustion. Certainly a better plan than the use of chemical sedatives, though a reporter of the Associated Press assures the public that the patriarch of Turin could have lived a good many years longer if he had not so often neglected his doctor's prescription.

It would, however, be a mistake to suppose that Kossuth abstained from drugs altogether. Like his countryman, the novelist and all-round philosopher, Maurus Jokar, he had a laboratory of his own, and experimented in curious chemical compounds, more as a pastime perhaps than in the serious hope of regaining the vigor of youth by some Paracelsian discovery. His faith in the gospel of physical exercise is attested by his verdict on the future of the United States. "The rapid increase of population and the abundant opportunities for outdoor exercise will soon make them invincible."

When the end came, Kossuth had outlived the age of all the famous patriarchs of this century, with the single exception of tough Emperor William, the victor of Sedan; and his marvellous brain retained the command of all its faculties to the very last. "Poor Bathyani," he whispered, when he had already entered the *penumbra* of death, "it is true, I have been lucky, after all."

Prince Bathyani, a prominent leader of the patriots, perished on the scaffold, despairing of gods and men, while Kossuth, though he drew his last breath in exile, could die in the arms of friends, and with the consoling thought that his life's work had not been all in vain.

[To be Continued.]

HEALTH HABITS.

BY HELEN L. MANNING.

V.— FIGURE MOLDING.

LOOKING at a modern fashionable dress from an æsthetic standpoint merely, with no consideration of the question of its influence upon health, a friend of the writer, who is "seventy years young," exclaims energetically: —

"Does the omnipotent One who gave us flowers and music and the unspeakable glories of the starry hosts, need a pair of corsets in order to mold a woman's form into symmetry and beauty?"

An anecdote is related of Thackeray which shows that he fully appreciated the beauty of the perfectly natural human form as much as he detested the unsightly wasp-waisted caricature of it. He once told a young relative who was very much in love that he would better take his betrothed to a physician before buying the wedding ring.

"What for?" his companion inquired, in considerable astonishment.

"To see whether that wasp-waist is an inheritance or a consequence," he replied.

"'Consequence!'" exclaimed the young man, "what do you mean?"

"Corsets," said Thackeray laconically.

"Miss —— has the most beautiful figure in England," said the infatuated lover.

"She is deformed," Thackeray retorted. "If it is a natural deformity, she may be a moderately healthy woman. Even hump-backs are not always delicate, you know. Mind, I say moderately healthy. But if that girl's figure is the result of corsets, you might better go and hang yourself rather than risk the evils which will inevitably follow."

Thackeray was right in declaring that the distorted figure which fashion insists upon molding, is a deformity, and the evil consequences which he only hints at, are manifold and terrible. The desire to be beautiful is legitimate enough, and true beauty is always admirable; but the trouble with the modistes is that they have taken a creature of their own perverted imagination as an ideal, instead of the perfect model furnished by untrammeled nature. Artists and sculptors do not make this mistake, for there is not a master-piece of art in either line that does violence to nature. Tell me, ye votaries of fashion, if your ideal of beauty is so depraved that you would admire the Medicean Venus more if her figure had been duly

molded by a corset until it was the regulation hour-glass shape? Fancy a whalebone vise on the famed Venus de Milo, of whom one admirer says,—

"Its loveliness increases, it can
Never pass into nothingness."

False standards of beauty in outline must be supplanted with the true ones before the æsthetics of dress reform will make great headway.

Let us glance briefly at the process of figure molding, which is fully as interesting and no less barbaric than Chinese foot-binding or the head-binding of infants, practiced by certain Indian tribes. Mary Somerville, in her "Recollections," details some of her experiences at Miss Primrose's school at Musselburgh, where, as she records, she was "utterly wretched," and it is easy to believe that she was, physically at least. Happily for her, the torture did not last more than a few months, or she certainly never would have lived to tell the tale in ripe, beautiful old age — she died at ninety-two. This is the record: —

"A few days after my arrival, although perfectly straight and well made, I was enclosed in stays with a steel busk in front, while above my frock, bands drew my shoulders back until the shoulder blades met. Then a steel rod with a semi-circle, which went under the chin, was clasped to the steel busk in my stays. In this constrained state, I and the most of the younger girls, had to prepare our lessons."

Miss Somerville was then only ten years old. Think of the barbarity of applying the thumbscrew and the rack to tender childhood whose movements should be as untrammeled and free as the lithesome fawn.

Although physical culture and athletics for women are making progress and are doing a great deal toward casting off the shackles which fashionable dress imposes, evidences are not lacking that figure-making is still quite in vogue in ultra-fashionable circles. The swathing is begun in infancy, and continued in varying degree until adult life, provided the subject has sufficient endurance to cling to existence that long. Although it is bad enough in America, it must be much worse in England, if we may judge from certain English papers and magazines. They talk confidently of the beauty and desirability of lacing waists down to twelve, fifteen, eighteen, and twenty inches, and say that a waist twenty-four inches in size can easily be laced down to twenty inches in less than a year by using "well-constructed corsets." They also affirm that the harm which is usually attributed to tight lacing all comes from using an ill-fitting machine. One would hardly expect to hear a victim of torture by the thumbscrew describe the feelings awakened as "delicious," yet it would be hardly less startling than this testimony from an enthusiastic devotee of the figure-forming "rack": —

"I am not a diligent lacer, for, after reducing myself gradually to my smallest, I discard the corset for a day or two, simply to have the pleasure of being laced up again. The feeling when being laced is delicious, and I do not think that any one who has felt the tightening cord slipping through the corset holes, the chest being pressed up and the stomach down, and has given a brief ecstatic panting while the laces were being secured — when surprised, as it were, by the pressure, — I do not think such a one will readily abandon tight lacing."

Here is the testimony of another: "The tight-laced stay-wearer soon grows fond of being laced as tightly as may be. Health, if the stays are properly fitted, does not suffer, and the feeling of thorough comfort from properly fitted and well-laced stays, insures the continuance of lacing."

We are measurably prepared for a woman's follies of this sort, and that she will essay such defense as she is able for the abominable custom, but from the sex which usually enjoys the utmost physical freedom, a tale of voluntary bondage to corset wearing is surprising, and worse still when the thrall is found to glory in his chains. Yet the English magazine, *Health*, is responsible for the following quotation from one of the sterner sex, who is a radical defender of lacing for men: —

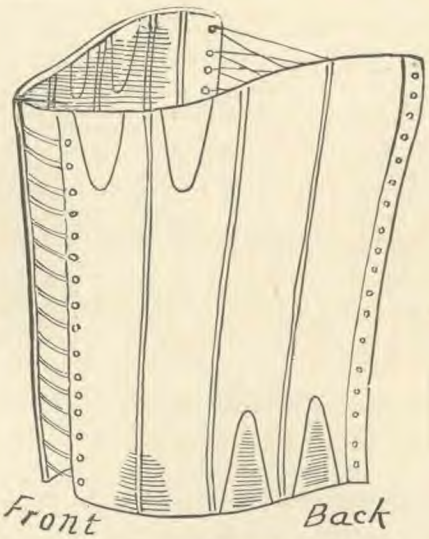
"From personal experience, I beg to express a decided and unqualified approval of corsets. I was early sent to school in Austria, where lacing for a gentleman is not regarded ridiculous as in England, and I objected in a thoroughly English way when the Doctor's wife required me to be laced. I was not, however, allowed any choice. A sturdy *mädchen* speedily laced me up tightly in a fashionable Viennese corset. I felt ill at ease, and the daily lacing, tighter and tighter, produced absolute pain. In a few months, however, I was as anxious as any one of my ten or twelve companions to have my corsets laced as tightly as a pair of strong arms could draw them. It is from no feeling of vanity that I have since continued to wear my tight-laced stays. I am thoroughly convinced of the comfort of tight lacing. I am thoroughly ashamed of the idle nonsense that is constantly being uttered upon this subject in England. Medical men are beginning to admit that they cannot support extravagant assertions. 'Stay torture,' 'whalebone vises,' and 'corset screws' are terrible and horrifying upon paper, but very different

in the eyes of those most competent to give an opinion. If the corset allows sufficient room at the chest, the waist may be laced as tightly as the wearer desires without fear of evil consequences. Ladies who have given tight lacing a fair trial, and gentlemen, like myself, converted against our will, are the only jury qualified to pronounce authoritatively upon the subject. The comfortable support and enjoyment afforded by a well-laced corset quite over-balances the theoretical evils so confidently prophesied by outsiders."

That corset victims are found among American men, is shown by the accompanying cut, illustrating a man's corset, which is thus described by a New York paper: "The latest style of corset for men looks more than anything else like a large-sized belt curved for the hips, and are about ten inches wide. They are made of the same material as a woman's corset."

Men's corsets are mostly worn by city "dudes," military men, and actors, and it is stated that they are coming to be more and more of a necessity for the toilet of fashionables of the classes mentioned.

The argument is brought forward by another devotee at the shrine of the corset, that its use, supplemented by shoulder braces, not only gives an uprightness to the carriage that nothing else can, but promotes health as well as beauty. The extraordinary reason assigned for this position is that while the lower part of the lungs is somewhat restricted in its action by being laced tightly down, increased play is given to the upper part of the lungs, which, when not exercised, is the point most frequently attacked by disease. If corsets are really necessary to insure health, then we are forced to accept the profane conclusion that the divine Creator was not the embodiment of wisdom, and that the men and women whom he has given to inherit the earth, have eaten again of the tree of knowledge and become as gods. In plain terms, all figure training which warps the shape of the human form divine, whether of hand, foot, or waist, is an insult to God and a gross sin, the consequences of which are indeed terrible.



The man or woman whose breathing capacity is crippled a quarter or a third and from that to a half, is crippled mentally, morally, and spiritually, as well as physically. Think what a loss this is, not only to the individuals themselves, but to the race. It is impossible for us to live unto ourselves, and any retrograde or injury to the individual, depresses and lowers the worth of the aggregate.

BED-HYGIENE AMONG THE CHINESE.

BY DR. PIETRA-SANTA, OF PARIS.

[We translate the following interesting article from the *Journal d' Hygiene*, edited by the eminent Dr. Pietra-Santa, who was for many years physician to the last Napoleon.— Ed.]

Of all people, civilized or semi-civilized, the Chinese undoubtedly know best of all how to sleep. A Chinese sailor of the poorest class, the humblest peasant of the Celestial Empire, who subsist wholly upon rice, in their little huts or boats, know better than our best educated citizens how to conform to the sanitary requirements of rational sleep. They also enjoy better health than the inhabitants of old Europe, or even those of the New World.

Can one conceive of anything more uncomfortable and less hygienic than the beds of which we make use, whether they are of feathers, down, moss, air, or other material? Perspiration of the skin of the body is absorbed during the entire night, and escapes only very imperfectly by the morning airing, if being subjected to this operation is not neglected, as it usually is in the majority of households. For years the same pillows and the same mattresses are daily used without receiving other attention than change of the pillow slips or the sheets which cover them. The external appearance is wholesome enough, often beautiful, even luxurious, but of what

consequence is this when the interior may be a receptacle of noisome odors and unwholesome gases? In the United States, as in other countries, are found beds of all forms and of all models, from the ordinary bed in which two persons sleep together, to the detriment of hygiene and health, to the hotel bed, measuring, in some States bordering on the Mississippi, twelve feet in width, which receives many travelers of various sorts and different sexes and promiscuity as dangerous as immoral.

The Chinese, more practical and more advanced than we in this matter, may serve us as a useful example. Their bed is nothing more than a notched block borrowed from some old tree, and covered with lacquer or varnish, according to the taste and the means of the owner. It is smooth and easy to clean.

The head of the sleeper rests upon this block, which corresponds to our pillow, and which is known as *pai-jim-how*. The dimensions of the bed vary with the height of each individual. A little cloth cushion is placed upon the block which serves as a pillow. This is covered during the night with a thick sheet of a special paper which is very often changed, and without which they never travel.

This mode of sleeping is also employed among the people who are neighbors of the Chinese. The Japanese have a pillow nearly identical with the *pai-jim-how*, under which is arranged a little drawer in which they place their toilet articles. The semi-barbarous tribes of Central Asia follow the same practice, and the pillow, which is unknown to them, is advantageously replaced by a piece of very hard wood, upon which they support the head. A place is reserved behind this wooden pillow for the infant, who never sleeps, as with us, with its mother.

The pillow must never raise the shoulders, but only support the head, as is accomplished by the *pai-jim-how*. This normal position predisposes less to insomnia, and is a preventive of dyspepsia and difficult digestion, at the same time that the hardness of the support antagonizes effeminacy. The results are far from being injurious, since the Chinese generally live longer than we, and are less exposed to maladies and disorders from which we daily suffer, and which decimate us before old age.

Sleep upon a hard bed, and you will sleep well. A person who has resided long in the Middle Empire, finds his preconceived notions of the people who inhabit this region greatly modified. However primitive their sanitary conditions may appear, it cannot be denied that in their habits they conform very strictly to the most rational precepts of individual hygiene.

The use of water is particularly well managed in China. Water is never employed as a beverage, unless it is previously boiled. Milk, which constitutes one of the most common vehicles for dispersion of noxious germs, is very much used by the natives of the country. Their food consists almost exclusively of rice, to which they sometimes add a little fish or meat on occasions of great feasts, but these articles are only accessories.

The Chinese eat but twice a day, morning and evening. The simplicity of their dietary is eminently favorable to health and longevity, and it is not rare to see them attain a much more advanced age than Europeans, whose eating customs are exactly the opposite.

Their clothing conforms very well to the requirements of hygiene; it is nearly identical in the two sexes, and varies in thickness with the seasons. If the women mutilate their feet horribly, they at least do not wear high heels at the middle of their feet, to the great detriment of the general health, and they are absolutely free from the pernicious use of the corset. The Chinese are certainly one of the most ancient of nations, nevertheless one finds among them no trace of immorality or physical decrepitude. This fact must be attributed to their hygienic customs and the use of rice.

