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BIOGRAPHICAL HEALTH STUDIES.

BY F. L. OSWALD, M. D.,

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

21. Nicolas Stambuloff.

IN the course of the last twenty centuries six different nations have held what the ancient Greeks used to call the *hegemony*, or political leadership, of Europe: the Greeks themselves, the Romans, the Germans, the Spaniards, the French, and the Britons. Will it be the turn of the Slavonic race next? The doubtfulness of that chance has a good deal to do with the degrading subjection to a race of Mongol invaders, which the population of Russia underwent in the Middle Ages; but their kinsmen on the lower Danube have been neither spoiled by the abuse of power nor abased by a crushing yoke, and contest with the Magyars the claim to the rank of the manliest nation of our latter-day world.

Even under the sway of the Ottoman Empire, Servia, Bulgaria, and Roumania contrived to assert their practical independence. Scanderbeg, who defeated fourteen Turkish armies, could boast that his followers made up in valor and physical strength what they lacked in number, and in the present century the Danubian principalities have again and again attracted the attention of Europe by their capacity for self-government and the military and political talents of their leaders.

One of these representative men was the Bismarck of the Balkans, the Bulgarian patriot Stambuloff. Without the prestige of high birth, without the advantage of a liberal education, the indefatigable agitator raised himself to the prestige of a leading European statesman, the chief guardian of his country's independence in peace and war, and there is no doubt that the main secret of his success was his inex-

haustible fund of physical energy. He did not seem to know the meaning of the word fatigue or fear, and after weeks of almost incessant labor still gave evidence of that reserved strength that secures the allegiance of the masses in times of peril. He was a man in the now nearly-forgotten old Roman sense of the word.

Nicolas Stephen Stambuloff was born in 1853, at Tirnova, where his father kept a little tavern. One great sanitary advantage of Bulgaria is the absence of crowded cities. Tirnova, with its eight thousand inhabitants, covers an area of six English square miles, nearly every house having a garden of its own. Nicolas's father, in addition to a truck garden, had a hillside orchard, where the youngster spent the happiest days of his life, climbing trees and flinging stones at predatory blackbirds. He also rode to Selvi at fair times, and once escorted a cargo of dried fruit as far as Rustchuk, on the Danube, where he had a rough-and-tumble fight with a Russian sailor, and got the first glimpse of a railway train. In South Tirnova there are several Turkish mosques that can be visited on certain days of the week by any well-dressed males of the human species, and the concomitance of centuries appears to have smothered the contrasts of the rival religions, since a Turkish fencing-master of the South side had four Christian pupils, and Nicolas twice lost a handful of coppers to young Mussulman peasants who had come to town on market days and challenged the Giaour to a horse race.

Foot races, varied by leaping matches, attracted the youth of all creeds in the cool of the evening, and altogether Nicolas's mode of life was very different from that of a Western saloon-keeper's assistant, who passes sixteen of the twenty-four hours behind the bar, in an atmosphere of mingled alcohol odors and tobacco fumes. Stambuloff, senior, a typical Bulgarian with a thick neck and iron fists, was ever ready to engage in a wrestling match and seems to have set his son an example in the rather questionable habit of quizzing people on their physical disabilities.

"That fur coat will set the girls crazy, but don't let them get sight of your bow legs," or "You better get a wig," were remarks which the future statesman mingled with the gravest political discussions.

But old Stambuloff's ambitions were not limited to athletics, and in 1869 he decided to give his boy a chance to see the world and enlarge the horizon of his village education. Master Nicolas, then in his seventeenth year, went to Odessa, the Venice of the Black Sea, and visited several schools, till he acquired a fair proficiency in Russian grammar, and also in French, the diplomatic language of Eastern Europe.

For the purpose of attending a preparatory school in political intrigues he could not have arrived at a more opportune moment. The Franco Prussian war was raging in the West, and the Muscovites tried to avail themselves of the chance for harvesting a crop of their own on the lower Danube. Their emissaries swarmed in the Southern border-towns, and soon recognized the capacities of the young Bulgarian who attended Panslavic conventicles and declaimed in various languages on the grievances of the Mussulman yoke and the timeliness of armed intervention. A year before leaving the paternal hospitality he appears to have applied for a humble office in the district of Selvi, and to have been snubbed by a pompous turbaned official, who can hardly have suspected the risk of turning the ambitions of the young candidate into a different channel. There is reason to suspect that he was formally engaged as a revolutionary agitator, and that merely by way of lulling the suspicions of Turkish spies he received notice to quit the city as a political mischief-maker.

At all events he welcomed the excuse for leaving a town that had disgusted him by the dissoluteness of its manners, and what he called its "emulation of French vices without French taste." Captain Lewis Pierpont, who visited Odessa in 1886, describes it as a "licensed rendezvous of rakes, and

for its size the wickedest town of the Eastern Continent, though somewhat redeemed by that spirit of charity that is an inalienable attribute of the Russian middle classes."

The effeminating tendency of the local atmosphere did not suit the son of the Tirnova wrestler, and in 1873 Stambuloff returned to his native land as an outspoken advocate of insurrection against the followers of the Prophet. Stambuloff, senior, neither approved his son's plans nor paid his expenses, but Nature had endorsed the enterprise in more than one way. With the voice of a Mussulman town-crier and the zeal of a crusader, the young agitator combined the cunning of a Jew, and the peripatetic mode of his existence suited his constitution exactly. He got rid of a throat affection that he had contracted in the smoke clouds of the Odessa club-rooms, and like John Wesley, thought nothing of preaching three times a day and walking ten miles between speeches. His gospel of revolt had its way prepared by numerous forerunners, and the project of a general insurrection had been matured in all details before the Turkish stadtholders recognized their peril and put a price upon Stambuloff's head. A novitiate of two years had prepared him for an emergency of that sort, and he continued his propaganda for six months with redoubled zeal and only slightly increased caution before his pursuers forced him to take refuge in Western Roumania.

In 1875 he arrived in Bucharest, a sunburnt and fatigue-proof young desperado, and immediately set about collecting ammunition for a literary guerilla-warfare. His Russian subvention is said to have never exceeded a hundred roubles a month, but by lecturing and private interviews with influential Panslavists he managed to defray the expenses of several mass-editions of political pamphlets which his accomplices smuggled across the Bulgarian border, and thus prepared the fuel for the sudden insurrection that blazed up with the first cannon shot of the Turkish-Russian war.

Thus far, the young agitator had rather vague charges against the oppressors of his country, but the severities of the Turkish pashas who conducted the campaign against the insurgents, furnished him with a definite grievance, and all Europe rang with his outcries against the perpetrators of "Bulgrocities," as an American humorist called them. The sultan himself realized the impossibility of suppressing the spirit of revolt, and probably welcomed the eventual turn of affairs as a tolerable solution of an otherwise hopeless imbroglio; for the protest against

the proceedings of his lieutenants had again taken the form of furious pamphlets, and the dragon seed of hatred could not have been obliterated by the conciliatory measures of half a century. As an instance of gross exaggeration, the Turkish commissioners afterward quoted the story about an old man who had his feet chopped off and had then been compelled to walk eight miles on the raw stumps, but they admitted that some young fellows had been dosed with salt, and then exposed to the hot sun, to teach them a lesson in modesty, as they had complained about the quality of the drinking-water!

The declaration of independence called forth a host of office-seekers, but the Bulgarian patriots had not forgotten their friend in need, and in 1879 Stambuloff was elected a member of the National Assembly, and rose in power till he became to Prince Alexander what Oxenstjern was to Gustavus Adolphus and Bismarck to Kaiser William.

The complete emancipation of his country was the daydream of his life, and the Russians, especially, soon discovered their mistake if they had flattered themselves with the hope that the Bulgarian Samson had bearded the Turkish lion in the interest of the Romanoff dynasty. When he ascertained the real motives of his Muscovite supporters, he denounced the czar, as he had denounced the sultan, and never ceased his Philippics till Russian emissaries found the social climate too hot for their comfort. After the failure of his sovereign's attempts at reconciliation, Stambuloff, indeed, went so far as to recommend a *rapprochement* with Turkey, as the less dangerous foe of Bulgarian independence. "In a choice between bamboo and knout," he said in his drastic manner, "I should prefer to waive religious prejudices," and it is worth mentioning that even in the crisis of the struggle for independence, he admitted, as a result of personal observation, that immorality is far less prevalent in Turkey than in any part of Christian Europe—even without mentioning the aberrations consequent upon the abuse of alcoholic liquors. "The social evil," he said, "is almost unknown in orthodox Mussulman communities, and polygamy is not practiced as much as in many civilized countries farther west. The worst charge we can bring against the home life of our Turkish enemies is their neglect of scientific education and their indifference, or even aversion, to industrial improvements."

In those latter respects the Bulgarians themselves have made marvelous strides in advance, as attested by the visitors to their recent industrial exposition.

Their educational establishments, too, have more than doubled within the last fifteen years, and altogether the phenomena of their national development have strikingly confirmed the remark of the philosopher Condorcet, that the difficulty of civilizing a race of healthy barbarians is a mere trifle, compared with the task of achieving the physical redemption of a worn-out race.

From that point of view, too, Stambuloff was a representative man of his nation. At the dawn of manhood he was little more than a healthy savage with an abundance of physical vitality and self-reliance, and in less than ten years had mastered the polemics of war and peace, the secrets of administrative statesmanship, and the essential forms of diplomacy. About the niceties of those forms he concerned himself as little as the first Napoleon when he smashed the bric-a-brac table of Count Colentzel to shorten the negotiations for the peace of Campo Formio. "All right," he said, "the armistice is then at an end, but I warn you that I will shatter your monarchy like these gewgaws,"—and then a crash of glassware which speedily brought the plenipotentiaries to terms. In a similar manner Stambuloff abridged the deliberations of the Roumanian commissioners,—by the magic of superior will-power, which, in its turn, has more of a physical basis than is generally supposed.

But the outbreak of the Servian war called out all his energies in a still more conspicuous manner. While his heroic sovereign conducted the campaign in the border hills, Stambuloff constituted himself the administrative factotum, hastening from the cabinet to the arsenal and from the arsenal to the lazaretto, coaxing, remonstrating, and bullying, and everywhere evolving order from chaos. For nearly a month he is said to have limited his repose to cat-naps of two or three hours, and naturally became a little haggard with anxiety, but from the moment he felt sure that fortune favored the national cause the exuberance of his spirits returned, and, as an eyewitness expressed it, he seemed to welcome the opportunity to prove that overwork could not affect him like other men. The people of Sofia came to regard him as a political oracle and a personified court of last appeal—too much so for his personal safety, when Alexander of Battenberg abdicated in favor of a less selfish sovereign.

For the time being, however, Stambuloff was the idol of his countrymen, and his marriage was celebrated like a national holiday. The popular benedict belied the ancient saying that heroes make good friends, but bad husbands. Stambuloff, according

to the testimony of his Polish friend Lazareff, was a model husband, though we may in that respect have to make allowance for national standards of excellence, if it is true that the wives of the Carpathian Polacks never complain till their unfair halves get drunk enough to break their bones. Strange to say, the son of the Tirnova tavern-keeper hated intoxication—possibly from his boyhood impressions of its consequences,—and repeatedly instructed his board of examiners to “appoint rascals sooner than drunkards, since the former might have prudence enough to behave themselves, while the latter are absolutely unreliable,” and like Goethe’s Faust he could have defied the powers of darkness to do their worst if they could ever convict him of the one unpardonable sin of laziness. He kept wine in his house, for the benefit of his guests, or rather in deference to their foibles; but tasted it only as a connoisseur purchaser; and for his personal needs found venison and *paprika* all-sufficient stimulants.

Paprika, or red pepper, is a condiment which the southern Slavs use in quantities that make their ragouts almost unmanageable to foreigners, but, as we may learn in the land of our Mexican neighbors, the pepper habit is not incompatible with longevity. The harmlessness of the dietetic adjuncts is rather more questionable. Dr. Isaac Jennings, in his *Medical Reform*, warns flesh-eaters that they risk impregnating their organism with worse impurities than the most intemperate beer-drinker, and calls attention to the unwholesome, bloated, and carbuncled appearance of butchers, “whose apparently florid complexion is due to the congestion of the facial blood-vessels, and their engorgement by vitiated humors,” but that diatribe should perhaps be limited to the excessive use of pork, and the flesh of distillery-swill-fed cattle—“Bologna cows,” as the St. Louis sausage-makers call them.

Stambuloff preferred venison to the best beef and wild-fowl to venison, whence, perhaps, the charge that he wasted government ammunition by sending his orderlies snipe-shooting on the Sofia marshes. The ex-regent did not deny that impeachment, and quoted it again and again to illustrate the low-minded rancor of his political enemies, but it is not impossible that his addiction to an all but exclusively animal diet had something to do with the violence of his temper and his occasional fits of reckless fury. His speeches before the *Sobranje*, or House of Representatives, seemed to be patterned after the satires of Juvenal, and the mob-harangues of his latter years bristled with threats of personal violence. Controversies, under his management, always im-

plied the risk of gunpowder arguments. Bishop Clement, the leader of the opposition, once remarked that he had a cold in the head and had not come prepared for a shrieking contest, and Stambuloff immediately replied that he would hereafter adapt his oratory to the long ears of his opponents and their shortage of brains. When the intrigues of the Russian sympathizers culminated in the abduction of Prince Alexander, the impassioned fury of Stambuloff’s speeches so excited the mob that the agents of the czar became alarmed for their personal safety and left their work unfinished, permitting their victim to escape at the very threshold of the Muscovite dominions.

Stambuloff addressed appeals to all the courts of Western Europe, but shared the experience of the Baden prince whose guest had been kidnapped by the emissaries of the first Napoleon. Clear violation of international rights, unprecedented outrage, etc.,—but—and a shrug of the shoulder,—a grievance without remedy. The indignant statesman went to Vienna, to Bucharest, to Pressburg, with his protests, and again back to Vienna, where the author of “An Englishman in Paris,” met him one evening at a soiree of a political reform club. “He was rather short, somewhat thick-set, with a bullet head, a short-cropped beard, and piercing dark eyes. I listened to him for more than half an hour as he gave me the impression of a man of rare parts. He was very impatient of contradiction, and at such times the blood rushed to his head. But a moment afterward he would recover his coolness, and then his sentences came with remarkable clearness, in a rather strident voice.”

Prince Alexander, though rescued from the jaws of the Muscovite bear, was too much frightened to tarry near the scene of his narrow escape, and soon after left Bulgaria forever, but the son of the Tirnova wrestler stood his ground. Before the storm of his invectives the Russophiles slunk out of sight and out of reach of the regulators that undertook to rid the country of foreign hirelings. Stambuloff was appointed regent, and for several months virtually exercised the prerogatives of an absolute ruler, banishing traitors by the score, and forcing the successor of Prince Alexander to purify his cabinet at the risk of another conspiracy of malcontents. Since the death of William the Silent no single man dared more openly to thwart the caprices of a powerful despot, and it may be questioned if in pursuit of their vengeance the two last czars were a whit more scrupulous than Philip of Spain, the terrible husband of Mary Tudor.

"O, they may shoot me from ambush," said Stambuloff, "or kidnap me, as they did the Battenberger, but, by the beard of Shamyl! they shall not bribe me or bully me into silence!"

Prince Ferdinand, who owed his throne to the exertions of the intrepid patriot, tried to make his peace with the czar by recalling a number of the banished conspirators, but Stambuloff proved that a man with a Damocles-sword over his head can continue to digest, as well as enjoy, his meals. Secure of his countrymen's affection, he ignored the whims of the court, held levees at his villa, like Ex-chancellor Bismarck at Friedrichs-Ruh, accepted invitations to fox hunts at Selvi and duck hunts in the

fens of Rustschuk, even after the receipt of anonymous warnings that the bravos of the enemy were on his trail and that he ought to seek refuge in a Swiss or Transatlantic exile.

"This is the last of me, but not of my influence," said he, when the horrors of the worst predictions were exceeded by the event, "I have lived long enough for my country's good, and also for my own, even if pleasure had been my sole purpose." Face to face with death, he continued to banter his appalled friends, and like Jan Barneveldt, consoled himself with the thought that the end may come when it pleases, as long as the enjoyments of each year have outweighed its sorrows.

(To be continued.)

HOW TO CURE SLEEPLESSNESS.

THE majority of persons will probably be astonished to find that any art should be required to perform one of the most simple of Nature's laws, since they themselves assuredly belong to that happy class to whom sleep comes something in the same manner as swimming to a young duck. But there are others — and it is to these we write — who will welcome such an art as one of the greatest boons that could be conferred on them.

It is a well known fact that certain people possess the faculty of falling asleep at any moment of the day or night, and under the most adverse and unlikely circumstances.

I myself now find it possible to fall asleep always within two or three minutes of laying my head on the pillow; and I propose to give a few hints how this useful faculty may be acquired, sufficient to prevent a continuance of those long and weary hours of sleeplessness which so many of us have experienced.

The fittest way would perhaps be to detail my own experiences and the measures I adopted.

I began to find that sleeplessness was steadily growing on me, and in place of retiring to rest with my usual happy contentment, I did so with the utmost reluctance. It seemed as though my mind, although oppressed with the utmost weariness, had begun to assume each night an alertness which it was impossible to put off; and hour after hour have I tossed wearily about, waiting in vain for a visit from "tired Nature's sweet restorer."

On such occasions I have resorted to all manner of expedients, and the harder I have tried to sleep,

the more wakeful I generally became. Remedies which have been declared infallible by their authors I have given honest and lengthy trials. I have steadily counted, as advised, to two or three hundred; nay, I have proceeded further and reached thousands in my vain trust, until my mind has arrived at such a state that I have stopped in fear lest I should be overcome with idiocy.

I have ticked off mentally a number of sheep passing through an imaginary gate, till I have had a flock that would have gladdened the hearts of some of the earlier patriarchs. I have repeated a simple sentence so many times that I have at last understood its meaning about as much as a parrot or cockatoo might have done. I have risen and walked round the room not twice but twenty times in my night-gown, with all the dignity of an ancient prophet. I have washed my hands till cleanliness became no longer a virtue, but something I could never escape; and at the conclusion of these efforts I have been more wide awake than ever any owl at midnight.

At last I recognized the important fact that it was always during a pause in my thoughts that I fell asleep; when perhaps I had followed some train of thought to its final issues, and the mind halted, as it were, for a moment before allowing its activity to seize on another subject. So, after careful consideration, I determined if possible to banish all thought from my mind. "I will," I said, "cease to think; there is the secret of the whole thing. The man who can immediately by forcible will-power stop the current of his thoughts is, in short, the man who has learnt to fall asleep."

The next night I retired to rest with my mind, as usual, busy on the events of the day; but I lay down with a glow of determination, insomuch that I feared I should keep awake till sunrise.

However, I endeavored to adhere to my resolution; the moment I found my ideas arranging themselves in any degree of order on a certain subject I immediately banished it. It was difficult, but I obstinately persisted. I did not attempt to replace it by another, but strove, if the reader understands me, to arrest all sequence or movement of ideas. No one who has not tried can realize how difficult it is not to think—how eternally busy the waking mind is. No sooner had I arrested my meditations on this point than I found myself thinking again: how that I had dismissed the idea, and whether it would recur or not. Then I at once saw this was a thought also, and equally pernicious in its occupying effects as the other, so this must be arrested, too. "There!" I mentally asserted, "I discovered quickly the danger of that thought, which was

on me before I knew it. Now, if I had not——." But this I feel is another mental movement stealing insidiously into my mind, "and if I am not careful——but this, too, is another, here already; and, it is next to impossible not to think of——, but, but, but——, not to think——, not to think——, nothing, nothing, nothing, nothing——, no, no, no——."

This was something like my method, and I must have fallen asleep that night within ten minutes of retiring.

The next morning I felt I had obtained something like a victory. I persevered, and each night stubbornly combated my overcrowding thoughts, until in a very short time I felt such an easy certainty of succeeding that I had reduced the thing to an art—an art, however, which had become so natural that there was little art in it. Call it what you like, art, faculty, power, skill, it was simply a good habit I had acquired. I had learnt the lesson that bed was the place for sleep, and not for thought.—*Sel.*

LONG-LIVED AMERICANS.

THIS Western hemisphere has many sorts of climate, but they all have in common this encouragement, in exceptional cases it is true, to great age. It has been supposed that the exceedingly variable and violent climate of some regions of our country, is hostile to long life. But if we study the matter in view of multitudes of instances, we see that it is not climate, or even hardship, that shortens life in the United States, for instance, but that it is worry and care, or, in other words, the furious pace at which we try to live. No attempt is made to defend the climate of New England, and yet the number of people who have attained a great age in it is positive proof that the climate is not altogether in fault for mortality. It is probable that the record would be very different if we had paid as much unworried attention to growing old as we have to fighting Indians, subduing forests, making money, and getting ahead of our neighbors. We are still as a nation very young, some physical conditions have been against us, and there has not yet been time enough to spare to show what the country can do for us in the way of longevity. In New England there are less than three lives from the landing of the Pilgrims. Among the Pilgrim records at Plymouth is a letter from Peregrine White, who was born on the "Mayflower" when it lay in Provincetown—the first white child born in New England. Follow-

ing that is a letter from an estimable Pilgrim deacon, who lived to be one hundred and six years old, and who testifies that he knew Peregrine White. Following this is a letter from a lady still living, at the age of ninety-two, who says that she remembers the aged deacon of one hundred and six years. Thus less than three lives takes us back to the landing and to the Rock, which is almost as mysterious as the aërolite, or black stone, in the Kaaba at Mecca, since it is like no other piece of granite on the Massachusetts coast. It may be mortifying to see that we as a nation have no greater antiquity than this, but the efforts of three persons to cover it is encouraging.

But it is in other regions of the continent that we must at present look for the extraordinary capacity of the New World for producing old people. Well-authenticated are cases of mission Indians in Southern California who reached the ages of 120, 130, and 140 years. In that equable region all the great functions of nature go on with regularity, so as to induce a long running of the machine. But besides this, these old men were probably free from care, from religious doubts and skepticism, and political worry and ambition, and it is testified that they were simple in their habits, temperate, and even abstemious, drinking only water and eating little but corn, which they fitted for digestion by the

vigorous action of their own grinders. Lieutenant Gibbons found in a village in Peru, 100 persons over the age of 100, and either he or another credible explorer there reports another man aged 140. He was a very temperate man, ate his food cold, and never ate meat except in the middle of the day. In the highlands of South America the habit of old age is a long-established one. In Ecuador centenarians are common. The census of 1864 found in the town of Pilaguin, 11,000 feet above sea-level, about 2000 inhabitants, among whom were 100 over 70 years of age, 30 about 80, 11 over 90, 5 over 100, and 1 who was 115. Not many years ago there died in Ambato a woman named N. Cucalou, who was 114, and one Don José Sota aged 120. In the year 1840, in the town of Baños, died old

Morales, a vigorous carpenter to the end of his life, who was well on in years and the steward of the Jesuits when they were expelled from their property in 1767. In 1838 a witness in a judicial trial was proved to be 140 years old, having been born on the night of the great earthquake which destroyed the old town of Ambato in 1698. How much longer this man lived, who was cradled by an earthquake, is not yet reported. Mexico, notwithstanding its revolutions, is equally favorable to longevity. In the State of Vera Cruz there died a man in 1893 who was 137 years old. That he was carried off prematurely we have reason to suppose, for at Teluca, where the register is officially and carefully kept, there died only a few years ago a man aged 192.—*Harper's Magazine.*