ABSENT-MINDED MEN.— Daniel Drew was a very absent-minded man. Once he started for the Erie train and thought he had left his watch at home. First he thought he would go back after it. In an absent-minded way he took out his watch, looked at it, and exclaimed: —

"Whew! five o'clock, and the train goes out five ten, I won't have time."

Then he put his watch back in his pocket and telegraphed his wife to send it to Albany by express.

"But Horace Greely," said Depew, "was more absent-minded than Drew."

"Do you remember the instance?" I asked.

"Yes, Whitelaw Reid said when Greeley left the *Tribune* office one day he put a card on his office door, 'Will return at three o'clock.'"

"Happening to return at 1:30, and seeing the sign, he sat down in the hall and waited for himself till three o'clock. Greeley was absent-minded!"— *Sel.*

THE JOYS OF VEGETARIANISM.

THE following letter was addressed to the editors of the *Outlook*: —

"In connection with the awakening interest in vegetarianism, a curious point in my own experience comes to mind. Though scarcely myself carrying out the full idea of the system, inasmuch as fish and eggs form an important part of my diet, the fact occasions surprise that neither the excessive heat of summer nor the extreme cold of winter is realized to the same degree as when animal food is eaten. Meat, as we all know, has the tendency to produce inflammation in the system; consequently, it is quite apparent why the heat of summer should be oppressive and debilitating, but why the cold of winter should be less keenly felt is something for which to account is difficult. Indeed, so entirely would this appear to be a matter of the imagination that one might hesitate even to speak of it were it not that the experience has been shared by many.

"One hesitates also, even in behalf of a reform, at making so bold an assertion as to declare that human life is prolonged by abstinence from animal food; but there can be no doubt that the period of keen enjoyment — the heyday of life — is greatly lengthened by following the vegetarian idea, experience proving as it does that the body nourished without meat retains its original proportions, its suppleness and elasticity. No vegetarian was ever known to suffer from obesity. If a beautiful woman at forty is obliged to give up dancing, to give up tennis, to give up walking, because she weighs one hundred and sixty pounds, is life the same thing to her that it would be without this burden of weight? Is it not a pity to sit down in the very prime and beauty of one's existence to question whether life is worth living? The sitting down, and the lugubrious thought, to say nothing of the meat constantly eaten, only add to the cause of the troubles; the fast-increasing avoirdupois not only making pleasure a thing of the past, but causing the object of life, in its full achievement of good, to become an impossibility."

THE TEACHING OF PRACTICAL HYGIENE IN COMMON SCHOOLS. — In a paper on "Hygienic Education," read by Dr. Leslie Mackenzie before the Sanitary Congress recently held at Edinburgh, Scotland, he suggests as a means or disseminating sanitary knowledge, that county medical officers should make it part of their duty to organize hygienic instruction throughout their counties; or to make themselves responsible for its initiation; and that this instruction should primarily have reference to the classes who are directly connected with the construction of dwellings, including water and sewerage systems. Dr. Mackenzie would also substitute the teaching of practical hygiene in common schools, for some of the subjects at present taught. Commenting on this, the editor of the *Sanitary Record*, London (Eng.), thus observes: —

"Probably the solution of the problem is to be sought in the introduction of simple but well-selected lessons on hygiene into the ordinary reading-books that are used in schools.

"A carefully-graduated series of such lessons, in all the different classes, from the lower standards upward — lessons showing the absolute necessity of wholesome nourishment, of pure air, and therefore of personal and domestic cleanliness — would have the effect of instructing the children from their earliest school-days, and almost without their knowing it, in all the more important principles of sanitary science. The application of these would give the children a new interest in the common affairs of home life; and when those who are now at school take their place in due time in the management of municipal and county affairs, they would come to the discharge of their duties with minds already instructed regarding many of the matters that would then claim their attention. The teaching of the authorities who administer our sanitary laws is, no doubt, at present, felt often to be exceedingly desirable; but it seems beginning at the wrong end. Young folks are the proper subjects of systematic instruction. But the truth is that all the agencies are necessary that we can put into operation. Hygienic lessons at school, popular lectures by medical officers and others, conferences for the discussion of sanitary questions, and the dissemination of a knowledge of the laws of health by journals devoted to the subject, — these are all needful, and they are all playing their part in the solution of the great hygienic problem."

LOOK to your health; if you have it, praise God, and value it next to a good conscience. — *Izaak Walton.*

HOW TO STAND CORRECTLY.

BY J. H. KELLOGG, M. D.

We have been led to say a word upon this subject in consequence of having recently encountered, in the works of several authors who have written upon different phases of the subject of physical culture, directions for taking a correct standing position which impress us as being decidedly at variance with correct principles and with what one sees in nature. The erroneous teaching which we have most frequently encountered has been instruction to find a correct standing poise by standing with the toes, chest, chin, and nose simultaneously touching the wall, or a perpendicular surface.

To enable the reader to see how absurd this instruction is, I have made a cut of a person putting himself in a standing poise by following the directions given. A mere glance at the cut is sufficient to show that the position is an awkward one, and one in which the muscles are strained, not in bringing the several parts of the body into symmetrical relation with one another, but in pulling the body out of shape. We can scarcely imagine a more awkward position than the one here represented. (See Fig. 1.)

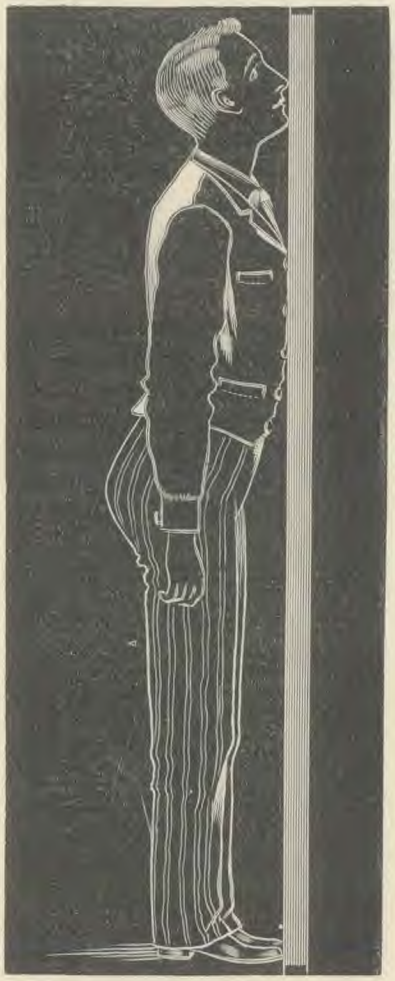


FIG. 1.

In order to give our readers what we believe to be correct ideas upon the subject, we reproduce a portion of an article published in this department a few years ago, which, with accompanying cuts, we trust will make the matter sufficiently clear to be readily understood.

1. The weight of the body should rest upon the balls of the feet, rather than upon the heels. Heel standing is a very prevalent habit, and one which is productive of much mischief. Fig. 2 represents correct standing, while Figs. 3 and 4 show the attitude taken by persons in heel-standing. Of course Figs. 3 and 4 are somewhat exaggerated examples, but all were taken from life. The writer has met hundreds of cases in which the poise of the body and the resulting bodily deformity were fully as great as are here represented.

2. The muscles of the legs must be made firm or rigid, and the hips well set back. Observe that in Fig. 2 the shoulders are forward of the hips, while in Figs. 3 and 4 the shoulders project backward beyond the hips. It is impossible to hold the body in a proper poise when the shoulders are even with, or behind, the hips, for the reason

that the head must be thrown forward and the chest flattened, in order to distribute the weight of the body in such a way as to preserve the equilibrium. There must of course be an equal mass of the body on either side of the line which marks the center of gravity.

3. With the hips well held back, the chest can be thrown up strongly in front, and held as shown in Fig. 2. The abdomen should be at the same time well drawn in, so as to overcome the tendency to abnormal protrusion which is observable in the majority of persons who have never cultivated a correct poise.

4. The head should be held well back upon the shoulders, the chin must be slightly drawn in, and the shoulders well braced back, but not in a strained position. The arms should be allowed to hang easily at the side, and the shoulders should not be elevated.

When a person has assumed the correct poise, a vertical line passing from the top of the head just in front of the ear, lengthwise of the body, will fall at the ball of the foot. This line, it will be noticed, passes not over the shoulder, but just in front of it.

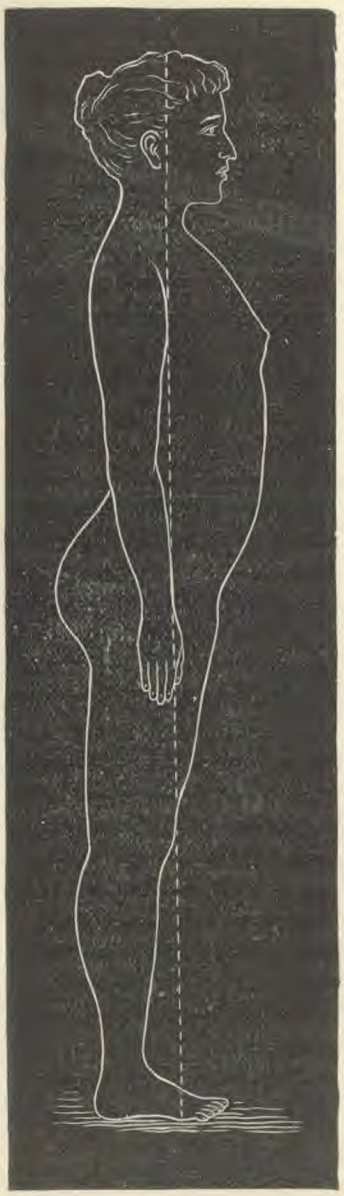


FIG. 2.—CORRECT STANDING POSITION.
(WEIGHT ON BALLS OF FEET.)

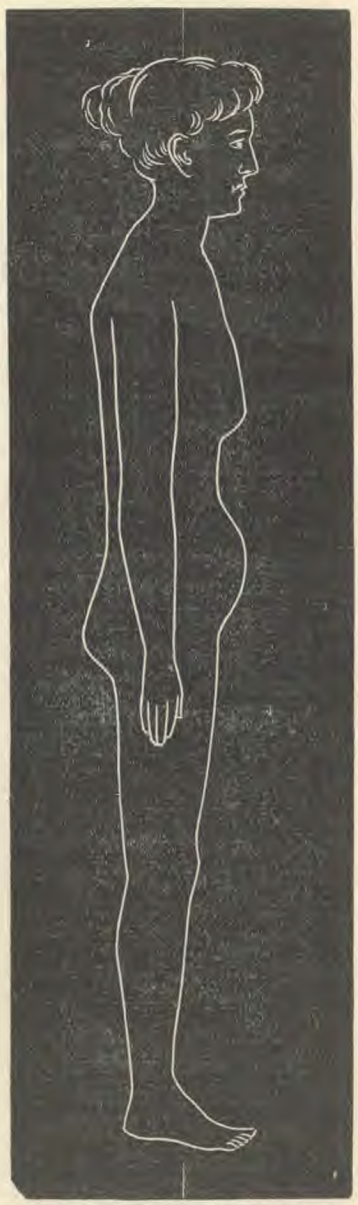


FIG. 3.—INCORRECT STANDING POSITION. TRUNK MUSCLES RELAXED.
(WEIGHT ON HEELS.)

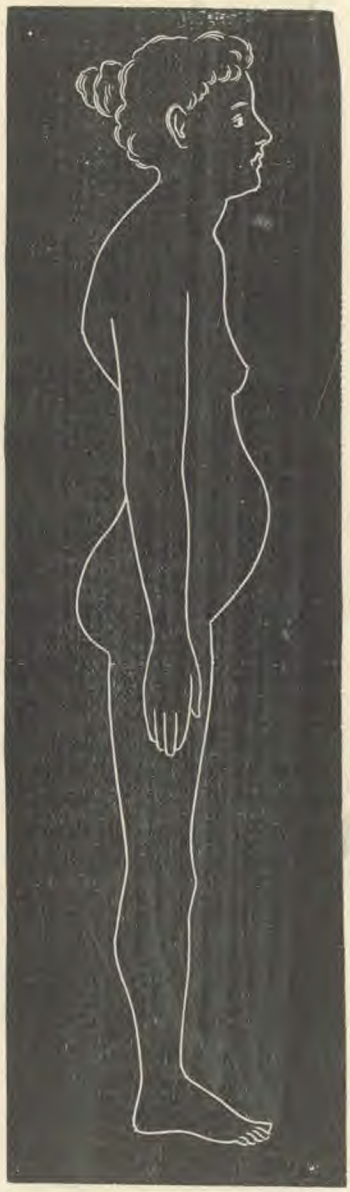


FIG. 4.—INCORRECT STANDING POSITION.
(WEIGHT ON HEELS.)

THE CORRECT AND HEALTHFUL POSITION ON THE BICYCLE.

THOMAS STEVENS has entered an earnest plea for the bicycle as a factor in modern hygiene. He holds that bicycling has already been of incalculable benefit to mankind, socially, morally, intellectually, and commercially, and that the probabilities of its expansion along these and other vital lines of human concern are beyond compute. It is a popular error to suppose that bicycling exercises no other part of the body to any extent than the legs. As a matter of fact, nearly every muscle of the body is brought into healthful play. It is doubtful if any other form of exercise can compare in the fair and equal distribution of physical effort and mental alertness, with bicycle riding in the pure country air. Mr. Stevens recommends the lawyer, doctor, minister, banker, editor, professor, or teacher, whose sedentary mode of life has been insidiously filching away his reserve of health, to give a month's go-by to health lifts, Swedish movements, massage treatment, Turkish baths, and indoor exercises of all kinds, and to invest $150 in a high grade safety bicycle and take the road. He speaks enthusiastically of "sipping with strange delight the dew and honey of health from pleasures, the very existence of which is unknown, even unsuspected, by people who do not ride the bicycle. The sensation of skimming across the country at the rate of ten or fifteen miles an hour is but a short remove from that of flying. The effect is electrical on all the functions of mind and body. The brooding cobwebs of the brain are swept away in the tide of quickened, oxygenated blood that courses through the veins in response to the new spirit of health and action. In bicycling, if the rider maintains the proper position, the lungs have all the action they need. The muscles of the back and abdominal region are exercised and strengthened, and a sluggish liver, the bane of sedentary men, quickened, the pedaling action of the legs producing a vigorous circulation of the blood that nothing can equal as a remedial measure. A wheelman's appetite has become a household word, and the bicycler comes to look on dyspepsia as a humorous dream of the past."