HORACE GREELEY'S DIETARY.—Mr. Moses P. Handy, writing for the *Chicago Inter Ocean*, says: "Horace Greeley stories being in order, in view of the unveiling of his statue some time since, I will tell one that I heard in New Orleans. The genial old philanthropist went there, and the people were anxious to show him every attention in their power. A dinner seemed to be the proper thing, and the markets of New Orleans, than which there are few better in the world, were ransacked to make the occasion as notable for its viands as for the distinction of the guest and the diners. Judge Walker, the veteran editor of the *Picayune*, presided; he was a great gormand, and after the manner of gormands, wished none of the fine points of the dinner to be lost to the guest for lack of commentary. 'Mr Greeley,' said he, 'these oysters are the best that come to our market, and we think they vie with those of Norfolk. I observe that you are not eating them. 'Well, no,' replied Greeley; 'the truth is, I never could abide shell-fish.' Then came some delicious green-turtle soup, which Judge Walker explained was prepared from the finest fat turtle the Florida bays could afford. 'No doubt, no doubt,' was the reply, in Greeley's peculiar whine, 'but cold-blooded animals are an abomination to me.' The pampone, imperial fish that it is, and fresh from the gulf, was open to the same objection, despite Judge Walker's eulogy, and that too was ignored. Mr. Greeley barely tasted the accompanying Parisian dainty, and shook his head ruefully at the idea that anybody should impair his digestion by eating cucumbers. Shrimp salad, another New Orleans delicacy, proved no more tempting; shrimps, he said, looked so much like worms that they always gave him the creeps. 'Ah, here is

something you will like—a homely dish in name,' said Judge Walker, 'but fit for the gods. It is a Gallicia ham.' And then he went on to tell how the hogs from which these hams were obtained were fed only on chestnuts, making the flesh luscious and delicious. 'Perhaps so, very interesting indeed,' observed Greeley, 'but do you know, Judge, that there is so much talk of trichinæ nowadays that I would n't dare taste a bit of pork.' The judge gave up in despair. The only thing in all the array of dainties which had been provided which Mr. Greeley would eat were bread, potatoes, and cauliflower, and he feared that he might be overloading his stomach at that. But when it came to the speaking, although he had drunk nothing but cold water, he spoke as one inspired, and with a fervor, eloquence, and tenderness that nobody at the table could ever forget."

CHRONIC CAFFEISM.—Some weeks before his death the famous Parisian physician, M. Charcot, was consulted by a Paris merchant regarding a peculiar condition of mind and nerves that afflicted himself and family, and which also seemed to be transmitted to any new domestic who resided with the family. The family were all extremely irritable, so much so that hardly a meal passed without some explosion and a scene. The least provocation was the signal for an outbreak; the father would storm, the mother would scold, and the children would cry. A general hysteria seemed to control the whole family. The father was afflicted with tremors and involuntary gesticulations and was extremely irritable; the mother was subject to sudden attacks of violent migraine and was terribly hyperesthetic—a sudden noise, a too bright light, or any sudden im-

pression would at times bring on attacks of general pain; the daughters were hypochondriacal and hysterical; the boys were emaciated and nervous; and the youngest child, a little girl of eight years, was suffering from incoherent muscular movements and chorea.

In the Middle Ages the family would have been termed bewitched, and benedictions and exorcisms resorted to for their relief, and several accused sorcerers or witches would in all probability have ended their lives on the wheel, at the stake, or by drowning in a vat.

An inquiry into the condition of the home developed the fact that the father was a coffee manufacturer and merchant, being extensively engaged in the roasting and packing of coffee and in the manufacture of coffee extracts and essences. The family lived in apartments above the factory and stores, and the furniture, clothing, and rooms were all well impregnated with a strong coffee odor. A removal to the pure air of the seashore and a change of habitation on the return greatly restored the family.

M. Charcot diagnosed the condition as one of chronic caffeism. — *Daily Lancet*.

A HUMAN OSTRICH. — In a previous volume of the *Review* we observed that the human stomach possesses some of the elastic characteristics as well as some of the resistance of the stomach of the alligator or that of the ostrich. A result observed in a recent case of autopsy in London, made upon the body of a street fakir who had been in the habit of delighting street audiences or assemblages by wonderful feats of swallowing, tends to confirm us in the views then expressed. The death of this performer finally occurred through his having swallowed a double-ended brass crocheting needle, twenty centimeters in length, which passed through the stomach and first part of the intestines, but in the end became entangled in the lower or small bowels, perforating their coats.

This gastric acrobat was forty-three years of age, and had long followed his peculiar vocation. He was in the habit of swallowing large English penny pieces, pieces of tin, keys, watch chains, carpet tacks, corks, etc. However careless such intestinal prodigies may be as to their exhibition and unnatural diet, the actual or nutritious diet taken is fully considered with a view that it should furnish an unimpeding, oleaginous, and easily moving vehicle for all the odds and ends swallowed during business hours, and he was wont to assure the assemblages

that he always passed everything without any inconvenience.

The crocheting needle with its two hooks, however, perforated the small intestine, giving rise to an attack of peritonitis which carried off the patient. At his autopsy, a hard rubber ring, three pieces of leather, forty pieces of cork, thirty of tin, one penny piece, two pieces of clay pipe-stems, several pieces of string, a lead bullet, and the crocheting needle were found distributed throughout the length of the intestinal tract. — *National Popular Review*.

A HEAVY LIQUOR BILL. — The following are aggregate amounts of money spent for liquors and other articles of consumption by the people of this country during the past year, as well as for education and foreign missions. They are compiled from the internal revenue statistics and other reliable sources. The exhibit is startling, and should awaken all Christian people and good citizens to unite their influence to reform and suppress the terrible drink curse of our land:—

Foreign missions	\$ 5,000,000
Brick..	85,000,000
Potatoes.....	110,000,000
Churches	125,000,000
Public education.....	165,000,000
Silk goods.....	165,000,000
Furniture	175,000,000
Sugar and molasses.....	225,000,000
Woolen goods.. ..	250,000,000
Boots and shoes	335,000,000
Flour.....	345,000,000
Printing and publishing.....	370,000,000
Cotton goods.....	380,000,000
Sawed lumber	495,000,000
Tobacco	5,500,000
Iron and steel	560,000,000
Meat	870,000,000
Liquors.....	1,080,000,000

EYESIGHT RESTORED BY VEGETABLE FOOD. — In a communication from Herr K. Munch, we have another of those ever welcome experiences which tell in favor of a vegetable diet. This gentleman began to lose his sight in his fifty-sixth year so he could not read print at the ordinary distance. His physician ascribed it to a defect in his eyes, and provided him with spectacles suitable for them. These were increased in strength from time to time up to his sixty-fifth year. At this time he began to read Edward Baltzer's works on vegetarian diet and to practice this system and also to use cold compresses over his still weakened eyes. After a few months of this natural living, his sight was re-

stored. He is now seventy-five years old and can consult the small-type dictionary without glasses. Herr Munch lives on fruit, milk preparations, and vegetables. He drinks only water. Every day he takes a run of a quarter of an hour to keep his skin active and his limbs supple, and says he can outdo in speed most flesh eaters at fifty.—*Vegetarian Messenger*.

TOTAL abstinence from intoxicating drink is not simply the teaching of the church and the temperance society, but of many a railroad corporation and business house. Many of the largest and best of these great companies have laid it down as an absolute and irrefragable condition for their employees that they shall be absolutely temperate. Let these companies be called narrow, severe, fanatical, bigoted, puritanical, straight-laced, or what not, they make it their changeless rule. They cannot afford to have their capital and their business endangered by drinking employees.—*Herald and Presbyterian*.

THE New York *Christian Advocate* has made an examination of the Keeley cure cases in that section, and finds that out of 534 reported cures, 251 relapsed into drunkenness.

THE CURSE OF GERMANY.—An abstract from the *German Imperial* statistics shows that one fifteenth of all the cultivated land in that country is devoted to the production of materials for the making of alcoholic drink. The liquor traffic employs directly 1,500,000 men out of the 20,500,000 engaged in German industries of every kind. The loss to the country in money through this diversion of land, capital, and labor into the service of an industry which leaves the country no richer than before, is estimated at 458,000,000 marks,—an average loss to every family of eight persons of a sum large enough to keep a laborer's family of that size for eight weeks.—*Sel.*

TEMPERANCE is the proper control of the appetites; it implies the moderate use of good things, and total abstinence from poisons.

ALARMED by the ravages of strong drink, the Belgian government has ordered the display in all school-rooms of a printed placard setting forth the injurious effects of alcohol.

A CHINESE CANCER CURE.—The readiness with which many intelligent people swallow the vile decoctions sold as medicines by Indian doctors, Chinese doctors, and quacks of all descriptions, is one of the inexplicable phenomena of a civilized age. The following is the formula of a Chinese cancer-cure for which a wealthy Californian paid a hundred dollars, and of which he swallowed several gallons before he died:—

R. Dragon's heart's blood.....	1 oz.
Pickled lizards.....	2 ozs.
Korea ginseng root.....	½ oz.
Willow cricket skins.....	12 ozs.
Rattlesnake's tail.....	3 ozs.
Sweet potato vine.....	6 drs.
Black dates.....	2 ozs.
Red bark.....	1 oz.
Devil-fish suckers.....	3 ozs.
Reindeer's horn (ground).....	3½ drs.
Bird's claws.....	1½ ozs.
Lotus leaves.....	6 ozs.
White nuts.....	5 ozs.
Coffin nails (old ones).....	8 drs.

Boil the whole in two quarts of water. Dose: A tablespoonful every three hours.

JAPANESE COOLIES.—A gentleman traveling in Japan related that on his journeys in the mountainous regions in winter he was carried by four coolie sedan-carriers. These men, who eat daily only two meals of rice and fruits, while carrying by turns, two at a time, at running pace, the sedan-chair containing the traveler, covered thirty-seven English miles in about eight hours. He described these coolies as extraordinarily muscular, well-hardened people, who after the day's journey always took a bath in the open air, the water being covered with a thin sheet of ice.

MARRO found that thirty-one per cent of criminals whom he studied were children of alcoholized parents; and Rossi, out of seventy-one, found thirty-one per cent of the same hereditary taint. This includes those who were criminals from direct intemperance only so far as they were children of drunken heredity.

THE more society offers itself to the extension of drunkenness, the more does it tend to increase the number of crimes and criminals.

LOST hope is a fatal disease.



PHYSICAL EDUCATION AS A MEANS OF PREVENTING DISEASE.

THE best of all means of preventing disease is a good constitution. Nature has made man superior to every germ to be found in the air, the water, or the soil. The human body, when free from disease and absolutely intact, can successfully resist the most virulent germs. Cholera, malarial disease, typhoid fever, malarial parasites, the microbes of yellow fever, and other infectious maladies, do not attack healthy persons, but those whose functions are in some way deranged, or those whose bodies are deteriorating. Physical training is one of the most important of all means of developing hardihood and resistance.

Dr. Ulrich, of Wheeling, W. Va., presented an interesting paper before the Section on State Medicine at the last meeting of the American Medical Association, held at Baltimore, Md., May, 1895, on "The Importance of Physical Education in Childhood and Youth as a Means of Preventing Disease." We quote a few paragraphs as follows:—

"Let us compare two children that are stricken down by disease, one whose physical training has been neglected, and one whose physical forces have been well developed by a judicious course of training. Let us suppose that pneumonia is the disease that has attacked these two children. Which one will have the better prospect for recovery? The strong child has, by skilful training, developed all its organs, especially the lungs, which, by continual exercise under the supervision of a competent instructor, have been well developed, and are consequently able to throw off the products of the disease, or even resist the attacks altogether; while the child whose physical education has been entirely neglected, who has been allowed to sit bent up in a school-

room, having little or no play of the lungs, either not going out on the playground at all, or endeavoring to play with the stronger, more robust, and more active children, overdoing itself and leaving its lungs in a worse condition than before, has to succumb to the terrible disease.