Bicycling is of great benefit to those of a consumptive tendency, by teaching them to breathe properly, *i. e.*, fully and deeply, and to spend much of their time in the open air. Cases also of neurasthenia, melancholia, and other nervous troubles will derive much benefit from the exercise, for in addition to the above hygienic elements, the wheelman must develop, whether he will or not, his will, his independence and self-reliance, and the accurate control of all his muscles. Those of rheumatic tendencies will find that regular riding will do much to keep the disease under control and will even act as a cure. Some one has said that every muscle is a little heart, and surely no better means can be devised of eliminating waste matter from the whole system than the general and active use of all the muscles, both voluntary and involuntary.

The use of the machine by women is rapidly extending, and has been the means of making hundreds of weakly women strong and robust. It gets them out of doors, gives them a form of exercise adapted to their needs, neither too violent nor too passive; one very pleasant, one that they may enjoy in company with others, or alone, and one that goes to the root of their nervous troubles; for we are beginning to realize that these do not for the most part have their origin in woman's peculiar anatomy and physiology. Even the orthopædist may employ the wheel with benefit in certain cases, as by proper adjustment of the parts more or less work may be given to the limbs and muscles of either side. . . .

The use of the bicycle as a form of bodily recreation is in itself no doubt wholesome. But one great danger to be guarded against is the tendency to overdo the exercise before the system has become accustomed to the new demands on its resources. Beginners, tempted by the ease of movement, combined as a rule with attractive scenery, are apt, in the flush of their enthusiasm, and wooed, possibly, by the delights of social communion, under novel and exciting conditions, to take journeys beyond their strength, and thus to counteract much of the benefit they would otherwise enjoy. But judicious forbearance and steady practice will soon carry the young bicycler beyond the region of this possibility, and then journeys which before would have been positively injurious, can be taken with healthful enjoyment. Of course it is understood in the foregoing remarks that the rider will have a wheel adapted to his or her weight and strength, properly adjusted in all its parts, but especially in the relationship between the saddle and the handle-bar and pedals, and above all, that the rider takes pains to maintain a correct position and to do all he can to benefit his health and bodily development. There can be no question as to the erect posture being the correct one, and if this be maintained, cycling *does* "tend to develop the chest" by increasing the lung capacity, and "to exercise

the muscles passing from the trunk to the upper limbs." But if the "tall, lanky lad with a narrow chest and stooping back" or any other person persists in maintaining a posture resembling a half-opened jack knife, the faults and evils resulting therefrom cannot be fairly attributed to the use of the wheel.

It requires muscular effort to sit erect on a bicycle or elsewhere, and that effort means, as every one knows, the continued exercise of all the muscles of the back and neck. The arm muscles are brought strongly into play in hill climbing and whenever the speed is considerably increased and the augmented depth and frequency of breathing that even the smallest amount of exercise induces, makes a new demand upon the chest muscles and the diaphragm. On the other hand, an improper position, especially the one so commonly seen, not only does tend to cramp the chest and to interfere with the proper oxygenation of the blood, but by compressing the iliac vessels it also interferes with the flow of blood to and from the lower extremities whose muscles are all being most actively exercised and, therefore, most in need of an unimpeded current at this time.

The excessive use of the bicycle or tricycle by very young children is not advisable. Bad habits of position and carriage are easily acquired at this age, and there is danger of muscle strain and nerve injury. Persons suffering from rupture should not do much riding. Persons with organic heart disease should either not ride at all or do so with caution. Even those whose hearts are functionally weak should be careful, though the riding will probably benefit them by improving the general health. Several deaths have occurred from heart failure, and there is danger from hard or rapid riding for persons with any grave organic trouble, as it might be too heavy a task on the already weakened heart. Care should be taken on cold days to breathe through the nose, as by breathing through the mouth there is danger of incurring laryngitis or bronchitis, and also after riding and becoming heated, to avoid draughts and put on more clothing till the body is cool and rested. — *Dr. W. F. Prather, in Young Men's Era.*

Some Points on Walking. — In a recent magazine article, J. M. Buckley, LL. D., compares three forms of land touring, — horseback riding, cycling, and walking, — and says he prefers pedestrianism because of independence, the healthfulness of the exercise, the continual perspiration — the most health-giving of all conditions when not produced by artificial heat and when sustained by suitable food and drink. Every part of the body is renewed by such exercise. Dr. Buckley further says: "No part of the world offers greater facilities for such tours than the United States. No one will be harmed whose feet are shod with the preparation of hygiene, and not of fashion. Nothing is better than old-fashioned army brogans. A shoe that gives room for each toe to perform its functions, does not slip at the heel, and has a sole thick but not too thick, and a low heel (with an extra pair always at hand), and large woolen stockings, are all that is needed; the stockings would be better worn inside out, and changed from one foot to the other every two hours. For the same reason the shoes should be changed once a day, until the pedestrian is broken in. The foot strikes the ground on an average of two thousand times in every mile, and if a single horsehair or a fold no larger should press against the foot, the continually repeated pressure would soon cut through the skin. The change of shoes and stockings distributes the pressure.

"For a person wholly unaccustomed, let the walk of the first day be but six miles; three leisurely taken in the morning, and three in the afternoon. Add one mile per day to each of these exercises for five days, and rest on Sabbath. Begin the next day with five miles in the morning and five in the afternoon, and add one mile to the morning and one to the afternoon walk, up to the next Sabbath. Twenty miles a day will thus be reached, and after that he can do as he pleases."

Burdett on Gymnasiums. — Burdett says in the *Ladies' Home Journal,* "If I were a boy again, I would spend a great deal of time in the gymnasium. I am a strong believer in athletic scholarship and gymnastic training. The ventilation in my gymnasium was perfect. The air came in with a free sweep from sunrise to sunset. There was sunshine all the way from heaven in the clearings and grateful shadows under the trees. I don't know so much about gymnasiums hedged in with walls and roof, and ventilated by machinery, but I know they are better than none. Live out-of-doors all you can, my boy. Walk a heap. The open air, the free air, and the sunshine are as good as the exercise — better."

Miss Millet — "Is it true that you bicycle riders soon get attached to your machines?"

Mr. Wheeler — "It has n't worked that way with me yet. I can fall off my machine without the least trouble." — *Indianapolis Journal.*

THE QUESTION OF REWARDS.

BY MRS. E. E. KELLOGG.

Two counter inducements to right conduct largely employed in the training of children are, a fear of punishment and a hope of reward. While it is undoubtedly safer to appeal to a child's love of pleasure through a promised reward than to endeavor to secure good behavior through fear of punishment, yet it must be acknowledged that neither incentive is the best motive for right doing. Children should early learn to fear the sin, the wrong doing which is the occasion for punishment, rather than the punishment itself, while the punishment should be looked upon as a blessing, a helpful aid in overcoming evil.

Again, goodness that is secured by promise of reward or that which is paid for by indulgence and privileges, can scarcely be counted genuine virtue. To do right because it is right should be the underlying principle upon which all right conduct is based.

There is an old saying that virtue is its own reward. The happiness following the child's own inward consciousness of having done right is a natural reward. In this consciousness and in the approval of those whom he loves, the child should be early led to find his satisfaction. With the child whose right training, begun in the cradle, has been nurtured by that true sympathy which, whenever existing between parent and child, forms one of the most powerful forces in child-training; other rewards than these will be unnecessary. Froebel says: "Does a simple, natural child, when acting rightly, think of any other reward which he might receive for his action than this consciousness? How we degrade and lower the human nature which we should raise; how we weaken those whom we should strengthen, when we hold up to them an arbitrary inducement to act virtuously!"

How often do we hear a mother thoughtlessly say, "Now be a good child while I am gone, and I will bring you something nice." A child is told to do his work well, and some special privilege will be granted him; to give up to some younger member of the family some desirable treasure and something better shall be given to him. At school and Sabbath-school he is urged to learn his lessons perfectly each day, and he shall earn a prize. Extraneous rewards thus offered for good conduct do much to stimulate and develop the element of self-love in a child's character. It likewise causes him to regard right doing as a sort of stipulation or bargain, which, if he but rightly fulfill the conditions thereof, insures to him some pleasure of palate or privilege or possession. Such treatment tends to divest his mind of all sense of obligation to do right for right's sake, and to lead him to feel that it is optional with himself whether he shall do as he was bidden and gain the promised reward, or act his own pleasure and lose it.

It is desirable that right conduct should appear attractive to children, but in order that this shall be, it is not necessary to depend upon extraneous inducements. The doing of one's duty because he knows it to be his duty, the choosing of the right for right's sake, brings its own blessing and reward. We strengthen the child's moral character when we depend upon the happiness engendered thereby as a sufficient reward for right doing; conversely, we weaken him morally when we supplement the natural reward by extraneous profit or pleasure. Illustrative of this point is an incident related by a lady of an occurrence in her own childhood: —

"Once when I was a little girl," she said, "our parents had left my older sister and myself alone for the evening. Getting sleepy, we went into our mother's bedroom, and climbing upon the bed, drew a shawl over us preparatory to a nap before their return. In a little while my sister complained of feeling cold. With the loving impulse of a generous child, I gave her my part of the shawl. With a real pleasure I spread it over her, and we were soon asleep.

Upon the return of our parents, the question was asked why my sister had all the covering while I had none. Innocently enough explanation was made in the words, 'She was colder than I, so I gave her my part.' 'You dear, blessed, unselfish little thing,' exclaimed my father, 'here's ten cents to reward you for your unselfishness.' A few evenings after, our parents were again invited out, and again we children were left alone. I began at once planning a scheme to coax my sister to again go into our mother's bedroom for a nap, in order that I might repeat the deed by which I earned ten cents. I succeeded, although this time it was with some coaxing that I got her to accept the extra portion of the covering. For nearly an hour I lay awake waiting for the return of my father, in order that I might gain financial profit by my conduct. Thus easily and quickly the sweet, generous, unselfish impulse of a childish heart was changed by the mere thought of material gain, into sordid, selfish, and deceptive conduct."

Extraneous rewards no doubt sometimes serve a good purpose as a spur when endeavoring to stimulate a sluggish disposition or to aid a child in overcoming a habit, but their use requires the exercise of most judicious care and discrimination.

Closely connected with this method of seeking to secure goodness by the bestowal of rewards, is the plan pursued by many parents of paying their children for helping about the housework, of giving them so much per day for bringing in wood or washing dishes. The purpose for so doing is undoubtedly to foster the child's desire to earn money, a laudable purpose in itself, but do the ends justify the means? Ought not every person, small and great, to feel that the work to be done for the family comfort is simply a privilege they have because of their membership in that family, and that what they do is just as much for their own benefit as it is for any other member of the family. To pay the child for his share of the family cares, estranges him from the true family life. To pay a child for polishing papa's shoes is paying him for doing a duty to which he ought to be prompted by love for his father and not love for gain.

We hear of sons and daughters grown to manhood and womanhood avariciously striving to get possession of their parents' estate or money, even at the expense, it may be, of the loss of a home to their aged father and mother. Such sad cases are by no means infrequent, and is it not more than probable that the greed for gain which has evidently swallowed up the filial love which ought to reign in their hearts, originated when that father or mother proposed to pay them a stipulated sum with which they could do as they chose, for performing tasks which ought to have been done lovingly and willingly and gladly, because they were trying to follow out the apostle's injunction, "Bear ye one another's burdens"?

Doubtless paying a child for his work may not always result so disastrously, but we have seen many children who were thus paid whose only willingness to help turn the family wheel seemed to be based upon the inquiry, "How much will you pay me for it?" and there is certainly danger of creating a wrong tendency in the child's mind, of which we would better run no risk. "Every appeal to an improper motive has a tendency to deaden moral perceptions; every appeal to noble ones draws us to a higher plane of thought and action."

TWO DINNERS.—PART SECOND.

BY MATTIE F. STEARNS.

CURIOSITY alone would have prompted Mrs. Butcher to accept Mrs. Fruitdale's invitation to "come and see" what her children ate, but in addition to that she found she had really been developing a squeamishness on the meat question herself.

The leaven of Paul's questions had been working actively, and she was now anxious to know on her own account what a person could find to eat without using flesh foods. She had a dim idea that vegetarians subsisted on potato, turnips, and squash, in prospect of which she had instructed her cook to prepare her dinner as usual, only later, as she was sure that she should return from Mrs. Fruitdale's in a starving condition.

She hardly knew what to expect on entering Mrs. Fruitdale's dining room. The tables were turned—it was she this time instead of Paul who was entering on unexplored fields.

"You will excuse my menu," Mrs. Fruitdale explained, "if it seems a little heterogeneous, "but I am anxious for you to know something of the variety we vegetarians have."

"O, I shall be delighted to sample everything, and I suppose that Paul here, can tell me the complete history of everything I am to eat," Mrs. Butcher replied, with a smile for Paul. This, Paul took in all good faith, and as Mrs. Butcher began her dinner with a plate of vegetable oyster soup, he explained

that it was not the kind made out of those "slippery little dead things," but that it was all clean — just made from a little root that "grew in the ground," called "salsify."

"It is very nice, I am sure, quite like the genuine in taste. May I ask what superiority it is supposed to have over the real thing?" Mrs. Butcher inquired of her friend.

"Certainly; you get the flavor without the filth, for you know, I suppose, that the oyster is simply a sea scavenger, and thrives especially in those places where city sewage enters the water. So I consider its cleanliness to be quite a point of superiority."

"Oh," gasped Mrs. Butcher, "I did n't know oysters were like that. I can never eat another."