"Take a case of typhoid fever, and see how the two will fare. In this, as in other fevers, the heart has to double, treble, or even quadruple the work that is required of it in health. Now which heart will be able to accomplish it without coming to grief? You all know it will be the heart of the strong child, the one that has enjoyed good physical training and has been strengthened by a judicious and well-regulated course of exercise; while the weak and flabby heart, with its imperfect valves, its thin walls, its dilated ventricles, which is scarcely able to perform its work when no disease is present, is sure to fail when double or even quadruple labor is required of it. In typhoid fever we have a diseased condition of the intestines near the ileocecal valve. Frequently the coats of the intestines in this region are very much thinned. During the period of convalescence, when the patient begins to eat, owing to the slow digestion gases accumulate in the bowels, rupture of the intestinal coats takes place, and death ensues. In which patient is this more likely to occur? In the one whose organs and tissues, owing to a good physical development, are all in a sound and healthy condition, able to endure a strain, to throw off the products of the disease, to resist the encroachment of the destroying malady? or in the one who is weak, the muscular coat of whose intestines has lost its peristaltic power, rendering it unable to carry off the products of the disease,

which are thus permitted to remain stationary, preying still further on the tissues until they become thin, unelastic, and friable?

“Consider another class of diseases, a product of our modern civilization, of which the ancients knew nothing—nervous affections. I presume no one will hesitate to decide which class is most liable to these affections. The man or woman who has been properly trained, the intellectual and physical powers having been developed *pari passu*, whose organization is well balanced—the brain with its dependencies, the nervous system, the muscular system with its locomotive powers, the alimentary tract, the assimilative apparatus, as well as all the emunctories, in good condition as a result of a sensible course of physical training in childhood and youth,—will

surely be less affected by nervous disorders and their concomitant pain and misery than the pale, weak, flabby being that is in every respect the reverse of the one I have just described.

“It is hardly necessary to say anything as to the causes that render such persons amenable to all kinds of nervous diseases, for I am sure every one of you can see it at a glance. When one of these nervous, excitable creatures is attacked by a fever, no matter what may be its character, it is easy to foresee the result. There is no power of resistance, and the patient must succumb. Should this person, nevertheless, survive the attack, he or she would remain a wreck, and life would be a burden. It is unnecessary to multiply instances, as the matter is self-evident.”

WHAT TO DO FOR EXERCISE.—Let us say that it is winter. You are at work in a factory, or in a store, or on a farm, or in school from seven, or eight, or nine, till from four to six at night. Many people will tell you to get a football and hang it from the ceiling, then stand off and punch it. Another will say, “Go through a lot of fancy movements on getting out of bed in the morning.” These things are all very well, but there are some things that are much better than that. For example, if you have a garret, or better, if you have a barn near by that you can use, rig up a set of high jumping poles out of two clothes poles and a light cross-bar. Every night before supper, just after coming home, go out into the barn, and by lamp-light make thirty good jumps at as high a point as you can go. It is of course better to go in the morning, but we all hate to get up early. If there are two boys in the family, or if you have any boy friend who lives near by, make him punt with you. That will add to the game.

This is, however, only an example. Another is that you buy a double pair of boxing-gloves, and begin to spar with the same friend one or two evenings a week. I have seen such a plan started by two boys, one of whom still has a fond remembrance of the evenings spent in learning this fine sport. The meeting that was to have been once a week gradually grew in importance, until finally a club was formed. Championships and such like things came in time, but at first we began by clubbing together and buying a book on boxing, and then we tried to know all we could about boxing, tried to keep our temper, and tried to judge as skilfully as possible. In time a tournament came, and then a series of tournaments, and before we knew it our two evenings a week had

given us admirable exercise, a good, vigorous condition of muscles, one or two black eyes, and a general healthy and hearty feeling, which never could have been attained from any amount of pulley-weights.—*Harper's Young People*.

HOW TO LIVE IN HARNESS.—In a paper in *Scribner's Magazine* on “The Use of Time,” Robert Grant speaks forcibly of the necessity for busy people to take exercise in the open air. He writes:—

“To die in harness before one's time may be fine and in exceptional cases unavoidable, but how much better to live in harness and do the work which one has undertaken, without breaking down. Happily, the young men and women of the country of the present generation may almost be said to have athletics and fresh air on the brain. The grown up men and women, absorbed in the struggle of life, are the people who need to keep a watchful eye upon themselves. It is so easy to let the hour's fresh air and exercise be crowded out by the things which one feels bound to do for the sake of others, and hence for one's own soul. We argue that it will not matter if we omit our walk or rest for a day or two, and so we go on from day to day, until we are brought up with a ‘round turn,’ as the saying is, and realize, in case we are still alive, that we are chronic invalids. The walk, the ride, the drive, the yacht, the bicycle, the search for wild flowers and birds, the angler's outing, the excursion with a camera, the deliberate open air breathing spell on the front platform of a street car,—some one of these is within the means and opportunities of every busy worker, male or female.”

PHYSICAL SPORTS FOR WOMEN.

TALL maidens are a phenomenon of modern times in America and England. At the sea beach, at church, wherever the young people belonging to families in easy circumstances congregate, the young women seem to have taken inches to themselves by comparison with their mothers and grandmothers when the latter were young. The men do not appear to have made the same advance in height, although it is often said that the average of modern men, judged by the clothes and armor of bygone centuries, is considerably larger in every way.

The size of women is perhaps related to this alleged increase of the men in bulk and height, but a more reasonable guess is the improvement which has taken place during the present century in the care for female children with respect to food, sunlight, and fresh air. Female children are more respected now by their parents and nurses than they were before certain prejudices in favor of the male were largely done away; they are better fed, more intelligently clothed and warmed, allowed better sleeping rooms and playgrounds. Medicine has gotten rid of a legion of harmful ideas which helped to kill off girls who had a tendency to grow rapidly, and the number of those destined to be maids "divinely tall" if not "divinely fair" has been thus enlarged. Nowadays, as they grow to womanhood, they are able to indulge as never before in exercise indoors and in the fresh air; this must preserve the lives of many who under the old regimen of close rooms and irregular eating were certain to succumb to various maladies that are now quickly thrown off or wholly escaped.

Along with saner views of health has gone a gradual pushing back of the average age of marriage, from the teens to the twenties for women, and from

the twenties to the thirties for men. Perhaps this has something to do with the stronger constitutions that appear to be the lot of modern young women, they being the children of stronger, more mature parents. But the factors probably most potent are those mentioned,—better food and hygiene in youth, more exercise in girlhood.

While our college boys have been overdoing exercise in a grievous way, turning our universities into training places for physical prowess and lowering very appreciably the old standards of scholarship, literature, and the arts, our college girls and the young women of our big cities have been taking just about the proper amount of exercise for good effect; at least many thousands have done so. At one woman's college boating is carried on in the most sensible fashion. There are no races, no crews that train, no cracks. Almost all the girls row, so that the entire college gets exercise on the water, instead of a mere fraction of each class, as it is among the college boys.

In cities the exercise for women, latest to come, but perhaps the one destined to remain longest, is fencing. The Fencers' Club of New York has been the pioneer in this healthful sport for women; last winter, Boston and Salt Lake City established clubs of men and women, in which the latter get their exercise on the same floors and from the same teachers, but at different times of the day. The *Paris Figaro* announces that a similar club has been founded in Paris on the model of the New York club, and also a second, composed exclusively of women who fence. The example of New York, tested by an experience of ten years, has been found worthy of imitation, not only in distant parts of the Union, but at the very center of the practice of the game, in Paris itself.—*New York Times*.

 HOW A WOMAN MAY RETAIN BEAUTY.

THE physical beauty of women should last until they are past fifty. Nor does beauty reach its zenith until the age of thirty-five or forty. Helen of Troy comes on the stage at the age of forty. Aspasia was thirty-six when married to Pericles, and she was a brilliant figure thirty years afterward. Cleopatra was past thirty when she met Antony. Diane de Poitiers was thirty-six when she won the heart of Henry II. Anne of Austria was thirty-eight when described as the most beautiful woman in Europe.

Mme. de Maintenon was forty-three when united to Louis, and Catherine of Russia thirty-three when she seized the throne she occupied for thirty-five years. Mlle. Mar was most beautiful at forty-five, and Mme. Recamier between the ages of thirty-five and fifty-five.

A woman, beautiful in all else, but wanting mirth, will grow old, sour, thin, and sallow; while the merry, fun-loving woman will be fresh and sweet, despite life's happenings and sorrows. The highest

beauty is the beauty of expression, and the cultivation of this requires the crushing out of envy, hatred, malice, and all low motives and passions.

True beauty rests on plain living and high thinking, on blood, bearing, and brains. It is in one sense a relative thing. To dip far into philosophy on the subject is not necessary.

The gospel of relaxing, of "letting go," of one's self, at times, is essential to facial well-being. The nervous system, like the violin, must not be kept always at concert pitch.

Beauty means harmony, balance, the mental fire of sensibility, as well as bodily attractiveness. Banish fretting, trivial perturbation, scowling, whining, wailing, excessive laughter, and pointless smiling.

In the first place, health is all-important. Flesh texture and tint, for example, depend upon it. A complexion lacking luster, plumpness, and elasticity, shows a lack somewhere in the vital or nutritive system. A mild diet, gentle temperature, even digestion, open-air exercise, sleep, and a tranquil mind pertain to good looks. Mistakes in diet begin usually in childhood. Often a girl sits down to a potato and pickles, several cups of strong tea, pies, cakes, ices, and fiery condiments. If meat be on the bill of fare, there is a chance that it has been spoiled in the cooking. As a result, when the girl is twenty her eyes are dull, teeth yellow, gums pale, lips wan, flesh flaccid, and skin unyielding. Recourse is had to padding, face washes, stains, and belladonna.

The habits of life are unaltered. Before there can be an improvement, a change must be made and firmly persisted in. The diet, while generous, must be temperate. Peppered soups, stews, game, pâtés, ragouts, and spices are not good for the complexion. What is termed the epicurean woman will have, before she is thirty, a blotched face and flabby flesh. Women of nervous and sanguine temperament should restrict themselves to a diet of eggs, milk, bread, fruit, light broths, etc. Pure water should be the daily beverage.

A great deal of beauty at low cost can be obtained through the plentiful use of rain water, sunlight, and open-air exercise. Frequent bathing is a healthful luxury. Bodily exercise should be carried on temperately, its aim being facile muscles, supple joints, and pliant limbs—in a word, physical beauty.

How many women know how to walk? Observe them in the street or entering a drawing-room, even the better classes. One shambles, another slouches as if her shoes were down at the heel; but most of them dive, straining every muscle in their bodies, ploughing along with strenuous effort, like a ship in a high sea and facing head-winds. A perceptible swing of the body should be manifest with every step—that is, advance all of one side at the same time, with a slight turn right and left of the shoulders as the corresponding foot is projected. A long step—not a stride—easy, unhurried, the leg thrown forward from the hip,—this is the secret of the ideal gait.—*Science Siftings*.

THE ART OF BREATHING.—It is perhaps one of the signs of the times, to those alert for indications, that the art of breathing has become more and more a subject of attention. Oculists as well as physiologists go deeply into its study in a way hardly to be touched upon here. Physicians have cured aggravated cases of insomnia by long-drawn, regular breaths, fever-stricken patients have been quieted, stubborn forms of indigestion made to disappear. A tendency to consumption may be entirely overcome, as some authority has within the last few years nearly demonstrated, by exercises in breathing. Sea-sickness, too, may be surmounted, and the victim of hypnotic influence taught to withstand the force of any energy directed against him.

There is a famous physician of Munich who has written an extensive work upon the subject of breathing. He has, besides, formulated a system by which asthmatic patients are made to walk without losing breath, while sufferers from weaknesses

of the heart are cured. At Meran, in the Austrian Tyrol, his patients (almost every royal house of Europe) are put through a certain system of breathing and walking. The mountain paths are all marked off with stakes of different colors, each indicating the number of minutes in which a patient must walk the given distance, the breathing and walking being in time together. As the cure progresses the ascents are made steeper and steeper.—*Harper's Bazar*.