"Now try some of my Scotch pease and tomato soup, Mrs. Butcher; neither is made with flesh broth for stock, both are seasoned simply with cream and a little salt."

"I did not know you could have such a variety without using flesh meats," Mrs. Butcher said in surprise.

"O there are a dozen or more delicious soups; in fact there is no end to the combinations one can make, without using a particle of flesh."

While waiting for the second course, Mrs. Butcher noticed that Paul and Pearly were in a state of great excitement, and watched very closely the signs of the coming course. Occasional suppressed giggles gave evidence that something very much to their liking was about to be served, and when the waitress brought in among other cereals a dish of steaming farinose, their delight knew no bounds.

"Do you mean to say these children like '*mush*'?" exclaimed Mrs. Butcher.

"Most certainly they do; it is their staple article of diet. Their delight to-day is on account of the fact that our grocer has at last gotten in a fresh supply of farinose. He has been out of it the past few weeks, and it is their favorite grain preparation."

Mrs. Butcher gave a look of surprise, yet seemed to find no difficulty in disposing of her dish of farinose and cream, with its accompaniment of crisp cream wafers and sliced peaches.

"To begin our third course," Mrs. Fruitdale said, "you must try some of my imitation turkey," and Paul added, "It is n't the kind that ran around and gobbled, 'cause it was never alive; it's made just out of lentils and nuts. I know, 'cause I picked out the nut meats, and looked over the lentils to make it, and it's ever so much nicer than the real dead turkey."

"Paul forgot the cream and the sage flavoring in it," said his mother, "may I give you some macaroni also?"

"O yes, do!" exclaimed Paul, "it's so nice. What makes it so red is the tomato sauce. You need n't be afraid of it; it is n't blood, as that cow gravy was," Paul explained, as visions of his gory plate at Mrs. Butcher's flashed into his mind.

"Well, Paul, dear, it does n't look as though I was afraid, does it? Just look around my plate,— puree of potato, pease, beans, scalloped corn, vegetable turkey, macaroni, cereal omelets, and really I can't name everything; it is quite equal to Thanksgiving."

"And there was no preceding slaughter either," laughed Mrs. Fruitdale, "and I can assure you that I am not serving up in any form germs of tuberculosis, scrofula, tapeworms, or trichinæ, or any other abomination. You can eat everything with a clear conscience."

"I can certainly eat it with a very good relish; but to tell the truth, while it is sometimes true that people get disease through diseased meats, yet I think it is exaggerated, and really, if one is brought up to it, I do n't know as it much matters whether you get your nitrogenous elements in flesh or cereals."

"O, if we were brought up to it, as some others have been, I do n't imagine the flavor would be greatly different if we took our nitrogenous elements from human flesh; it would be an excellent way to dispose of criminals, would it not, to kill and eat them? So many go on the principle that whatever you can't use up in any other way it is economy to eat. Then, too, I do n't suppose there would be any more chance of disease; from what I have seen I would as soon take my chances on the average human being as the average animal. If you are not particular in what form you take your nitrogenous elements, it would do as well to eat them as anything else. They might make rather tough meat, but I do n't fancy it would be worse than some beef."

Mrs Butcher looked horrified. "O, but that's different," she gasped.

"Not a particle, as far as your nitrogenous elements are concerned. It would n't matter, if you were just brought up to it, you know. They were no more squeamish about it in the cannibal islands than you are about eating dead animals. For my part, I prefer to take my food elements in the way God originally designed — in legumes and grains. Every 'herb bearing seed' was first given us for food, you know. I do not wish any 'living thing' in which is the 'breath of life' sacrificed on the altar of a depraved taste."

"I never thought of it that way before," Mrs. Butcher admitted.

"If your appetite will permit," continued Mrs. Fruitdale, "I will tell you some facts in regard to the flesh that is eaten, that I have learned of personally; they are no newspaper stories."

"Certainly; I can hear anything with this diet," Mrs. Butcher replied.

"Then I will begin with a friendly hog, whose acquaintance I made in a small Western town that was not subject to the usual sanitary regulations. I always felt I owed the creature a debt of gratitude, for I am sure the surroundings would have given me the typhoid fever if he had not so carefully devoured all the filth. Every unmentionable kind of dirt was thrown into the alleys, but he was a most effectual health official, keeping everything clean as far as his capacity would permit. My next door neighbor, one day, threw thirteen dead pups into this same back alley, much to my consternation, but my friend, the porker, considerately devoured them all.

"There is only one kind of dead flesh that a hog won't eat, and in that particular he manifests more sense than most people — he will not touch *pork* in any form. An experienced butcher told me he had proved this repeatedly, by feeding hogs barrels of refuse meat from butchers' shops. All kinds were mixed in together, and thrown out. The hogs would smell it all over, and pick out everything but the pork, and that was invariably left. Yet this same hog's flesh, human beings consider a luxury, even making gravy from his blood.

"A servant of mine once described to me, how, in her native settlement, when a hog's throat was cut, the women would run with basins and catch the blood, out of which they made gravies. I have often wondered if Charles Lamb's 'Dissertation on Roast Pig' would ever have been written, if some one had preceded it with a 'Dissertation on Live Pork.'"

"You need n't tell me any more about pork," protested Mrs. Butcher, "I am converted on that point, but what about beef?"

"Well, first, this 'lumpy jawed beef,' which of course is cancerous, is prohibited for market use, but there is no way of detecting it by the appearance of the flesh. Once killed and dressed, nobody is the wiser. An adept in that line of business told me some of the finest appearing meat in the market is of the lumpy jawed cattle, and as cattle men have n't any too much conscience, as a rule, where their purse is concerned, a good deal of such beef goes into the market. Then, two, the owners of such cattle fail to recognize the disease in its earliest development. An acquaintance told me that on examining a good-sized herd of cattle, all but three had the 'lumpy jaw,' though the 'lumps' were small in size. The owners of the herd declared instead that only *three* of the herd had the disease, simply because they had not examined them properly. So you see the chance right there that several dozen cancerous cattle would be palmed off on the market.

"Here is another incident: A poor old cow, so old that she was good for nothing else, was to be fattened for 'beef.' But much to her owner's disgust, during the process she became sick, had abscesses or sores formed on her, in fact she was in such a terrible condition that he could n't keep her in the same place as the hogs, as it would have been impossible to keep them off of her. Fortunately for his purse, however, and equally unfortunate for some one's stomach, a cattle man came along one day, and told him he would take the cow along with some good cattle, and ship them together to their destination, 'and if she lives to get there,' he said, 'you will get just as much for her as the others, for they 'll put her right through the canning factory.'"

"Did she live to get there?" interrupted Mrs. Butcher.

"Yes she did, and perhaps this is the form in which you have taken some of your 'nitrogenous elements' — nice, canned picnic beef, you know," smilingly suggested Mrs. Fruitdale.

"O the horror of it! I do n't want to hear another thing. I 'll never eat another bit of meat unless I am on the verge of starvation. I can appreciate now how your Paul and Pearly must have felt when you dined with me. But how about the difference between your dessert and mine? have you any horrors to reveal about pastries?"

"Not any," smiled Mrs. Fruitdale, "except the horrors of disordered stomachs and congested livers, by clogging them with an indigestible amount of fat and sugar. Nature gives us our necessary amount of both in her fruits and nuts; her desserts are the best; try some," and Mrs. Fruitdale passed her friend a dainty basket of pears and peaches. "Or if you wish something sweeter, here are some figs, raisins, and dates, and these nuts here will give you all the fat you need."

"But do n't children need sweets?" inquired Mrs. Butcher. "My physician says that sugar is a natural, necessary element in children's food."

"Well, there is Pearly," replied Mrs. Fruitdale, "I do n't think she could be any plumper, without falling over if she attempted to run. She has never

eaten sweets, as you know. You remember her experience with your caramel, do you not?"

"Indeed I do. I remember every item of that whole painful repast, and shall never serve another dinner like it in my house. Your dinner deserves the medal for excellency. I agree with Paul that dead things are not good food, and I shall take my nitrogenous elements as you do hereafter."

HOW TO TREAT THE BABY.

RATIONAL treatment is all baby asks or requires, and protection from its worst enemies, those over-fond mammas who look upon baby as a plaything, and the fussy nurses who would think their occupation gone if they were not incessantly "doing something for baby." Habit is all the discipline which the tiny morsel requires during the first twelve months of its existence in this troublous world; and if they be good, healthful habits, dictated by common sense, it will not be a troublous world to either mother or infant. In everything concerning baby's life, regularity of habit must be insisted upon; from the day of its birth every attention it receives should be given regularly, and all care should be so systematized as to minimize its disturbance; for a prime factor in baby's well being is quiet, the more undisturbed the better, and it should from the very first be unaccustomed to being taken up immediately when it wakens. There must be regular hours for feeding, and regular hours for the daily bath and dressing; regular hours of sleep, and periods of waking naturally follow; and with regular attention to physiological needs there is no reason why the few-months-old baby should not be a model of perfect discipline.

Those poor babies who make night hideous by wailing for father or mother to walk with them, were first taught to like the motion; and the parent who picks the wee small morsel of humanity out of his snug nest and tosses him to the ceiling to hear him laugh with glee, has only himself to blame if it pleases the baby king so well that he wishes to play at midnight.

Recent experiments with hot water treatment have proved that it may be used in many infantile disorders to great advantage. A child that refuses to nurse or cannot keep bottle-food on its stomach will take hot water greedily and soon fall into a refreshing sleep. The hot water carries off disturbing elements and cleanses thoroughly the digestive organs, in such cases being a stimulant, an antiseptic, a sedative, and a food.— *Marcia Duncan, M. D., in Demorest's Magazine.*

THE KIND OF A WOMAN TO KNOW.— The woman with a loving heart is sure to look upon the bright side of life, and by her example induce others to do so. She sees a good reason for all the unwelcome events which others call bad luck. She believes in silver linings, and likes to point them out to others. A week of rain or fog, an avalanche of unexpected guests, a dishonest servant, an unbecoming bonnet, or any other of the thousand minor inflictions of every-day life have no power to disturb the deep calm of her soul. The love-light is still in her eyes, whether the days be dark or bright.

It is she who conquers the grim old uncle and the dyspeptic aunt. The crossest baby reaches out its arms to her and is comforted. Old people and strangers always ask the way of her in the crowded street. She has a good word to say for the man or woman who is under the world's ban of reproach. Gossip pains her, and she never voluntarily listens to it. Her gentle heart helps her to see the reason for every poor sinner's misstep, and she condones every fault. She might not serve with acceptance on the judge's bench, but she is a very agreeable person to know.— *Harper's Bazar.*

MOTH PREVENTIVE.— In this age of fearful moth-preventive *smells,* it is worth while to know that moths will never go where there are lavender-bags. Even where they have begun their ravages in furs or feathers, a lavish sprinkling of the articles with good lavender-water will prevent further damage. No one can ask for a purer or pleasanter odor about garments. A liberal distribution of lavender sachets in closets, drawers, and trunks will give you the satisfaction of making sweeter your belongings with the weapon which drives away their depredators. Put a lavender sachet in your piano if you fear moths will ravage the felt.

Another infallible remedy is compounded of the following sweet-smelling things: Lavender, thyme, rose, cedar shavings, powdered sassafras, cassia, and lignea in about equal quantities, with a few drops of attar of roses thrown upon the whole.— *Farm and Fireside.*

HE WAS ASTONISHED.—"What do you think I saw this morning?" asked Uncle Josiah, coming into my plant-room while I was watering my geraniums. "You know how much we admired Mrs. Ashton at the sociable? She was so bright in talk, and had on such an elegant gown, and I hear she writes for the floral magazines. Well! I passed her garden, and there she was, rosy and handsome in spite of her work. She was actually lifting manure from a pile in the corner, putting it in a small wagon, drawing it to her rose-bed, and placing it around the plants." "I don't see why you are astonished," said I. "When *will* you learn this is the woman's century? We have found out we have legs and arms and are going to use them, and stop being 'vines.'" "But," said he, "a man don't like to see a lovely woman doing such work. I wanted to offer my services, but was too bashful." "She would hardly have thanked you," said I. "Long, clinging skirts have kept women back from doing garden work, and getting much help and enjoyment from it. But there is a movement all along the line. Soon women will be found in their gardens clad in becoming gymnastic costumes, and using the light hoes and spades now made, and then—good-bye to half the drug stores, for we won't need their pills and tonics."—*Humanity and Health.*

THIS grease eradicator made the fortune of more than one man before the secret of its composition was discovered: Two ounces ammonia, one ounce castile soap shavings, one quart soft water, one teaspoonful saltpetre. It must be used with some care on colored goods lest it take hue with soil, but on white or black it is invaluable.

TABLE fruit will keep twice as long if kept in separate lots. Contact hastens decay.

THE STRAWBERRY AND SOME OF ITS USES.

THE flavor of antiquity rests upon the wild strawberry. Its fruit was peddled by itinerant dealers about the streets of ancient Grecian and Roman cities. Vergil sings of it in pastoral poems, and Ovid mentions it in words of praise. The name by which the fruit was known to the Greeks indicates its size; with the Latins its name was symbolic of its perfume. The name *strawberry* probably came from the old Saxon *streawberige*, either from some resemblance of the stems to straw, or from the fact that the berries have the appearance when growing of being strewn upon the ground. In olden times, children strung the berries upon straws, and sold so many "straws of berries" for a penny, from which fact it is possible the name may have been derived. The strawberry is indigenous to the temperate regions of both the Eastern and Western Hemispheres, but it seems to have been matured in gardens only within the last two centuries.

First Strawberries for the Table.—If it is necessary to wash strawberries, they should be put into cold water, a few at a time, pushed down lightly beneath the water several times until entirely clean, then taken out one by one, hulled, and used at once. Like all other small fruits and berries, they are more wholesome served without cream; but if cream is used, each person should be allowed to add it to his own dish, as it quickly curdles, and renders the whole dish unsightly; if allowed to stand, it also impairs the flavor of the fruit.

Strawberry Minute Pudding.—Cook a quart of ripe strawberries in a pint of water till well scalded. Add sugar to taste. Skim out the fruit, and into the boiling juice stir a scant cup of granulated wheat flour previously rubbed to a paste with a little cold water; cook fifteen or twenty minutes, pour over the fruit, and serve cold with cream sauce.

Sago Fruit Pudding.—Soak a small cup of sago an hour in just enough water to cover. Drain off any water that may not be absorbed. Mix two thirds of a cup of sugar with the sago, and stir all into a quart of boiling water. Let it boil until the sago is perfectly transparent, then pour in a pint of nicely hulled strawberries. Turn into molds to cool, or serve warm with cream, as preferred. Tapioca can be used instead of sago, but needs longer soaking. Raspberries, stoned cherries, or currants can be used in place of strawberries.

Strawberry Manioca Mold.—Heat a pint of water, and when boiling, sprinkle into it four scant tablespoonfuls of manioca, and cook for ten minutes or until transparent, stirring continually. When transparent and thickened, remove from the fire, and add a tablespoonful of lemon juice and one cup of sugar. Place a layer of the cooked manioca in the bottom of a pudding dish, add a layer of freshly picked red strawberries, then another of the manioca, filling the dish in alternate layers with one of manioca for the top. Set away in some cool place until well molded. Serve in slices with cream flavored with rose.

E. E. K.

THE SPONGE BATH, WET-HAND RUB, AND ABLUTION.

THE skin is a great depurating surface. Through the hundreds of thousands of little openings in its surface, about two pounds of foul water, saturated with the waste products of broken-down tissue, are passed off daily. The skin is also an organ which is extremely sensitive to outside impressions; and the rapid changes of temperature not only affect the circulation in the skin, but also the blood and nerve supply of all the internal organs. This effect is either for good, by improving the circulation and assimilation, or for evil, by producing vascular derangement and congestion or inflammation, which hinder the functions of the organs.

To keep the many openings of this extensive system of drainage tubes unclogged, and to discipline the system to undergo certain changes of temperature, and yet react quickly, are very important measures in preserving the health of the internal organs. By reaction we mean that the work of the skin, which, for the instant, is somewhat arrested by the sudden contact with the increased hot or cold, or other irritating agents, is renewed with increased vigor, and the blood supply, which was temporarily diminished, is increased to such an extent that the congestion of the internal organs is relieved, their circulation improved, and their working power stimulated to healthier activity. This ability of the skin to protect the body from the inroads of disease may be very much increased and developed where it is deficient, by the application of friction and the use of water of proper temperature.

The simplest methods of using water for cleansing purposes and for surface education are the sponge bath, the wet-hand rub, the wet towel bath, and the ablution. These methods are also useful as cooling baths in all cases of fever and inflammation where there is need of abstracting heat from the body, thus reducing the temperature and producing sedation of the nervous system.

The warm, tepid, or cool sponge bath can be used for cleansing purposes from the cradle to the grave, and one can scarcely conceive how a family with any semblance of a home could be placed in a position where it could not be used. The sponge bath is a wonderful help in preserving the health of the body, maintaining self-respect, and promoting moral rectitude.

Two quarts of water at a temperature of 70° to 90°, a sponge or wash-rag, a cake of soap, and two towels are all that are required in taking this bath. In the crowded tenement or the small backwoods cabin or dugout, the necessary privacy and temperature may be somewhat difficult to obtain; but "where there 's a will there 's a way," and a temporary bathroom may be improvised by means of a clothes-rack with a shawl or quilt hung over it, or a cord may be stretched across the room, suspended from hooks or nails, and the shawls, quilts, or blankets hung from this, thus utilizing the heat of the cooking stove, which may be the only heating apparatus in the house, and yet not destroy individual modesty, which it is always important to retain in every person as a moral safeguard. In a carpeted room a square of oilcloth, a rug, or even a newspaper may be laid down to protect the carpet.

Be sure that the patient's feet are warm, and when everything is ready for the bath, dip the hand, sponge, or wash-rag in the water, pass it quickly over the face and neck, following with the dry towel, and rub the surface till it is in a warm glow; then treat the chest and upper spine and adjacent parts in the same way. In that way pass over successive portions of the body with the wet hand or towel, and then with the dry. When the bath is completed, the surface of the body should be warm, the feet warm, and the whole body should feel pleasantly exhilarated.

A cool sponge bath in the morning is better for a tonic than any bitters ever invented. It will

prevent taking cold, and is an excellent thing for children who are born delicate or with a tendency to rickets, scrofula, or other hereditary diseases. The skin of such children is either pale and delicate or cold and sallow, and they are very susceptible to changes of temperature, having but feeble powers of reaction. There is always a strong tendency to congestion and catarrh of the mucous surfaces, and to disease of the lymphatic glands and respiratory organs. Changes of temperature are likely to produce cold in the head, tonsillitis, bronchitis, etc.

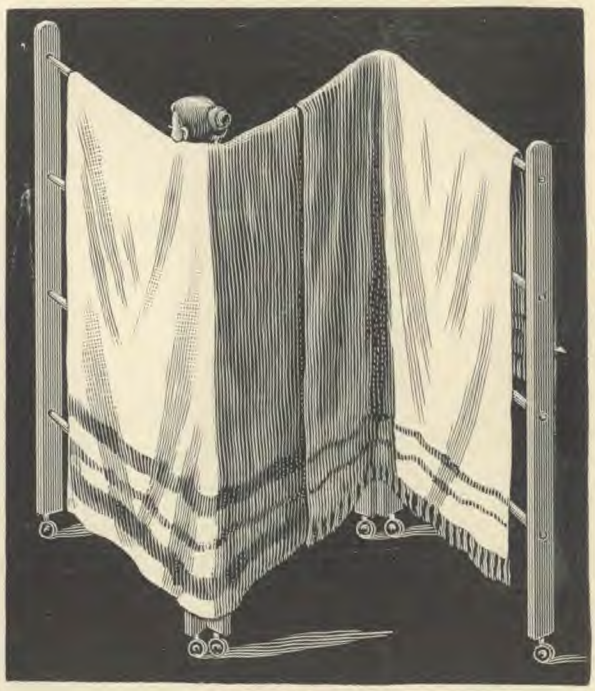
The cold sponge bath taken in the morning, with a brisk rub afterward, will discipline the skin, improve its nutrition, and give it power to react well after a change of temperature, thus providing a safeguard against all diseases which affect the internal vital organs of the body. The rapid refilling of its many vessels after a chilling, relieves the internal organs from over-congestion, and prevents serious organic and functional disease.

The feeble, nervous, poorly nourished child who takes cold and suffers from bronchitis, tonsillitis, pneumonia, etc., after slight exposure and change of temperature, may be educated into robust health by a careful hygienic regimen, which shall include cold sponge baths and dry-hand rubs as a means of surface education. As a cleansing bath for all the members of the family, the sponge bath may be as efficacious as any more elaborate bathing apparatus.

The cells which form the upper layer of the epidermis, or scarf skin, are constantly scaling off, and being replaced by others. They, like other dead organic material, under the influence of heat and moisture, always undergo fermentation, and form poisonous substances, which irritate the sensitive true skin underneath, and afford shelter for parasites, which cause disease. They also become saturated with the waste matter passed off through the pores of the skin, and make the presence of the person offensive to others by reason of the bad odors which are always exhaled from his person. The well-known tenement-house odor, so commonly met with in the street cars and other public conveyances in large cities, is only the odor of dead and decaying epidermic cells saturated with the natural secretions and excretions of the skin. These products of the skin are being taken in by the absorbents of the person's own surface, as well as being given off to the discomfort of other people. In both cases they are a source of danger to public and private health. This fact is beginning to be realized in our large cities at the present time, and measures are being taken to establish public baths for the great unwashed multitudes of the slums.

Any kind of vessel with a cake of soap and two quarts of warm water ought to enable any one to remove this dead material from the surface of his body, and thus promote the health of others as well as himself. These cleansing baths ought to be taken as often as once or twice a week, and even daily, especially in warm weather, and by those who are engaged in manual labor where there is a great deal of dust, and physical exertion, which causes much perspiration.

The warm, cleansing sponge bath can usually be



A TEMPORARY BATHROOM.

taken most conveniently in the evening, before retiring, by the busy working man or woman, and will make sleep more refreshing and life better worth living than if they retired in the dirt and grime of workshop or farm. This necessary personal cleanliness is not expensive, and is within the reach of all.

When we consider how many unwashed skins cover human bodies in Christian lands, we may find at least one reason for the gloomy belief of the pessimist. Who can be happy and hopeful and have faith for the future of purity and beauty when his body is encased and the mind befogged by dirt? When the clean shirt and the bath came from the East into Europe, religious persecution and the leprosy began to decline, and the reformation dawned over a benighted, suffering world.

Children can be taught to bathe themselves at an early age; in fact, most children love water and enjoy being clean. "It takes time," I hear so many weary workers and tired mothers saying, yet these mothers find time to flute, tuck, and flounce the little one's dresses. Why not spend this time on the body, and wear simply made clothing? Ten minutes with soap and warm water at bedtime will put the children to sleep clean. "Is not the body more than raiment?"

The sponge bath, and also the ablution, are very useful in fevers, and when the patient is hot, nervous, or restless during convalescence or during cases of chronic disease. Sponging the head, face, and spine will bring nervous quietude and refreshing sleep.

Ablution is the laving of water on the surface with the hand as in washing the face. It is a very useful measure for reducing temperature. The patient should be placed on an oilcloth, covered with a blanket or sheet, and successive portions of the body laved with the water, and then dried slightly, as the object of the bath is to reduce temperature. This bath is useful in all cases of typhoid fever, measles, and other diseases where there is a high temperature, and the patient is restless and delirious.

Surface friction with the hand, towel, or flesh brush should always follow the sponge bath, the wet-hand rub, or the ablution; to insure increased surface circulation and leave the patient with a warm surface and nervous repose.

MEDICATED SPONGE BATHS AND HAND RUBS.

THE skin often becomes diseased, weak, over-sensitive, or relaxed, harsh, and dry, and in some diseases, as in scarlet fever, where there is rapid desquamation, the surface becomes denuded, and there is no protection for the ends of the sensitive nerves and surface blood vessels. The surface thus denuded is very sensitive to changes of temperature, and the great volume of blood driven inward often occasions serious congestion of the internal organs, and sometimes occasions serious and fatal inflammation. It sometimes leads to pneumonia, which often complicates measles; to acute inflammation of the kidneys, which so often causes death during convalescence from scarlet fever; the troublesome night sweats which occur in tubercular diseases and other blood poison, wasting diseases are often a source of great discomfort and danger. The patient, weak and exhausted from the previous fever, wakes up cold, with clothing damp. In this condition he is liable to contract a severe cold, and the increased chill will be followed by increased fever and an aggravation of all the symptoms of the disease. This condition of the skin demands some tonic or astringent measure which shall increase the activity of surface circulation, and lessen the size of the dilated tubes and blood vessels. The saline sponge and the salt glow are very useful in this case.

To give a saline sponge, take two quarts of water and dissolve in it a handful of common salt. The bath may be used cold, tepid, or hot, as is most pleasant to the patient. When the patient is hot and nervous, the tepid sponge bath is often most soothing. When the skin is very much relaxed and covered with a profuse cool perspiration, the very hot saline sponge bath acts both as an astringent and a stimulant to the skin, checking the abnormal perspiration and stimulating and warming the surface. The saline water may be applied with a sponge, a rag, or the hand. Hot vinegar, used full strength or diluted with water, equal parts, or one part of vinegar to two or three of water, serves the same purpose, and is used for the same condition of the skin. An ounce or two of vinegar will be all that will be needed for a bath, as the skin should be merely dampened with it and lightly dried.

In giving an alcohol rub, the alcohol may be used either full strength or diluted with water the same as the vinegar. Alcohol has a great affinity for water, and also evaporates very fast, and if used often, produces a dry, harsh condition of the surface. This preparation tends to cool the surface rapidly. An alcohol rub is easily given with the hand, the surface being brisky rubbed until it dries by evaporation.

The witch-hazel rub, using the aqueous extract of witch-hazel, is both an astringent and a sedative to the skin, and is useful in cases of hives, shingles, eczema, and other irritating skin diseases. The witch-hazel may be used full strength, or diluted in the same proportion as the vinegar. Only an ounce or two are required for giving a bath, as the surface needs to be simply moistened and lightly wiped off.

A soda sponge bath is useful for allaying itching and irritation of the skin, and is also useful as a cleansing bath. Use two tablespoonfuls of baking soda to two or three quarts of water at a temperature most pleasant to the patient. The solution may be used freely with the sponge, or laved on with the hand, or it may be used as a compress to the irritated

surface. The soothing effect of this bath is increased by following it with an oil or witch-hazel rub.

Where the skin has a tendency to dryness, or there is excessive scaling, as in acute eruptive fevers, an oil rub should always follow the other baths. It is soothing, lubricating, and protective. Cocoa butter, olive oil, or vaseline may be used for this purpose. The oil rub may be made either a bane or a blessing, according to the amount of material used. The skin can absorb only a certain amount of oil, and no more should be used than can be absorbed. The patient should not be left with an excess which makes him feel dirty and sticky and soils the clothing and bedding. Use just enough of the oil to make the skin soft and pliable, and leave the surface feeling warm and clean. The danger is always in using too much oil.

The oil rub is the best rub to use on newborn infants. In this case the unguent should be used freely and the excess wiped off, when the surface will be found clean and warm instead of blue and cold, as happens in so many cases when the baby is chilled in its first bath, and in consequence starts in life with a nasal catarrh.

Soothing sponge baths are sometimes made of bran tea or thin oatmeal gruel and water. Three ounces of oatmeal or bran are allowed to soak over night in two or three quarts of cold water. In the morning the water is drained off and put on to heat; when it has boiled five minutes, it is allowed to cool until it is of the right temperature for the bath, which will be about 98° to 100°. This is a very soothing bath in scarlet fever, as the solution forms a film over the skin, which takes the place of the epidermis that is rapidly peeling off.