HIS COLORS.—He had been learning to ride the bicycle, and the falls he had taken had marked him up pretty thoroughly with bruises. A young woman enthusiast was talking to him about his riding.

"What are your colors?" she asked. "I'd like to give you a decoration for your wheel."

"Thanks," he responded; "they are black and blue."



Home Culture

THE TRAINING OF A CITIZEN.

THE best thing that the promoters of the kindergarten system are doing for the interests of humanity is in elevating to its true importance the work of the home for the child. It is in bringing us to see that the essential part of the training of a citizen does not consist in teaching him to read and write, but in development along moral lines, and that the shaping of speech is not to be disconnected from the formation of character. The training of the citizen for a patriot or an anarchist, for self-seeking or true humanitarianism, begins in the cradle, where, with the first dawns of intelligence, the foundations may be laid for self-control, unselfishness, and obedience to law. This training is essentially the same for men and women, and in all I have to say of home education I speak of the child, and not specifically of the boy or the girl.

One end of home education should be to make of the child a healthy, well-developed animal, and this necessitates intelligent oversight of his food, his clothing, his sleep, and all his physical habits. He should be accustomed from infancy to regularity in eating, and taught to think of food as for the building up of the body, and not a mere delight to the palate. While care should be exercised that food should be abundant, nourishing, and well prepared, it is a less evil that the child should sometimes eat inferior food than that too much importance should be attached to mere feeding, while the social and intellectual side of the gatherings about the family table is lost sight of. A child's tastes are no more to be outraged than those of his elders, but a child will usually take wholesome food without question if he comes to the table with his appetite uncloyed by sweets, and if he has not been taught to criticize and choose or reject according to the whim of the moment. I have been a guest at a breakfast table where the inquiry was regularly made:—

“What is my little boy going to eat this morning?” with the result that the youngster did not choose to eat anything that was upon the table, but was coaxed as a great favor to eat some specially prepared dish. A wiser mother served the children without question whatever food was provided, and though they understood that they were at liberty to leave it if they chose, they usually ate it as a matter of course, as their elders did.

If we are to have a healthy animal, it must be regulated by some higher law than the caprice of fashion or the vanity of the parent. Constriction, compression anywhere, undue or unsupported weight, insufficient covering for legs and arms, whatever interferes with perfect freedom of motion, does not secure a uniform temperature, or makes the child conscious of his clothes, is a sin against physical well-being.

Sleeping with older persons or in unventilated rooms, as well as insufficient hours for sleep, is a damage to the child and is responsible for a deal of the fretfulness that makes the morning hour a trial to the household. The practice of reading, singing, or in any way coaxing a child to sleep is a dangerous one, for in nothing are we more thoroughly the creatures of habit than in this matter of sleeping and waking. To go peacefully and happily to bed at an early hour, with a little good-night song and a few quiet words of mother-love and mother counsel, and then to sink naturally to the sleep that comes from silence, darkness, and pure, cool air,—that is to find indeed “tired nature's sweet restorer.”

But our citizen is to be something more than a healthy animal; he is to be governed by intellectual and spiritual forces; he is to be himself a spiritual force.

Self-control is the end of all discipline, and it may

begin much earlier than most of us realize. Even from a selfish standpoint mothers would be infinite gainers if they would help their children to this grand mastery which may begin with mere physical habit. But we teach them instead to be restless, by continually tossing, trotting, carrying, drumming on the window or piano, shaking toys before their eyes, until they are never satisfied unless in perpetual motion. We make them nervous and restless when we might as easily teach them quiet, and the result is disastrous to physical well-being and the growth of character. Activity need not be restlessness, and a child who is never quiet is not in the best training for development, and needs steadying for his own sake. To sit quietly and listen to talk or story, to respect the presence of others, to yield one's preference, not to fidget under restraint, these are all things to be learned, habits to be acquired, and have to do with the child's whole life. The habit of observation, the awakening of thought, the development of the reasoning power, all depend upon self-control which gives the child the grasp of himself.

Unselfishness is looked upon as a sort of heavenly grace, but if it may not in every case be successfully nurtured, there is no question that its opposite may be. The child is induced to eat the food he does not want by the pretense of giving it to somebody else; to lie in his crib lest another child should come and occupy it; to take his medicine quickly before sister comes to get it. And when this kind of education bears its legitimate fruit, we try to counteract it by compelling generosity quite in anarchistic fashion. I see no reason to doubt that an avaricious, grasping nature may be inherited, but there are more rational methods of combating it than compelling the child to divide his possessions with others. The enjoyment of sharing, the delight of giving, the satisfaction of self-sacrifice, are impossible except as the rights of ownership are recognized; but ownership must be understood as meaning simply responsible stewardship. Tyrants are easily made, and the child who is allowed to strew the room with playthings, to cut paper, and whittle over the carpet, regardless of the unnecessary work he is making, is in training for a disregard of the rights and comfort of others which will enter into all his future dealings. To be thoughtful of all who render service, to be one's self a minister and burden-bearer, this is the Christian socialism whose teaching should begin in the home.

Obedience lies at the foundation of all right living — to recognize the existence of the law and yield to

it the assent of the whole nature. A child may obey without being obedient. To obey teaches only habit, a decision as to what is on the whole the most comfortable thing to do; to be obedient covers intention, disposition, desire. A child may obey because he has discovered that rebellion is useless, and that the easiest way is to yield without contest, just as many an adult yields outward obedience to law because he knows that in case of conflict he is sure to get the worst of it. But to make a child obedient is to set his will on the side of law, and develop in him a principle that becomes a part of his character, so that he shall not simply choose to obey but wish to obey; so that he shall not yield to authority but to right; so that obedience is wrought into his habit of thought as well as his habit of action. This implies, as the thoughtful parent must see, not the subduing of the child's will, but precisely the opposite. It means to awaken it, to enlist it on the side of right, and to strengthen it that the child may hold himself to what you have taught his judgment to approve. How much higher and more serviceable a thing it is to your child to have learned this, than that he should simply have learned to obey you. You ought indeed to be to him the embodiment of right; you must often decide for him what is right and wise in action, but until he wishes to do right and takes that for his law, he has not learned the obedience which is a part of character. Why should we assume that fathers and mothers by virtue of mere parentage have a right to demand unquestioning obedience of their children? On the ground of parentage you are under infinitely greater obligations to this child upon whom, without his consent, you have laid the perilous possibilities of existence, than he can be to you for the care and tenderness which are not only spontaneous but a deep delight. Prepare him as best you can for that which he cannot escape, or you have not discharged the obligations you dared to take upon yourself.

Truthfulness, pure, absolute, beautiful, is a foundation-stone of character, but to the child all things are true until we teach him that there is falsehood. He learns by experience that the stars are beyond his reach, that things which please the eye are not always good to eat, and that beautiful objects can give pain. He learns in the same way that there is falsehood; that words and actions are used to deceive, and he is quick to act upon the evil knowledge. My indignation is always aroused when I hear people quote against childhood the words of David, "They go astray as soon as they are born —

speaking lies." David said that as he did a good many other picturesque things of his enemies, such as, "Adders' poison is under their tongues;" "They whet their tongue like a sword."

But children fall easily into habits of untruthfulness from fear, from injustice, from a desire to accomplish their ends, and often with no proper sense of the seriousness of the offense. How should it seem a serious thing to them when deceit and falsehood are used toward them by their elders? when we make light of our promises, or take refuge in the mental reservation to do a thing if it proves best? The mother romances to the child about the new baby; the child romances about something else, and is punished. She enforces authority by threats never meant to be executed, and promises never meant to be fulfilled, and then wonders that the child is not truthful and honest and straightforward in his dealings with others.

The home ought to teach industry, promptness, and order. The market value of a child's work is not the measure of its worth. Whatever portion of the daily work falls to the child's share, he should understand that it belongs to him legitimately as a member of the partnership, and that his reputation depends upon his doing it promptly, regularly, and in a workmanlike manner. Whether he likes the work or not is not at all the question. Your child needs to learn what a multitude of men and women have never learned, that what the judgment approves

is to be conscientiously carried out without any reference to the fact that it is *no fun*. A great stumbling block with children is their idea that people when they are grown up do just what they please because there is no visible compulsion upon them. It is in the home that they must be taught that obedience is the law of life under which parent and child both live, and that we are to do the right not because any one says *must* to us, but because we say *must* to ourselves. If promptness be the most difficult of all virtues to teach our children, it is that whose possession will be a priceless boon to them. It is worth a small fortune to them to be taught to go without delay from one thing to another, neither wasting their own time nor stealing that of others.

I have not touched the great field of literary training and culture, the choice of books, the familiar acquaintance with the masters of thought and speech, the work, possible only in the home, of teaching the eye to see and the ear to hear the wonders and harmonies of nature. To be in themselves noble, to strive for the things that are true and lovely, to live lives that shall have harmony of development because they reach "straight onward toward a worthy aim, outward to touch and bless on either side, and upward with a steady lift toward God,"—this is the end for which home education lays the foundation—sows the seed.—*Emily Huntington Miller.*

"A NAUGHTY BOY."

BY MARTHA WATROUS STEARNS.

His name was never put in the rhyme, probably because it was not thought worth while to call him anything but a "naughty boy," since he could find nothing better to do than shoot sparrows. Possibly he may have had the excuse that Mother Goose Town had decreed a premium on the head of every offending sparrow, affording a fine opportunity thereby for educating the boy heart in ways of cruelty.

They may have considered sparrows a nuisance, like some modern towns, though most reasonable people would consider them a "lesser nuisance" than the bloodthirsty small boy, to be found lurking around every pleasant nesting nook, like a death phantom, with his shotgun and string of dead birds.

Like others of his race, the small boy of the rhyme could see nothing but the object of his pursuit.

"A little cock sparrow
Sat on a green tree
And chirp'd and chirp'd,
So merry was he."

He did n't see the pretty picture before him, however, of the graceful young elm-tree in the garden corner, covered with morning-glory vines, and a happy little bird singing out his joy as he swung back and forth on a drooping branch. Nor had he noticed the sparrow, as he hopped about under the apple trees, carrying off the tent caterpillars that no other bird would touch, and that were so destructive to the apples. No! he saw nothing at all but a *live thing* that *he* could kill—a chance to put out a little God-given life. He may never have known that one little sparrow, of so small account to him, could not fall to the ground without causing a tremor in the great Heart of all life.

Doubtless, like most small boys of to-day, he had been educated to see nothing but in the light of his own appetites and desires, so, in the words of the rhyme,—

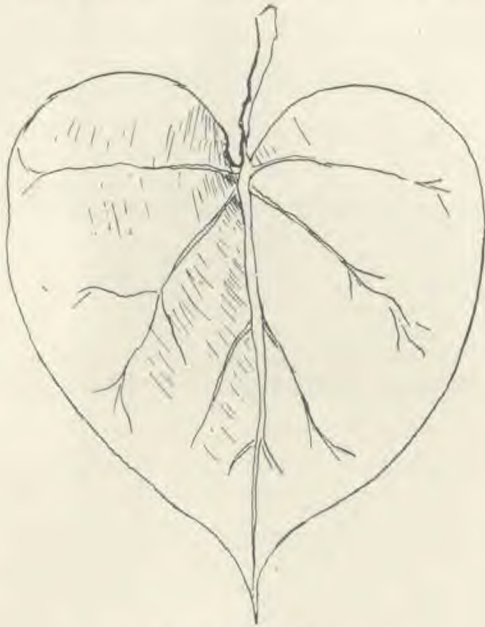
"This naughty boy came
With his small bow and arrow
Determined to shoot
The little cock sparrow.