Antiseptic sponges are used in smallpox, scarlet fever, and other eruptive diseases. Bi-chloride of mercury, 1–10,000 or 1–25,000, where the whole skin is involved, a stronger solution, as 1–3000, or 1–5000, where the application is local and but a moderate amount of surface is involved. A saturated solution of boracic acid is also very useful and can be applied freely to the surface, as there is no danger of poisoning from absorption which is always to be guarded against where such a powerful agent as the bi-chloride is used. It is said that the tendency of boils to spread may be checked by keeping the surface clean and sponging freely several times a day with a boracic acid solution. In cases of scarlet fever or measles, the skin should be washed freely, first with the antiseptic solution, followed by an oil rub or by an oatmeal or bran water bath. This will not only disinfect the surface, but the lubricant will entangle the scales, and thus prevent them from flying about and infecting others, thus serving the two useful purposes of soothing the patient and hindering the further spread of the disease.

In giving all medicated sponges and rubs, as well as all hydropathic treatment, care should be taken to keep the patient quiet and give the bath without disturbing or tiring him if very weak from the disease, also to avoid soiling the bed or the body linen.

KEEPING THE MOUTH CLEAN AND THE TEETH SOUND.

KEEPING the mouth clean from infancy until the termination of life's journey should be a habit so firmly fixed by constant practice in infancy and childhood that it will not be likely to be neglected in after life. In the air around are floating the germs of various diseases,— consumption, pneumonia, malaria, diphtheria, thrush, tonsillitis, and the like. If the mouth is healthy and its secretions normal, these disease germs are destroyed there, and thus they are prevented from entering the deeper tissues of the body. But swollen, sodden gums, decaying teeth, tartar, and morbid catarrhal discharges, all form so many centers for germ culture and avenues for the entrance of morbid matter into the tissues. The enlarged scrofulous glands of so many children and youth, resulting in unsightly scars and disfigurement, are usually caused by tuberculous germs which enter the lymphatic glands of the neck from enlarged tonsils, decayed teeth, or suppurating ears.

In thrush, the baby's mouth is filled with tiny plants resembling yeast ferment. The borax wash displaces, cleanses, and destroys these minute plants, and thus cures the disease. Cavities, even in the first teeth, should be filled as soon as discovered. Toothbrush and powder should be used freely and frequently, and the mouth rinsed out often with pure water. Enlarged tonsils should be treated or removed. Abscesses of the ear should be treated by cleanliness and disinfection, so as to heal them as soon as possible. Consulting the dentist early may save a set of teeth, the glands of the neck, and even life itself; for when tubercular germs have once gained an entrance into the body, there is scarcely a limit to their devastation.

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

BRIE CHEESE.

We learn from one of our exchanges, the *American Cheesemaker*, that a number of American dairymaids have been sent over to France to study the method of making Brie cheese, and since this fact indicates that American cheese-makers are soon to be engaged in persuading the public to indulge freely in this French delicacy, our readers may be interested in the following description of this particular brand of cheese, for which we are indebted to the journal above mentioned:—

"Brie of good quality will present a reddish color, and will be neither puckered nor wrinkly; when of a blue color, the cheese is less esteemed. Between five to six weeks from the commencement of its making, the cheese will be ripe. Brie is never sold till ripe, but the middlemen keep it in their cellars some time. It is the fermentation that is the most delicate part of the whole process; the osier strainers are never washed, and it is the must on these that induces the peculiar fermentation. Pasteur is said to be studying this parasitical ferment of the preparation."

The point to which we especially wish to call attention is the fact that the cheese is sometimes red and sometimes blue, and that the strainers by means of which the curd is separated from the whey, are never washed, but allowed to become musty, and that the cheese owes its superior properties to its infection with must, or mold, from the dirty strainers. It is not surprising that cheese thus treated should be sometimes red and sometimes blue — in fact, it is wonderful that it does not present a still larger variety of colors. The red and blue colors are evidently due to parasitic molds. Prof. Pasteur, it seems, is studying these molds, and it is possible that before long the proper kind of mold necessary to convert any cheese into "Brie" will be sold in convenient packages or bottles, so that any person who is fond of Brie can simply buy a bottle of mold and mix with his cheese *ad libitum*. He can thus have his cheese more or less "Brie," or moldy, as he likes, and not be dependent upon the caprice of the manufacturer. In the meantime, if there are any of our readers whose mouths are watering for a delectable moldy morsel of Brie, it is possible that arrangements might be made with the manufacturers to export a few packages of scrapings from their old dirty strainers, by which the immediate demand may be supplied. The *American Cheesemaker* is to be commended for its frankness in dealing with the public. We hope it will continue to give us valuable information concerning the manufacture of an article of food which the *Cheesemaker* has convinced us, and we hope many others, is absolutely unfit to enter the human stomach.

THE COW'S COMPLAINT.—A FABLE.

The following is a poetic translation of a tract advocating vegetarianism, written by a native Chinaman, and circulated among his countrymen as a missionary effort. The translation was made by Mrs. Rose Sickler Williams, a missionary at Nanking, China. We are very sure our readers will find the argument, so ingeniously constructed by the original writer, and so forcibly expressed by the translator, quite irresistible:—

Come listen to my plaintive cry,
The earth holds none so sad as I;
Since summer, autumn, winter, spring,
No single day of rest doth bring.

The plow and harrow gall my neck,
The cruel lashes mark my back.
With oath and curse they urge me on,
And breathing space they grant me none.

I plunge through water and through mire,
For lack of food I faint and tire.
The morning grows to highest noon,
But my hard task is never done.

Oppressed with hunger, I am fain
To nip a stalk of growing grain,
But all the house from first to least,
Come out and curse the "greedy beast."

My master reaps his golden grains,
But only grass rewards my pains.
With fine white rice his barns are stored,
And sweet wine cheers his festal board.

His daughters wed, his sons are crowned,
He lives in peace the seasons round;
Until there comes a luckless year,
When crops are short, and clothing dear,
And taxes high; and all agree
To pay their debts by selling me.

Despite my long and useful life,
They give me to the butcher's knife.

He ties me up without a tear,
And cuts my throat from ear to ear.

My mouth is dumb, unformed for cries,
But hot tears glisten in my eyes.
Soon all my luckless flesh and bone
Ungrateful mortals fatten on.

They take my hide to make a drum,
And at the sound the devils come,
And heaven and earth are stirred to see
This proof of man's impiety.

My murderers shall come to grief,
Along with all who relish beef;
When I 'm a man and you a cow,
I 'll treat you as you treat me now. [1]

DISEASE NOT AN ENEMY.— Disease is not always an enemy; it sometimes comes to us in a very distressing form, but it generally comes as a friend. When we come to study the subject, we find that disease is really an attempt of nature to right some kind of wrong. A person, for example, has taken a disease into his system with the food which he has eaten; or he has perhaps eaten something which is not digestible. He soon gets nauseated, and then nature unloads this mass of indigestible stuff. If this does not happen, he may have a "bilious" attack. But this bilious attack is nature's remonstrance, and nature's method of trying to remedy the difficulty. Suppose there was no remonstrance from nature against such treatment— no attention paid by nature to this indigestible material, and it was left in the system to accumulate there. It would not be long before the stomach would be filled up with garbage, the digestive organs would be overwhelmed with it, and there would be no room for wholesome food.

The idea has come to prevail quite extensively that not only acute, but also chronic diseases are self-limited to some degree; that is, that there is an effort of nature to cure the disease, and that some of the symptoms which are considered the worst, are efforts of nature to get rid of the disease. For example, we have high temperature in fevers. It is believed by some very eminent Italian professors (and the subject was agitated to a considerable extent at the World's Congress of Physicians, held in Berlin) that this is nature's method for killing germs, and that the power of the germs to produce acute disease is limited by high temperature. We know that when a patient has a high temperature and there is a rapid advance of the disease, there comes a time when the disease comes to a standstill, the temperature falls again, and the patient improves.

WORK AND LONGEVITY.— An English statistical report enumerates 33 persons upwards of 100 years of age alive in Great Britain in the year 1893. The oldest of these, as usual, was a woman; her age was 116. One of the most striking facts in relation to these centenarians is that they have lived lives of simplicity and industry. In commenting upon this fact, the London *Lancet* remarks:—

"If in any direction it is allowable for competitors in the race of life to dispense with self-control, it would appear that they may to a great extent use this liberty with respect to physical and mental exertion. Nature has made large allowance for the inevitable necessity of labor, and has even practically in some cases sanctioned an overstrain of energy, provided that due care be taken to conserve the vital powers by temperance in other things."

It is not useful work, but worry, which kills men. Overwork of the stomach, liver, or kidneys is vastly more damaging to a man than overwork of the brain or muscles, since so long as the stomach is intact, overworked muscles may be easily repaired, and so long as the liver and kidneys retain their integrity, the consequences of excessive brain work are easily removed by the elimination of the resulting poisons from the body. Millions die from overwork, but it is overwork at the dinner table rather than in the field, the workshop, or the counting room. Hard work is healthful. The majority of men, and women also for that matter, are suffering not from overwork, but from too light work. More work of some sort is required. It may be more mental activity or more muscular exercise. Evil results from work flow not from excessive work, but from the neglect to give each class of organs its due and proper amount of exercise.—*J. H. K. in Modern Medicine.*

[1] The idea expressed in the last two lines refers to the doctrine of metempsychosis, or transmigration of the soul, believed by all Buddhists, which presupposes that the soul of the human being enters the body of some lower animal.

GRAHAM BREAD.— Is Graham bread wholesome? An old subscriber, Mrs. A. E. B., sends us a clipping from a newspaper, in which Graham bread is denounced as a thing of the past, the unwholesomeness of which is now uncontested. Our opinion is asked.

The hue and cry which has been raised against the use of Graham bread in the last few years has originated chiefly with parties interested in patent devices for the manufacture of new brands of flour. Again, the argument is made that the covering of the wheat kernel, being cellulous or woody in structure, is indigestible, and hence not only innutritious, but positively injurious, and the suggestion is made that it would be just as sensible to eat the skins of potatoes and the pods of beans and peas as the bran of wheat or other grains which is found in Graham and all other grain preparations.

This is wholly an error. The alimentary canal is so constructed that a certain amount of bulk in the food is necessary to promote the normal activity of its organs. Human beings require food containing more or less indigestible matter in order that the food may have sufficient bulk to stimulate the muscular walls of the digestive canal, and act upon the food with proper vigor. To compare the small amount of woody material found in the covering of the wheat kernel, with the thick, fibrous part of the pea or the bean, is entirely unfair; there is no analogy between the two at all. Those who imagine that they are likely to suffer injury from the use of Graham flour, should turn with horror and afright from such foods as plums, cherries, dates, nectarines, and apricots, which are enveloped in a woody skin, and should as soon think of swallowing sand or small bullets as to eat strawberries, huckleberries, raspberries, blackberries, and other seedy fruits.

It is true there is now and then to be found a person suffering from a pouched or sacculated stomach, in which indigestible fragments of food, of whatever origin, are likely to accumulate, owing to the inability of the stomach to contract and thus empty itself of its contents. There are, likewise, other persons, the mucous membrane of whose stomachs is in so sensitive a condition that the contact of indigestible particles is likely to produce irritation, causing more or less inconvenience. But these exceptional cases must not be made the rule for the whole human family.

No end of mischief has grown out of the disposition of many people to make themselves a criterion for everybody else. This mischievous disposition is probably found more frequently in matters pertaining to diet than in any other department of hygiene. Some dyspeptic with a crippled stomach finds he cannot digest this or that, and immediately begins a campaign against the supposed article, based on his own individual experience, and insists that what disagrees with his stomach must be bad for every other stomach as well.

The principles of rational hygiene are to be found in physiology, not in pathology; that is, we should study nature in a state of health, for the purpose of learning what is natural and best, instead of confining our observations to the unnatural conditions which we find prevalent in disease. This principle is an important one, the application of which is very broad.

NUTS AND POPPED CORN AS FOOD. — Popped corn is a very wholesome article of food; sometimes a patient can digest popped corn when he cannot digest anything else. Nuts are also healthful food, generally, when they are well chewed. But both nuts and popcorn, as well as all other food, should be taken at mealtime, and nuts should be eaten with other hard food which requires thorough mastication, — such as crackers, toast, or zwieback.

CANDY AND INFLAMMATION OF THE STOMACH.— Some years ago the writer had under his care a lady who complained bitterly of a "horrid" complexion and constant indigestion. Her face was pale and sallow, cheeks hollow, black circles around the eyes, and great brown patches upon the forehead. She had good reason for complaint. Another symptom of which this patient complained much was soreness in the region of the stomach. Her diagnosis was chronic gastritis. In conversing with this lady at her bedside one day, when she was more severely ill than usual, we observed a large candy box upon the table. On lifting the lid we found the box partly filled with extra strong peppermint lozenges, of which it had contained three pounds. Half the contents had disappeared, although, as the patient acknowledged upon questioning, the package had been in her possession less than a week. She had for a long time been in the habit of consuming a three-pound box of these extra strong peppermint lozenges every two weeks. Here was sufficient cause for the gastritis. The use of candies of any sort was strictly prohibited, nevertheless the patient had become so addicted to candy eating that it was with great difficulty that the habit was broken up.

Dr. McKume, of Washington, D. C., recently reports in *Food*, two cases in which candy was the cause of gastritis, and in which recovery soon followed the discontinuance of the habit. Many cases of chronic indigestion in children find their origin in candy eating. Not infrequently the little ones have been made dyspeptic or have died when in their teens, from this pernicious practice.

CARE OF THE TEETH.—One of the most skillful dentists in New York has given these rules for the care of the teeth: —

Use a soft brush and water the temperature of the mouth. Brush the teeth up and down in the morning, before going to bed, and after eating, whether it is three or six times a day.