"This little cock sparrow
Shall make me a stew,"
Said this naughty boy,
"Yes, and a little pie too."

"Oh no," said the sparrow,
"I wont make a stew,"
So he fluttered his wings
And away he flew,"

much to the chagrin of the naughty boy, especially as he heard a chorus of voices shout, "Good for the sparrow!" "I am so glad he missed him!" and then appeared the faces of Miss Muffit, Boy Blue, and the rest of the Mother Goose sloyd family, amid the shower of morning-glory leaves brought down by the arrow.

"Won't you help us make something nice instead of shooting birds?" they asked. "We are glad

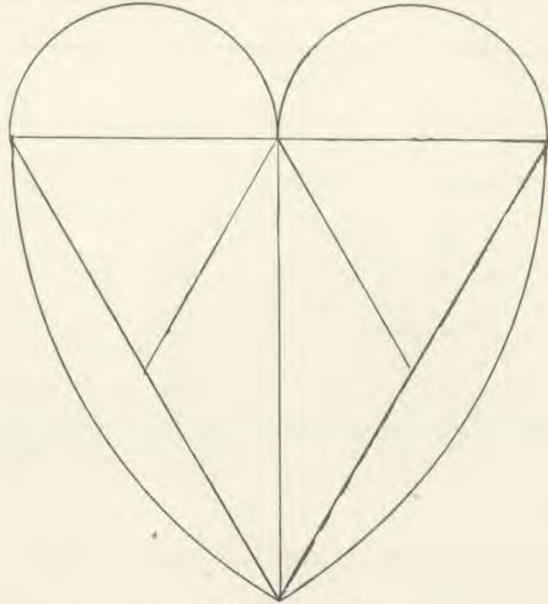


MORNING-GLORY LEAF.

you came, though you missed your bird, because you've helped us think of something fine to make."

The naughty boy looked surprised. "Did n't you notice how prettily those morning-glory leaves sailed down in the air that your arrow knocked off? They put a lovely idea in my head."

Boy Blue was the speaker, and the rest, including the naughty boy, went to guessing at once, but nobody hit it. The Queen of Hearts came the nearest. She was sure they were to make a heart of some sort, for that was the shape of the leaves.



DRAWING FOR KITE.

Bo Peep hoped if that was so, it would be a tender heart for the boy that shot birds.

Boy Blue assured them it would be, for it would be made of paper, that could hurt nothing, and at last he informed them that it was a paper heart-shaped kite that would sail as gracefully as the morning-glory leaves. It was not just the shape of most kites, but would be much prettier and would sail just as well

He took his compasses and a large sheet of blue paper. The children objected to blue, for leaves were green, they said, but Boy Blue had an eye for harmony, and wanted it to match the sky. "Besides," he said, "blue means love, and I guess that the reason the sky was made blue was so we would know that God's love was over us, all around, and my heart is going to be blue too, because hearts ought to be made of nothing but love; then they would n't want to shoot birds," he laughed.

The color decided on, he drew a large equilateral triangle by describing arcs of circles; then he drew straight lines from each point and placed dots in the center of each. From the center of one side he drew a line to the point opposite, and from the same center he drew lines to the center of each side. This formed the frame-work of the kite to be made of wood. The heart outline was bent out of broom-wire and attached to the wooden frame, then

the heart-shaped paper cover was fastened on with paper-fasteners, a tail tied to the point of the heart, and string to fly it with was tied to the frame.

Then it was immediately tested by the entire Mother Goose sloyd class, and proved itself "air worthy" and a "flying success."

THE BATTLE CREEK SANITARIUM DRESS SYSTEM.—IX.

OUR special designer has furnished this month the Freedom Waist and the skirt with a circular yoke. The skirt with gored front and sides and straight back here illustrated belongs with the Exercise and Bicycle suit given in the August number of GOOD HEALTH. Particular attention is called to the Freedom waist as possessing many and varied advantages over those of any other underwaist ever before brought to public notice. As indicated in the illustration, this waist may be either high or low necked as desired, and it may also have long sleeves or short sleeves, or no sleeves at all. It may be made of any material, and will for convenience take the place of any and all waists which may have been hitherto worn. Usually an underwaist needs another thickness over it, but the Freedom waist may be made of the thinnest fabric, the fit being so perfect that it needs nothing else. It is thus particularly adapted to a warm climate or to a heated season, and as by the arrangement of the buttons—the upper row holding the dress skirt and waist and the lower row the petticoat—the heat engendered by the several sets of bindings and the several sets of gathers about the abdomen and hips, such as combine in the usual conventional dress, is done away with, the warmth is more evenly distributed over these portions of the body than by any other known arrangement.

Those who do not favor the combination suit may cut off the top of a pair of ordinary muslin drawers, gather them into a circular yoke, and button them also to the lower row of buttons on the Freedom waist.

Along with the other good points possessed by this excellent waist there is one above all others which every wearer will truly appreciate: The adjustment of seams from the shoulder and the number of pieces, together with the different curves in a piece, combine so perfectly to follow the natural outline of the figure that the Freedom waist always

keeps its place as when first put on; there is an utter absence of that disagreeable feeling caused by a garment which is continually climbing up and has to be as regularly pulled down. This same perfect adjustment enables the waist to easily support the weight of whatever garment may be attached, and with no perceptible draw or strain.

The skirt of which we give an illustration is an ordinary gored skirt, save that it is gathered into a circular yoke and particularly arranged to wear in connection with the Freedom waist.

The Freedom Waist.—This pattern is in five pieces,—front, under-arm gore, side-back, back, and yoke for front. The waist in the present instance was developed in satin-finished jean, but cambric, muslin, drill, sateen, or silesia can be satisfactorily used. The amount of material needed is $1\frac{1}{2}$ yards of 36-inch goods. Patterns can be furnished in the even sizes from 30 to 44, bust measure. Price of pattern, 20 cents.

Skirt with Circular Yoke.—This pattern is in four pieces,—one half of front, side gore, one half of back, and half of yoke. This skirt in the present instance is made of black sateen, but silk, flannel, moreen, or any suitable cotton goods may be used instead. The quantity of material needed is 4 yards of 36-inch goods. Patterns can be furnished in the even sizes from 30 to 44, bust measure. Price of pattern, 20 cents.

Skirt with Gored Front and Sides and Straight Back.—This pattern is in five pieces,—front and back of waist, and front, side gore, and back of skirt. It was developed in the present instance in figured canvas, and was made without lining. The quantity of material needed is 7 yards of 36-inch goods. Patterns are given in all the even sizes from 30 to 44, bust measure. Price of pattern, 25 cents.

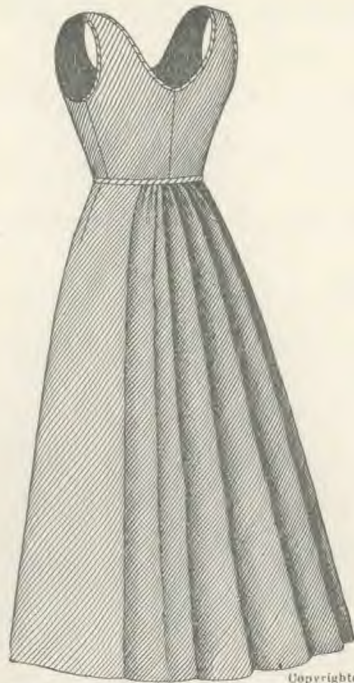
In ordering patterns *always* give the bust measure. For all patterns address, Sanitarium Dress and Pattern Dep't, Battle Creek, Mich.

It is a good plan to have a basket near the ironing table, and as garments which need mending are ironed, drop them into it. This will prevent torn

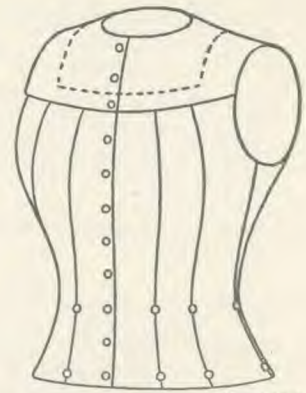
articles of clothing from being put away into drawers without being repaired, and neglected perhaps till they are wanted to wear.



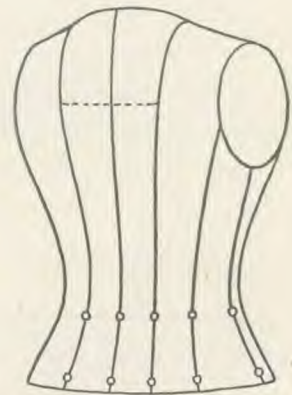
SKIRT FOR EXERCISE SUIT.—FRONT.



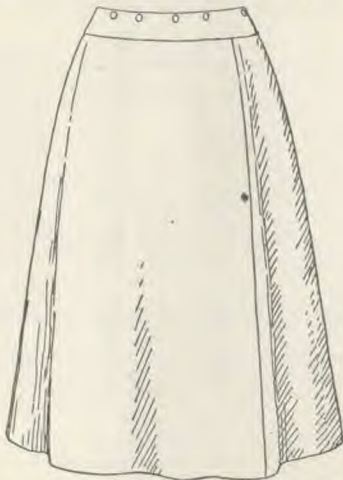
SKIRT FOR EXERCISE SUIT.—BACK.



THE FREEDOM WAIST.—FRONT.



THE FREEDOM WAIST.—BACK.



SKIRT WITH CIRCULAR YOKE.—FRONT.



SKIRT WITH CIRCULAR YOKE.—BACK.



FREEDOM WAIST WITH SKIRT ATTACHED.



FILLING FOR CRACKS IN THE FLOOR.—If the boards of a bare floor do not fit perfectly, have the spaces filled with putty or with a mixture which has been often recommended of late, made of old newspapers soaked in a paste made of flour and water. The proportions of this are one pound of flour, three quarts of water, and one tablespoonful of powdered alum. The newspapers should be torn into bits, and the whole thoroughly boiled and mixed until of the consistency of putty. It may be colored with a little of the staining mixture, and should be forced into the cracks with a knife, when it will soon become hard and dry like papier-mâché.
—*Christian Union.*

Did you ever want to tint the cake frosting? Lemon juice will whiten it, the grated rind of an orange strained through a cloth will give it a yellow tint, and strawberry or cranberry juice will produce a pretty shade of pink.

POWDERED borax is considered the most effectual substance to get rid of cockroaches. Mixed with a little powdered sugar, it may be sprinkled freely about the pipes, tubs, and other infected places in a kitchen.

A FLY poison, which has the merit of being poisonous only to flies, is made of the yolk of an egg, beaten up with a teaspoonful of black pepper and molasses. Put into shallow plates, and set about where flies do most congregate.

PUMICE stone or kitchen mineral soap is the most useful in dish-washing. Its free use will remove stains from white knife handles, brown substances that are often found adhering to tin and earthen baking dishes, and the soot which collects on kettles and pans set over a wood or kerosene fire. There is hardly any kind of stain which this soap will not remove.

CELERY.

THE common celery is a native of Great Britain. In its wild state it has a strong, disagreeable taste and smell, and is known as *smallage*. By cultivation it becomes more mild and sweet. It is usually eaten uncooked as a salad herb, or introduced into soups as a flavoring. In its raw state, it is difficult of digestion.

Celery from the market may be kept fresh for some time by wrapping the bunches in brown paper, sprinkling them with water, then wrapping them in a damp cloth and putting in some cool, dark place.

Celery Salad.—Break the stems apart, cut off all green portions, and after washing well put in cold water for an hour or so before serving.

Stewed Celery.—Cut the tender inner parts of celery heads into pieces about a finger long. The outer and more fibrous stalks may be saved to season soups. Put in a stewpan, and add sufficient water to cover; then cover the pan closely, and set it where it will just simmer for an hour, or until the celery is perfectly tender. When cooked, add a pint of rich milk, part cream if you have it, salt to taste, and when boiling, stir in a tablespoonful of flour rubbed smooth in a little milk. Boil up once and serve.

Stewed Celery No. 2.—Cut the white part of fine heads of celery into small pieces, blanch in boiling water, turn into a colander, and drain. Heat a cup and a half of milk to boiling in a stewpan; add the celery, and stew gently until tender. Remove the celery with a skimmer, and stir into the milk the beaten yolks of two eggs and one half cup of cream. Cook until thickened; pour over the celery and serve.

Celery with Tomato Sauce.—Prepare the celery as in the preceding recipe, and cook until tender in a small quantity of boiling water. Drain in a colander, and for three cups of stewed celery prepare a sauce with a pint of stewed tomato, heated to boiling and thickened with a tablespoonful of flour rubbed smooth in a little cold water. If desired, add a half cup of thin cream. Turn over the celery, and serve hot.

Celery and Potato Hash.—To three cups of cold boiled or baked potato, chopped rather fine, add one cup of cooked celery, minced. Put into a shallow saucepan with cream enough to moisten well, and salt to season. Heat to boiling, tossing and stirring so that the whole will be heated throughout, and serve hot.—*Mrs. E. E. Kellogg, in "Science in the Kitchen."*



PROPER TEMPERATURE FOR SICK AND WELL.

TEMPERATURE changes have much to do with health. During the hot months, infantile mortality is often enormously increased, especially in large cities, and the death rate among the feeble and aged is also increased. The extreme cold of northern winters is also often a very great cause of increased death rate among the aged and weak chronic invalids. The extreme heat depresses all the bodily energies, and lessens the bodily powers of resistance against disease. The temperature of dwelling houses has much to do with the health of the inmates, and many women and children are made invalids by living in rooms at 75° or 80° F., or even above, all the cold months of the year. They cannot step into a cool hall or look out of doors without taking cold, and so remain housed up, growing weak, pale, anemic, and finally succumb to some lung disorder, as pneumonia or tuberculosis. Again, in many households the mistake is made, in our damp, changeable autumns and springs, of shutting off the heating apparatus too soon, and taking down all the stoves, thus leaving the family to sit in the cold living-room shivering in the evening, and to eat breakfast in cold, damp dining-rooms, and going to bed at night to shiver under damp bedding in a cold, damp bedroom. Both extremes should be avoided.

Small children who spend much of their time running about and playing on the floor are often great sufferers from cold draughts, while the upper part of the room may be overheated. A thermometer ought to hang near the floor of the room and one near the ceiling, when the room is heated by a stove, so as to regulate the temperature in such a manner as to keep all parts of the room of as even a warmth as possible. A window slightly open at the top will allow the overheated air to escape and cool the upper strata, and keeping the floors tight and doors snugly fitted at the bottom, also having the moulding tight will stop the excess of draught at the floor. A fresh-

air inlet may be devised so that the air may be heated while passing into the room.

When the heat comes through the registers in the floor or in the wall near the floor, there is not the same danger from draughts, but the air is often very dry and sometimes may be very foul from being drawn from the basement, as the register, if in the floor, often becomes very foul itself, all the dust of the floor accumulating on it. It is sometimes used as a spittoon, and all kinds of expectorated matters, from tobacco juice to tubercular bacilli, may collect on it when closed; then when it is opened, the dried filth will float up on the currents of hot air and invade every part of the room, to be inhaled by all the members of the family.

Most furnace and steam heated dwellings are kept too warm, ranging from 75° to 80° F., hence the women and children, who are doomed to spend most of their time both night and day indoors, grow pale and lose flesh, take cold easily, and suffer from all forms of pulmonary catarrhal disorders, as well as from more serious lung troubles, as pneumonia and tuberculosis. They are always cold and shivering, and cannot go out of doors when the weather is at all cold or stormy, for it makes them feel chilly and they are sure to contract a bad cold. They are often restless at night from an overheated sleeping-room.

I remember being called one night a few years ago to visit a lady patient who begged for something to put her to sleep and also complained of being so chilly. As I came into the room I found the atmosphere stifling and proceeded to open a window and turn off the heat, but before doing so I looked at the thermometer and found it several degrees above 90° F. When I went to the bed after opening the window, the poor woman dared not uncover her head, but gazed fearfully at the open window with its refreshing volume of exhilarating winter air. I found her body covered with a profuse cold perspiration,

and the sheets and her night-robe actually wet, as she had covered herself with four blankets, two cotton comfortables, and a heavy fur cape. The overheated room and excess of bed covering had induced such a free perspiration that the surface of her body had become weak, blanched, and cold, and the poor woman was actually suffering from a chill due to much heat and bedding, and was not aware of it. I had hard work to convince her that her sleeplessness and nervousness were due to the same cause.

A nurse was sent to her room to remove the wet clothing and bedding, give her a tepid saline sponge, and rub the body until it was in a warm glow. She was also directed not to leave the room warmer than 65° F., and to relieve the patient of much surplus bedding. The result was that after an hour she left the lady calm, warm, and sleepy, and soon after her departure the patient went to sleep and did not wake again until morning.

This poor patient is not by any means an isolated case of sleeplessness due to overheating. Children often suffer much at night from this cause, being made to sleep with or in the same room with a feeble invalid where the temperature of the room is regulated only by the invalid's feelings, and is not conducive to either the health or the comfort of the growing child. Compelled to sleep in a close, overheated room, children become restless and kick off the bedclothes, and wake in the morning cross, peevish, and languid, without any appetite for breakfast, wornout and tired, and are abused the next day by punishment for their ill temper, when all that the poor innocents need is a cool bath, a cool room, and a cool bed to sleep off the nerve depression due to overheating during the night.

The sleeping-room should be kept at 60° F., or even lower, at night, and care should be taken to see that it is cooled early in the evening, especially if it is to be occupied by children, for if it is warm during the forepart of the night, the children may kick off the bedding, and then when it becomes cooler toward morning they may contract a severe cold. An attack of rheumatism may be precipitated in one who is predisposed to this disease. The sleeping-room should be heated and all dampness of walls and bedding gotten rid of before night, and then allowed to cool down to 60° F.; being thus well aired, the children will be willing to keep on a moderate amount of bedding, and will go to sleep at once and sleep until morning.

For the living-room through the day, 68° or 70° is a fair temperature. A lower temperature will answer when the members of the family are engaged in

active physical work. At evening, when all are released from labor, sitting inactive, the temperature should be kept about 70° F. The air of the room should be moist and pure as well as of proper temperature. When one begins to feel dull and sleepy in the evening, it is time to open the doors and windows and let in some out-of-door oxygen, when the work or lessons will go on briskly and the brain will work with increased energy.

The air of the sick-room should be kept cool, as low as 66° or 68°, and even lower when there is fever. One is not in danger from taking cold when his own temperature is much above normal, and the old idea that a cold comes on from being chilled is fast passing away. The reverse is oftener true. People's skins and mucous membranes become weak and relaxed from the overheated air; and whenever they go out of doors or even enter a cooler room, the surface chills, and the internal mucous membranes become congested, resulting in a cold. The soldiers in our late war could sleep in a blanket on the frozen ground without taking cold, but all began to sneeze as soon as they got home and began to live in ceiled houses.

The sick in bed can be kept warm by plenty of light, warm bedclothing, and a warm water bottle or rubber bag. In case of fever, the patient is often made restless and nervous by being kept in an overheated room and smothered with bedding. This is especially true of cases of measles, scarlet fever, and other eruptive disorders, where the patient is roasted in the vain endeavor to keep the rash out. But the very opposite is the result; the overheated, congested skin is so inactive that the poisonous elements are reabsorbed, fever and violent delirium ensue, and often death comes as the result of the overheating. In just such cases I have often quieted all such symptoms and brought out the eruption as well as lowered the temperature several degrees by opening the windows and letting in fresh, cool air, removing superfluous bedding, and giving a drink of cold water and a cool bath or sponge. When that dread disease, the smallpox, was treated by building a big fire in the room and smothering the patient with extra bedding and drawing the curtains tight around an old English four-poster bed, the patients nearly all died, and those who recovered were frightfully scarred from the severity of the disease. A weak, chronic invalid is made still more weak and debilitated by living in overheated air. So whatever the disease, hang a thermometer in the room and keep the temperature down below 70° when the patient is in bed, and near 60° at night.

When the patient is taking treatment or sitting up, the temperature may be raised from two to four degrees, but as soon as he goes back to bed or the treatment is over, the room should be cooled again.

The opposite condition of too low a temperature often causes much suffering among the poor who are badly fed and thinly clothed, also even among the fairly well to do. Students and those engaged in active manual labor through the day often contract colds and have serious lung diseases from sitting in damp, cold, fireless rooms evenings and mornings during our changeful spring and autumn weather. It is always well to let the stoves remain up even through the summer, and although the neat housewife may not think them ornamental, a quick fire of some light, easily combustible material, night and morning, may ward off a malarial attack or prevent

the croup or pneumonia by drying the room and driving out the cold, damp, germ-laden inside air. It is of importance to both the sick and the well to understand the relation of temperature to health, and also what is the best indoor temperature in both disease and health; to remember that a patient should live in a much cooler temperature when taking active exercise than when sitting still; that a cold, damp room is most detrimental and dangerous to health when a person has been exercising vigorously through the day and perspiring freely at the same time. When he sits down to rest in his damp clothing, the body cools rapidly by evaporation, the surface chills, and internal congestion takes place, often laying the foundation for some serious sickness which may result in life-long invalidism or even death.

HOW TO KEEP COOL IN HOT WEATHER.

THE clothing worn should be of the amount and texture to suit the season. Many infants are martyrs to the flannel habit of mothers who are otherwise sensible women. In the middle of the day, when the temperature is very high, one light garment is enough, or even better still, when the baby sleeps take everything off and just cover him with a clean sheet. Frequent cool sponging and exposure of the whole surface to the air will cool children off and procure refreshing sleep. Hammocks and cots in shady, breezy places out of doors for rest through the day are often very soothing and restful, and will often, by the rest thus secured, ward off a severe illness. We all know how sickly city children taken out into the country improve in the fresher, cooler air.

In hot weather, a house can be made much cooler at night, by opening every door and window outside and in. Strong wire screen doors may take the place of the outside doors, and cloth or paper screens may be so adjusted as to shield the beds of the sleeping inmates from unseemly exposure. It is wonderful how much cooler the house is when thus open to breezes from every direction; and the difference between the temperature of the outside and the inside air will also create currents of out-flowing and in-flowing air. Heat is carried off rapidly by evaporation, and the hanging of wet sheets in the room or halls of a house will often materially cool the air. This will often bring much comfort to the sick in hot weather. Allowing the incoming air to flow over melting ice will cool it,

but for an ordinary family this method is too expensive. When the patient is hot and restless at night, a tepid compress on the spine or an ice-bag will often secure good rest to the sick and to the weary worker as well.

"In winter," I hear some one saying whose fuel is short, the house walls thin and open, and bedding scant, "how shall we keep warm?" On this subject I can say but little, as it is a large one. Much can be done by planning ahead and using such material as can be gotten cheaply, or even for the gathering up. Old newspapers, or better still, brown paper, may be used to cover the walls of open houses; over this tack a covering of cheap printed calico. Cold, open floors may be made close and warm by covering the seams on the under side, and if there is a carpet, by putting a quantity of paper under it. Paper can be used for quilts, as padding; also other cheap materials, as sawdust or straw, may be thus used; and much may be done in the warm weather to lay in a stock of fuel, by poor families. If advantage is taken of every chance to get material that would otherwise be wasted, for only the picking up and carrying away, a stock of such warming material might be gotten together which would be very useful to have at hand in winter, especially when work was short or sickness came into the family.

Truly, no lot is so poor and hard but that it may be improved, if one only knows how, and is willing and anxious to make the best of his time and opportunities.

IN CASE OF FIRE.