Use a good tooth powder twice a week, not oftener, except in case of sickness, when the acids from a disordered stomach are apt to have an unwholesome effect upon the dentine. The very best powder is of precipitated chalk; it is absolutely harmless, and will clean the enamel without affecting the gums. Orris root or a little wintergreen added gives a pleasant flavor, but in no way improves the chalk. Avoid all tooth pastes and dentifrices that foam in the mouth; the lather is a sure sign of soap, and soap injures the gums, without in any way cleansing the teeth.

A least a quart of tepid water should be used in rinsing the mouth. A teaspoonful of listerine in half a glass of water used as a wash and gargle after meals, is excellent; it is good for sore or loose gums; it sweetens the mouth, and is a valuable antiseptic, destroying promptly all odors emanating from diseased gums and teeth. Be assured of the genuine Listerine by purchasing an original bottle. Coarse, hard brushes and soapy dentifrices cause the gums to recede, leaving the dentine exposed.

Use a quill pick, if necessary, after eating, but a piece of waxed floss is better.

These rules are worth heeding.

THE DIGESTION OF EGGS.— Whether a hard- or a soft-boiled egg is the more easily digested, depends much upon the patient. Some persons cannot digest the white of an egg, but can digest the yolk. The yolk of an egg boiled hard, so that it is mealy, is more easily digested, as a rule, than a soft-boiled egg.

FOR CHILBLAINS.—

Tinct. digitalis	1½ dr.
Crystallized thymol	40 gr.
Alcohol at 70, glycerine aa	6 oz. M.

This preparation should be applied after thorough cleansing and careful drying of the parts. Light applications of tincture of iodine, repeated every three or four days, is an excellent means of removing the troublesome itching. Vaseline and oily substances of all sorts should be avoided. Wool and other warm coverings aggravate the disorder.

FOR ACUTE COLDS.—

Betol, finely pulverized	25 parts.
Menthol	2½ "
Cocaine muriate	1 "
Powdered coffee or starch	15 "

Mix thoroughly.

Use as a snuff.

THE body cannot appropriate more than four ounces of food per day.

MASTICATION is the great cure for acidity of the stomach. Eat hard food and chew it well. It is reported of Mr. Gladstone that he required his children to chew each mouthful of food forty times before swallowing it. Food needs to be masticated until it is thoroughly mixed with the saliva — made into a pulp, so to speak.

ANSWERS TO CORRESPONDENTS.

ACTINA.— T. P. R., of Tennessee, asks: "What do you think of 'Actina'? Is there any merit in it? The makers say it will cure catarrh, but as you are generally pretty direct in your opinions of so-called cures, would like your opinion of this."

Ans.— We have had no personal experience with the nostrum, as we never employ nor prescribe patent or proprietary medicines of any sort. On general principles, however, we should condemn the use of this remedy, since however useful it may be in certain forms of catarrh, it cannot be valuable in all forms, for the disease requires very different remedies in its different stages and in the different forms in which it appears, so that it is impossible for any one remedy to be useful for catarrh in general. Would advise that you consult a good physician and obtain a prescription suited to your case.

SORE THROAT — SPITTING OF PHLEGM — TIRED FEELING IN SHOULDERS, ETC.— T. H. B. writes in regard to his wife, who took cold at her last confinement, and has had a bad attack of sore throat, spitting up a white phlegm, which afterward turned to a greenish yellow color. Her throat and mouth are dry at night. She has a tired feeling in the shoulders; it is an itching or stinging sensation at first. She has pains through her breast and the small of the back; sharp pains in the stomach and sides, mostly in the right side; is troubled a good deal with night sweats, and chilliness in the spinal column; has fever, mostly on one side, and a red spot on cheek; great heat comes over the body at times. After eating, sour stuff comes up in the mouth. Would be grateful for any advice.

Ans.— The patient is suffering from dyspepsia, and there are several symptoms which point quite strongly to incipient pulmonary tuberculosis, or consumption. We advise that a competent physician be consulted at once. The case is too complicated for a prescription in these columns.

KIDNEY DISORDER.— Mrs. J. D. W., thirty years of age, is troubled with what she thinks to be kidney disorder, pain in the back, yellow blotches on the face, and scarcity of urine, which contains considerable albumen. She has been ailing in this way for three or four years. She has had one child. Lately she has seen a statement to the effect that pineapple will dissolve albumen, and asks if it would be beneficial in this case. Please give directions as to diet and treatment.

Ans.— If the urine contains albumen, this alone is evidence that the kidneys are probably diseased, and to a serious extent. Pineapple could not be expected to be especially useful in such a case, neither would it be possible for us to make a proper prescription in the few lines which can be devoted to answering a single question in these columns. It is also necessary that more definite particulars should be learned respecting the case before a proper prescription can be made. We advise the patient to consult her family physician. If our assistance in the case is desired, have the physician write us a full statement of her case, and we will make any suggestions which may seem to be appropriate.

TALLOW VS. SUET.— G. S. B. writes: "I am satisfied that tallow as placed on the market is not fit for cooking purposes, but if clean and properly rendered, why can it not be used the same as suet? Is there any process known by which tallow can be clarified for this purpose?"

Ans.— Free fat is objectionable as an article of food for various reasons: 1. Because it is not digested in the stomach and is likely to interfere more or less with the digestion of other articles of food; and 2. because it is likely to contain the products of the decomposition of the fat through the action of germs, which are exceedingly irritating to the mucous membrane and productive of gastric catarrh and indigestion. Hence we recommend neither tallow nor suet.

THROAT TROUBLE, ETC.— Mrs. S. C., thirty-eight years of age, the mother of seven children, has been troubled for years with something rising in the throat which stops the circulation of the blood in the neck and head, causing the head to ache; and also at times the breath seems stopped, causing a feeling of suffocation. These symptoms are accompanied with pain in the back, about three inches to the left of the spine, under the ribs. An attack of this kind comes on three or four times a year, and lasts three to five weeks. Otherwise her health is good.

Ans.— It is difficult in this case to make out just what condition is present, as the symptoms do not point clearly to a definite disorder. However, we have no doubt the patient will be likely to find relief from the application of hot fomentations to the portion of the body in which the pain is located. Wearing the moist abdominal bandage at night, well covered so as to retain the heat, the bandage being applied after the fomentation at bed time, will probably give relief if persevered in.

ABDOMINAL BREATHING.— This correspondent having read an article in GOOD HEALTH warning its readers against abdominal breathing, asks to be told the difference between abdominal breathing and the proper method.

Ans.— See editorial in the April number of this journal.

WHAT TO DRINK — VEGETARIAN COOK BOOK.— A subscriber inquires: "1. If a person does not wish to drink either coffee or tea, what ought he to drink? 2. What book, if any, can you recommend as a good vegetarian cook book?"

Ans.— 1. Hot water, hot milk, or caramel coffee. It should be recollected, however, that hot milk is a food and not a drink, and hence it should be taken in small sips and masticated by taking in connection with it, some article of food which requires thorough chewing.

2. "Science in the Kitchen," published by the Modern Medicine Pub. Co., Battle Creek, Mich.

LOSS OF FLESH — BILIOUS DYSPEPSIA — CATARRH, ETC.— This correspondent states that he is losing flesh. He is a bookkeeper, thirty-eight years of age, and thinks he has bilious dyspepsia. The stomach sours very rarely, but he is troubled with gas, a heavy, tired feeling in the head, and pain in the back of the neck. He has naso-pharyngeal catarrh and general weakness, with dark-colored urine, sometimes thick and salmon colored, and occasionally reddish sediment; tongue coated, with sometimes a bitter taste in the mouth. He eats a good deal of Graham in the form of gems and crisps, with very little meat; is very fond of sweets and butter. He asks: "1. Will 'Maltine with Peptones' be good for me? or will 'Maltine with Pepsin' and 'Pancreatin' be better? 2. Would cornmeal porridge (mush) and cornmeal cakes help to put flesh on me? or would hominy or white granular corn be better? 3. Is Graham flour

too coarse for me? 4. Would skimmed milk taken between meals tend to put flesh on me? 5. Would buttermilk be good? and when ought I to use it? 6. Would curds and milk be good? and is it fattening? 7. Am fond of stewed tomatoes, which seem to agree with me. Are they good for me? 8. What are French beans, and where can I get them? 9. Will lemons or citric acid be beneficial in my case? Neither seem to agree with me very well. 10. How about oranges? 11. Would it be well to take Horsford's Acid Phosphates? 12. Which is the best baking powder? 13. Mine not being acid dyspepsia, would a meat diet be best for me? 14. Have naso-pharyngeal catarrh, with much dropping of mucus into the mouth. Am told that if sprayed with an atomizer, using warm vaseline, or petroleum, after being cleansed with Carl Sider's Tablet dissolved, it will cure such a case of catarrh. What do you think of the petroleum oil treatment? 15. Have rigged up a bag of sawdust, and am using it for a striking bag, mornings and evenings. Is this a proper kind of exercise for me? 16. What is your opinion of Dr. E. B. Fook's (New York) 'Croup Tippet,' for the prevention and cure of croup? 17. Also of his 'Soluble Tampons' for local treatment in whites and other diseases of women?"

Ans.—This patient is doubtless suffering from dyspepsia, and ought to have a thorough course of treatment for the relief of his stomach disorder, catarrh, and other troubles. The several questions may be briefly answered as follows:—

1. There is no evidence in the symptoms that any of the articles mentioned will be likely to be of permanent benefit. Possibly they might not even afford temporary relief, as there is no evidence that there is a failure of starch digestion. What the patient needs is a better stomach, not artificial digestion.

2. All the articles mentioned are excellent and fattening in their tendency.

3. No.

4. Skimmed milk is not a very fattening article of food. Whole milk is better. It should be taken at meals.

5. Sweet buttermilk will doubtless be found beneficial. It should be taken at mealtime.

6. Kumyss made without yeast (can be bought of the Sanitarium Health Food Co., Battle Creek, Mich.) would doubtless prove an excellent article, but we could not recommend ordinary kumyss, and ordinary milk might be found to aggravate the biliousness.

7. Yes.

8. This is a small, excellent variety of bean. It can doubtless be obtained through any wholesale grocer.

9. Probably not.

10. Excellent.

11. Not likely to afford any permanent benefit.

12. All baking powders are unwholesome.

13. No.

14. The treatment referred to is not petroleum treatment, as the vaseline used in the treatment of catarrh is simply an emollient. There is no specific for catarrh. A competent physician should be consulted and his advice followed.

15. Yes; if you take enough of it.

16. A snare and a delusion.

17. Better keep clear of advertising quacks.

WEAK EYES.—J. H. E., Colo., asks for advice as to the best treatment for weak eyes. His eyes are not sore, but become inflamed by use. Has worn dark spectacles, and bathed them with Thompson's eye water and cold tea.

Ans.—This patient is probably suffering from some defect of vision which can be relieved only by the use of proper glasses. Bathing the eyes in hot water three or four times daily, will, perhaps, be of some benefit, but a good oculist should be consulted at once and suitable glasses obtained.

Thompson's eye water is more likely to do harm than good. There is no curative virtue in cold tea for such cases.

USE OF FLESH BRUSH.—D. M. S., Utah, inquires in relation to the use of the flesh brush: "A lady is using it freely upon her face. Will the rubbing cause hair to grow on the face?"

Ans.—Whatever stimulates the nutrition of the skin has a tendency to increase the development of hair if there is a natural tendency to abnormal hairy growths.

"CALIFORNIA BEES."—Mrs. F. C. S. inquires concerning a substance called "California Bees," from which is made a drink resembling beer, which is recommended as a tonic, with no injurious qualities.

Ans.—This, like all similar mixtures, is simply a compound containing fermentable substances which, when treated according to the directions given, result in the production of alcohol in the quantity usually found in small beer, root beer, sarsaparilla beer, etc. It has no merit whatever, and is to some degree unwholesome.

CHRONIC ERYSIPELAS.—G. F. S. writes: "In a case of chronic erysipelas of some years' standing, what course of diet and treatment would you advise?"

Ans.—The most important thing to be done is to make the body as vigorous and the blood as pure as possible. Avoid meats, cheese, butter, and all indigestible articles. Make the diet chiefly fruits, grains, and a moderate allowance of milk. Exercise out of doors, take sweating baths two or three times a week and a cool sponge bath every morning. Great care should be taken to improve the digestion as much as possible by attention to diet and all hygienic rules.

DROPSY — SOUR STOMACH.— This correspondent took a sweat with "Garfield tea," for la grippe. The result was a running off of the bowels which lasted for three days. The urine was retained during that time. Spirits of niter relieved the bladder, when the feet began to swell, bloating finally to the knee, and the face also swelled badly. She asks, "1. What ought I to do for this bloating? 2. What can be done for a chronic sour stomach? Cannot eat fruit either raw or cooked; neither any sweetened food. 3. Please give instructions how to make a bandage to prevent the mouth from falling open when asleep."

Ans.—1. The patient is evidently in a very serious condition. Whether or not the condition was caused by "Garfield tea," we are unable to say, but this is a nostrum which we do not recommend, and quite likely it might have had a part in producing the serious mischief to the kidneys, from which this patient is evidently suffering. We should not like to undertake to make a prescription for such a case without a careful personal investigation. The patient ought to visit the Sanitarium, unless able to secure good medical attention and suitable accommodations for treatment at home.

2. The patient will doubtless be relieved by lavage or washing of the stomach, and should avoid such articles of food as have been found by experience to be productive of indigestion.

3. A small cap should be made which will fit over the chin and mouth. By means of strings, attach this cap to an ordinary nightcap in such a manner as to hold it in place.

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 are 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.]

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 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.

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 friend 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?

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.

No. 231 is another Michigan boy. He is but nine years old, and is left in the world with no one to care for him but the county authorities, as his mother is dead and his father has deserted him. He has dark blue eyes and brown hair, and is said to be kind, easily governed, and has fine sensibilities. Who will offer a home to him who is worse than an orphan?

WORD has come from Colorado telling us of a thirteen year old boy (No. 232) whose father is dead. His mother desires to place him in some home, but does not wish to give up full control. He has brown eyes and hair, and has not been allowed to run the streets. Will some one offer this boy a home for a few years?

Is there not some good home in the Southern States where a twelve-year-old boy (No. 233) can find parents? This boy's father and mother are both dead, and just at this age he surely needs to be surrounded with good influences and to receive kind advice and encouragement, so that he may grow to

be a useful man. He has black eyes, and is said to be intelligent and in good health.

THE guardian of a little girl (No. 234) living in Michigan desires to find a home for the child. The little girl is nine years old, has hazel eyes and light brown hair. She is of a cheerful disposition, and has a good memory. Here is another opportunity for some one to train the faculties of the mind that are yet undeveloped.

THREE more children have been placed in homes. The little three-months'-old baby (No. 214) was placed in a home in Michigan. The boy, five years old (No. 134), has gone to Iowa to live. Little Edith (No. 227) has also been provided with a home.

WE have just received the following word from those who took one of our boys (No. 188) into their home last December: —

"We are well satisfied with him. He had had good training previous to his coming here, and we find him to be quite industrious. He is enjoying good health and is growing rapidly. He is making good progress in his studies, and improving in many ways."

Thinking that our readers will be interested in knowing what the little ten-year-old boy has to say for himself, we publish a letter that he has written to us: —

"So. BOLTON, P. Q., April 17, 1894.

"DEAR FRIEND: As I have come from Pennsylvania to this place I thought I would write to you and tell you about my journey. My home was in the village of Russell. I was born the 15th of October, 1884. My parents' name was Warner. When I was a little baby, my mother ran away and left me. I had two sisters, and we were taken to an Orphans' Home in Smithport, Pa. When I was three years old, the man that had charge of the Home took me to Russell. There a family by the name of Briggs took me to live with them. When I was six years old, I went to the West to the city of Grand Junction, Colo. I stayed in that city until the next year, and then I came back to Russell, Pa. My parents both died last year. Mamma died the 10th of May and papa in August. Then I went to live with my grandparents. My mamma wanted me to go to the Orphans' Home at Battle Creek, or to live among S. D. Adventists, so my folks wrote to Dr. Kellogg, and he got me a home out here. On the 5th of December, 1893, I started for my new home. I went to Dunkirk, a large city in New York, and changed cars for Buffalo. Here I took the train for Toronto, but had to change again at Suspension Bridge. I saw two of the Great Lakes, Erie and Ontario, on my way. At Toronto I waited three hours, and when the train came, I got on for the night and went to Montreal. A little after daylight I arrived there, and changed cars for Mansonville. When I got there, it was noon. Mr. Dingman came for me, and I rode eight miles to my new home in the valley of Mississquoi River, in the Township of Bolton, Brome county, P. Q. I have a good papa and mamma. I like my new home very much. Your little friend,

"EUGENE DINGMAN."

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.

VISITING DAY AT THE HASKELL HOME.

PERSONS intending to visit the Haskell Home will please note that the visiting days are Sunday, 4 to 6 P. M., and Wednesday, 2 to 6 P. M. It is necessary to make this announcement, as so large a number of visitors have been calling at the Home that the very interest of the friends, which we have no desire to discourage, has been something of a hindrance to the workers. J. H. KELLOGG.

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 Clothing 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.

5. Clothing intended for the Chicago Medical Mission should be sent to 40 Custom House Place, Chicago, Ill.

LITERARY NOTICES.

"THE WORLD'S PARLIAMENT OF RELIGIONS," by John Henry Barrows, D. D., is undoubtedly the book of the year. It has competitors, but it is so far superior in every point to any other work on the recent Parliament of Religions that it stands alone. The two ample volumes are packed full with accurate reports of the proceedings of the unique congress which brought to Chicago men of various faiths from every portion of the globe. No one who is interested in the condition and welfare of his fellows, can fail to see the importance of the gathering or the peculiar value of this report of its proceedings. The work is particularly valuable in that it gives all the more important addresses presented in the Parliament verbatim. Men of unique interest and masters of many faiths poured into the Parliament a wealth of aspiration, argument, experience, learning, thought, and worship wholly unexampled in the history of our race, and to have access to this wealth, uninterpreted and uncolored, is a privilege that will be highly and universally appreciated. All in all, the work is one of the most unique, interesting, and valuable that this half century has produced.

Kneass' Philadelphia Magazine for the Blind is eagerly read and highly enjoyed by many sightless persons throughout the country. It is a semi-monthly, devoted to literature, science, and news. $3.50 per annum, in advance, post free. Samples, 30 cents. Back numbers on hand. Quarter and half year subscriptions received. If you send subscriptions, please state the date at which you wish to begin. Address N. B. Kneass, Jr., Publisher for the Blind, 219 Church St., Philadelphia, Pa.

"MESSAGE TO YOUNG MEN — WILD OATS," by Rev. J. P. Gledstone, is the title of an eight-page leaflet, No. 27 of The Philanthropist Series. It is one of the most effective appeals for purity of life and true manliness ever written, and should be read by young men everywhere. Price by mail, 20 cents a dozen; $1 a hundred. Address, The Philanthropist, P. O. Box 2554, New York.

"DOMESTIC ECONOMY," by I. H. Mayer, M. D. 283 pp., cloth. Price, $1. Published by the author, Lancaster, Pa. This is a worthy book, and one of interest to the mass of the people, more particularly the wage earners of the country. Its influence is good, as it teaches simplicity and purity of life and conduct. Many a harassed and overburdened worker will thank the writer for his numerous practical suggestions for making the most of his slender salary, and at the same time live in comparative comfort with his family. The book is neatly and substantially bound, and clearly printed from good type on superior toned paper.

"THE LIFE AND LATER SPEECHES OF CHAUNCEY M. DEPEW."— 1 vol., 8vo, cloth, $2.50. The Cassell Publishing Co., New York.

In the new volume of his speeches, the Hon. Chauncey M. Depew gives the first authoritative statement concerning the offer to him of the position of Secretary of State. The writer of the introduction to the volume says that Mr. Depew's speech, putting President Harrison in nomination for a second term, which is included in the present volume, was one of the ablest and most effective efforts of his life.

THE RULERS OF THE MEDITERRANEAN. — By Richard Harding Davis, author of "The West from a Car-Window," etc. Illustrated. Post 8vo, cloth, ornamental, $1.25. Harper and Brothers, New York.

These lively papers, written with delightful and brisk informality, are new evidence of how entirely different from the familiar notion is Mr. Davis's point of view of the traveler's literary function. Gibraltar, Tangier, Malta, the Suez Canal, Cairo, Athens, Constantinople, and many other localities famous in the story of the Mediterranean and its peoples are sketched as they are and seem, with brilliant color and literary impressions.

A UNIQUE pamphlet on "Longevity" has been gotten out by Archer Atkinson, M. D., of Baltimore, Md., containing the names of some 250 persons, who have lived to be over one hundred years old. Most of them have died in the present century. The author says, "If any one would wish to spin out his years to the full hundred, this is the only plan by which to do so,— living carefully in early and middle life, avoiding all extremes, and thinking more of the present individual than of what is to be left for descendants to scatter." This little book should be read by all students of natural history. Price 25 cents.

PUBLISHERS' DEPARTMENT.

THE new Young Ladies' Dormitory for the accommodation of Sanitarium nurses is at last completed and is being occupied. It furnishes a convenient and beautiful home for 150 young women. The building is located at the east edge of the eminence upon which the Sanitarium stands, overlooking the city, and commands a fine prospect extending over many miles of beautiful scenery beyond and about the city. This home for nurses is supplied with every sanitary convenience, ample light and ventilation, and great pains has been taken to make it in every respect a model nurses' home. The dining-room for the entire Sanitarium family of workers consists of two capacious halls in the high and well-lighted basement, which communicate with each other and with the mammoth kitchen, with seating capacity for 400 persons, which is only sufficient to accommodate the great family of workers connected with the Sanitarium and the students in the various departments of the Sanitarium Medical Missionary Training School.

* * *

WE are glad to note that the Battle Creek College, one of the few institutions in the United States where the physical health of the students is made a matter of important concern, as well as the development of their minds, is taking steps to enlarge its curriculum so as to include various branches of manual training. At a recent meeting, the Board of Trustees appointed a committee charged with the duty of arranging for the introduction of courses in Sloyd, the use of wood-working tools, dress making, and cookery. It is believed that this new departure will prove an extremely valuable and interesting feature in the work of this school, which has developed from a small beginning nearly twenty years ago to great proportions, the number of students in attendance at one time during the past winter being more than one thousand.

* * *

DR. M. G. KELLOGG, medical missionary of the ship "Pitcairn," which has recently returned from a two years' cruise among the islands of the Pacific, after a very successful missionary trip among the islands, has located for a time in Australia, where he is engaged in health-teaching and various kinds of medical missionary effort.

* * *

THE editor of this journal, with several others, recently spent six weeks in a medical missionary tour through the West. The result of the journey was the organization of ten missionary societies to engage in medical missionary and philanthropic work at various important points in the great West. Nearly a thousand people have been enlisted in this work during the last three months, and it is everywhere growing in interest and efficiency.

* * *

DURING our recent Western trip, we had the pleasure of spending a day at the Sanitarium Boarding Home located at Boulder, Colo. We were glad to find all connected with the Home in good health, and the institution prosperous. At last accounts it was entirely full, but arrangements were being made looking to the leasing of another building adjacent, so that all who wish to patronize the institution may be accommodated. The Home is delightfully located, overlooking Boulder valley, and is supplied

with all necessary conveniences, not only for hygienic board, but also for the administration of various baths, electricity, and other forms of hygienic treatment, which are skillfully given by trained nurses from the Battle Creek Sanitarium.

***

OUR South African friends are taking active steps toward the erection of a Sanitarium in that country. Ten thousand pounds have already been raised for the enterprise. An advantageous site has been purchased, and work has already begun on the building. Mr. W. C. Sisley, who has served so successfully in the capacity of architect and builder for institutions of this kind in this country, has been invited to visit South Africa for the purpose of superintending the erection of the necessary buildings. The money for the enterprise has been chiefly contributed by several members of the well-known Wessels family, of South Africa, who have acquired distinction for generosity by aiding many worthy enterprises in different parts of the world.

***

BICYCLES FOR THE PARK POLICE.—The advantage of bicycling, long ago admitted, grows apace. Philadelphia authorities last season adopted the use of the wheel in their park department, and elsewhere it is a matter of record that much time has been saved, and otherwise almost impossible results secured, by using the wheel. Boston intends, as usual, being at the front in all matters pertaining to expediting important business, and the Park Commissioners of the city have voted to adopt the bicycle for the use of the park policemen. An order for a full equipment of the famous Columbias was placed with the Pope Manufacturing Company last week.—*Boston Post.*

***

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 St., Detroit, Mich.

***

160 WORLD'S FAIR PHOTOS FOR $1.—These beautiful pictures are now ready for delivery in ten complete parts—16 pictures comprising each part—and the whole set can be secured by the payment of One Dollar, sent to GEO. H. HEAFFORD, General Passenger Agent, Chicago, Milwaukee & St. Paul Railway, Chicago, Ill., and the portfolios of pictures will be sent, free of expense, by mail to subscribers.

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It is worth looking into. Apply to C. H. Bovee, Gen'l Land and Excursion Agent, Coldwater, Mich., for pamphlet, "Facts for Farmers," free. No statements are made that are not corroborated by practical farmers who have grown rich on their Virginia farms.

***

"MORE FACTS" is a handsomely illustrated fifty page pamphlet issued by the Chicago, Milwaukee & St. Paul Railway Company, giving valuable information on Agriculture, Sheep Raising, Climate, Soil, and other resources of South Dakota. It also contains a correct map of North as well as South Dakota.

Every farmer, and in fact every one interested in agriculture, etc., should have a copy of it. Sent free to any address upon application to Harry Mercer, Michigan Passenger Agent, 82 Griswold St., Detroit, Mich.

***

HOME seekers' excursion tickets will be sold by the Chicago, Milwaukee & St. Paul Railway on May 8 and May 29, 1894, from Chicago to St. Paul, Minneapolis, Omaha, Sioux City, Kansas City, and points beyond at practically one fare for round trip. Excursion tickets will be good for return passage thirty days from date of sale, but are good for going passage only on date of sale. For further particulars apply to any Coupon ticket agent in the United States or Canada, or address Harry Mercer, Michigan Passenger Agent, 82 Griswold St., Detroit, Mich.

***

THE MICHIGAN CENTRAL, "The Niagara Falls Route" for the season of 1894, has placed on sale Summer Tourists tickets to all the principal Summer resorts of Michigan, Canada, and the New England Coast resorts, including the Thousand Islands, St. Lawrence River, Berkshire Hills, White Mountains, Adirondack Mountains, and Vermont resorts. The magnificent train service of the Michigan Central is unsurpassed in beauty, elegance, completeness, and comfort of its equipment, and its famous through trains carry Wagner palace sleeping and parlor cars, and serves meals in its own dining cars. Write or call upon any Michigan Central agent for a copy of their Summer Tourist book and latest folders.

***

THE BEAUTY OF NIAGARA

can never be described, and it has never been pictured so adequately and satisfactorily as in the splendid portfolio just issued by the Michigan Central, "The Niagara Falls Route." It contains fifteen large plates from the very best instantaneous photographs, which cannot be bought for as many dollars. All these can be bought for ten cents at the Michigan Central Ticket Office.

***

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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TERMS:

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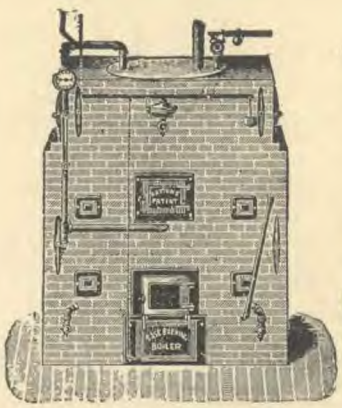
The SANITARIAN is published as hitherto, in New York. **THE AMERICAN NEWS COMPANY, General Agents.** Newsdealers will get their supplies from them.

☞ 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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