Putting Out the Fire.—Take this case, a description of what is unfortunately happening every day: A woman's clothes take fire; she is wrapped in flames; her arms and hands, her neck and face, are scorched with the heat; her hair is in a blaze; the smoke is suffocating her. She becomes utterly confused, and rushes to and fro, so creating a current of air which increases the fire. The best thing she could have done would have been instantly to roll upon the floor. But how few have presence of mind to do this! The more need for a friend to do it for her. Seize her by the hand, or by some part of the dress which is not burning, and throw her on the ground. Slip off a coat or shawl, a bit of carpet, anything you can catch up quickly, hold this before you, clasp her tightly with it, which will protect your hands. As quickly as possible fetch plenty of water; make everything thoroughly wet, for though the flame is out, there is still the hot cinder and the half-burnt clothing eating into the

flesh; carry her carefully into a warm room, lay her on a table or on a carpet on the floor—not the bed—give her some warm, stimulating drink, send for the doctor, and proceed to the next operation, that of—

Removing the Clothing.—Perhaps in the whole course of accidents there is not one which requires so much care and gentleness as this. We want only three people in the room—one on each side of the patient, and one to wait upon them. O for a good pair of scissors or a really sharp knife! What misery you will inflict upon the sufferer by *sawing* through strings, etc., with a rough-edged, blunt knife. There must be no dragging or pulling off; do not let the hope of saving anything influence you. Let everything be so completely cut loose that it will fall off; but if any part sticks to the body, let it remain, and be careful not to burst any blisters.—*George H. Hope, M. D., in "Till the Doctor Comes and How to Help Him."*

If a child runs a fish-hook into a finger, do not attempt to draw it out backward. Cut the line quite clear from it, turn the point upwards and push it through. Accidents with crochet needles are constantly occurring, and if one be pushed deeply into the flesh, you had better not try to pull it out; the hook at the point will tear and inflame the part. A surgeon with proper instruments will take it out safely without any difficulty. If you should be at a great distance from a surgeon, the best thing you can do is, first, be very sure which side the hook is, then push a smooth ivory knitting-needle, or something of that sort down the wound till it touches the hook, then pull out both together.—*"Till the Doctor Comes and How to Help Him."*

THE body should be educated to bear changes of temperature by cold sponging, cool and cold plunges, sprays, and other tonic baths; also vigorous rubbing exposed in cold air, and vigorous out-of-door exercise, deep breathing, and working out in the open air. The amount of clothing worn should correspond with the temperature and exercise, and an extra outside garment should always be put on whenever exercise stops.

The health of our farmers, and all others who follow manual labor for a livelihood, would be much better were a complete change made in garments every evening, and something loose and clean put

on in which to enjoy the evening leisure. It would not take much time and would be but a trifling expense, as the material need not be costly. If it were only the custom to use money and a little time in the interest of health and cleanliness, as it is to waste money for tobacco and in the saloon, how many more pleasant and happy homes there would be in the land, and how the standard of health and morals would rise.

How restful it would seem if fathers and sons and brothers came home at night to find their clean evening wardrobe laid out for them, and after washing away the grime of farm and shop, they could come out into the family sitting-room sweet and clean! I am sure they would not so readily think of leaving their pleasant home for some bad-smelling saloon or bar-room down town. The cleanliness and comfort of home would tend to draw their minds upward toward whatsoever things are peaceful, truthful, and lovely. The age of forty would cease to be a terror because of the advent of stiff joints, rheumatism, and other evidences of oncoming age.

Truly there is yet much to be learned by even civilized man about his surroundings, and how to best relate himself to them, so as to obtain from them the greatest amount of good. Man has not yet fulfilled the original command to rule the earth and subdue it.

GOOD HEALTH

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

"IT ALL GOES OFF IN THE BAKING."—The *British Medical Journal* thus calls attention to some evils practiced by bakers:—

"The secrets of the baking trade are manifold, and as one by one they are made public, our faith in the pastry-cook is not enhanced. From the reports in the *St. James's Gazette* of a case tried at the Lambeth police court, it appears that damaged tinned milk is used in the making of pastry. The inspector finding the milk in a very decomposed state, asked the defendant whether he thought the milk was fit for use. The defendant thereupon took up a piece of pastry for the witness to smell, and exclaimed, 'Oh! it all goes off in the baking.' This is purification by fire with a vengeance. We have long known that curiously stale eggs were used by pastry-cooks; lately, in fact, the practice has sprung up of importing from abroad contents of eggs instead of the eggs themselves, the whites and yolks all mixed together being sent over in closed canisters. It is easy to imagine the mustiness of this egg mixture by the time it reaches its destination in the kitchen. We suppose, however, it also 'all goes off in the baking.' At any rate, in regard to milk, such seems to be the expert opinion; for the pastry-cook, in answer to the magistrate, is reported to have said that 'a little bad milk would bake out,' while his foreman stated that 'in the event of one tin being slightly "blown," it would bake out;' to which Mr. De Rutzen made the obvious comment, 'Then of course you would n't mind putting it in.'"

The evils above referred to are doubtless as common in America as in Great Britain. The common practice of bakers in buying up strong butter, lard of an inferior quality, and other unsalable products, depending upon their expertness in covering up the fraud practiced, is too well known to need more than mention. The art of making bread has been so much neglected for many years back that many persons live almost wholly upon ready-prepared food obtained at the grocery and bake-

shop; hence the influence of these nefarious practices upon the public health must be by no means small. The Sanitarium Health Food Co. claim to use, in the shortening of their crackers and biscuits, exclusively fresh sweet cream and good table butter. Investigations recently made in the Laboratory of Hygiene connected with the Battle Creek Sanitarium, have shown that the germs found in flour are introduced into the dough by means of impure water. They may survive the heat of the oven and, under the proper conditions, undergo rapid development, producing various offensive and poisonous gases and other poisonous products.

MICROBES AND MONEY.—That money is the root of all evil is one of the stock platitudes of the pulpit, but probably the preachers themselves do not fully realize the vileness of the gold and the filthiness of the lucre they are so fond of denouncing. That thriving colonies of microbic "small deer" are found on bank notes, is one of the many uncomfortable revelations we owe to bacteriology; and it is equally well known that the germs of contagious diseases circulate with the metallic currency. So impressed with the danger arising from this source is Professor Demosthenes, of Bucharest, that he urges medical men to use strict antiseptic precautions in receiving their fees. He describes the practitioner who attends a case of scarlet fever or other infectious illness, receiving money which has been under the patient's pillow, or, at any rate, in contact with him. Then he goes straight to the bedside of another sufferer, and feels his pulse, and touches various parts of his person, giving the microbes received with the fee from the first patient an excellent chance of finding fresh pastures. In course of time the doctor returns to the bosom of his family, laden, we are to infer, with precious metals and bank-notes, and distributes the day's catch of microbes among his children in returning their caresses.

This is a terrible picture, but it suggests to our minds certain reflections. In the first place it does not appear superfluous to inquire whether it is not the custom of our brethren in Roumania to go through some process of purification, at least to the extent of washing their hands, before they pass from one patient to another. Again, are all Dr. Demosthenes's brother practitioners paid in ready money? We imagine that many doctors of this country would cheerfully take the risk of contagion if they could get the cash. Professor Demosthenes concludes his discourse with the warning: "Be on your guard against your patients' money."—*British Medical Journal*.

HYGIENE OF STARCH DIGESTION.—According to Landois and Stirling, starch digestion is interfered with by the presence of fats, and in proportion to the amount of fats present.

Experiments of Prof. Roberts, an English physiologist, also show that the digestion of starch is interfered with by tea, coffee, beer, and alcoholic liquors of various sorts.

Experiments made in the physiological laboratory of the Battle Creek Sanitarium show very conclusively that the digestion of starch is interfered with by strong vegetable acids, such as lemon juice and the acids of other sour foods. Oxalic acid, the acid of pie-plant, was found to be particularly obnoxious to starch digestion, so small a proportion as one part in 10,000 being sufficient to prevent starch digestion altogether.

Starch digestion also depends largely upon mastication. The amount of saliva mingled with the food determines the amount of starch digestion which will take place in the stomach. If the food is imperfectly masticated, or is rinsed down with fluids, or if only moist foods are eaten, starch digestion will be very imperfect. It has been shown by experiments that the chewing of dry foods powerfully stimulates saliva secretion, whereas in the chewing of moist foods the amount of saliva secreted is very small.

INSANITY FROM COFFEE DRINKING.—A Mrs. Lindberg, of St. Paul, Minn., was last month adjudged by a probate court to be insane. On investigation, she was found at her home in a state of maniacal excitement so great that she could only with difficulty be restrained from tearing off her clothing. According to her husband's statement and the facts which were elicited by the investigation, it appeared that the cause of Mrs. Lindberg's insanity was the use of

coffee. Mrs. Lindberg had for some years been accustomed to the free use of coffee for the relief of headache. The headaches had greatly increased in severity, and the amount of coffee was gradually increased. Recently she had been taking thirty or forty cups of coffee daily. Tea produces the same effect as coffee.

Numerous other cases have been reported in which a complete breaking down of the nervous system has resulted from the use of tea or coffee. Tea-tasters and coffee-tasters furnish many illustrations of the deleterious effects of these beverages. Mrs. Lindberg was simply a coffee drunkard, and was as much addicted to her beverage as any toper was ever addicted to liquor. She kept her coffee-pot boiling continually, and devoted her whole attention to the brewing of her favorite beverage.

DEATH FROM THE CIGARETTE.—There are few causes of death in operation in this country more potent for mischief than the cigarette. It always contains nicotine, and often contains other poisons as well. A telegraph operator recently died at Bedford, Ind., as the result of the use of laudanum and other preparations of opium, to which he was led by the habitual use of cigarettes. Cigarettes often contain opium, which is put into them by unscrupulous and wily manufacturers for the purpose of creating an appetite for their particular brands.

TEA AND LEAD POISONING.—The *London Lancet* calls attention to the fact that tea may be a source of lead poisoning. In five cases of lead poisoning in which investigation was made, the tea used was found to contain lead. Of twenty-two different kinds of tea, seventeen contained lead.

SUNLIGHT.—The direct rays of the sun are among the most powerful of germ-destroying agents. The most deadly germs perish within a few minutes under the direct rays of the sun. Most germs are also killed by the action of diffused light. The spores of germs, however, are quite resistant, even to the direct solar rays. Hence other disinfecting agents are necessary for the complete eradication of germs. The value of the sunlight as a disinfectant, however, is above estimate, hence the importance of admitting the sun to every portion of our dwellings. For sanitary purposes, an ideal house should be constructed of translucent glass, so that the sunshine might penetrate to every corner. Dark closets are hotbeds for germs.



A REMARKABLE DISCOVERY.—This is an age of discoveries. More important discoveries have been made within the last twenty-five years than in several centuries previous. A most interesting and important discovery was made the other day in the Laboratory of Hygiene connected with the Battle Creek (Mich.) Sanitarium. The managers of this institution, being especially interested in pure foods, upon which they rely largely in the treatment of the thousands of dyspeptics who annually patronize that institution, employed one of the leading bacteriologists in the country to undertake, in their laboratory, a series of experiments for the purpose of ascertaining what sort of germs in the stomach is responsible for sick headache, what kind of germs causes milk to disagree with some people, what particular germ, if any, produces the particular poison which causes Bright's disease, and other similar questions of profound interest in the light of modern researches. The first work done was, of course, to ascertain what germs are ordinarily present in the stomach. The examination was made by having the subjects of the experiments take a meal consisting of a single article of food with a quantity of water. Then, at the end of an hour, by means of a small flexible tube, a sample of the fluid contained in the stomach was obtained, with every precaution against contamination with germs of the air, and a "culture" was made; that is, a portion of the stomach fluid was placed upon gelatin previously prepared, and put into an incubator so as to give any germs which might be present the best possible chance for growth. After examining a large number of specimens, the Professor reported that to his great astonishment he had been unable to find a single germ. Some eminent European investigators having reported great numbers of germs always present in the stomach fluid, these results seemed incredible; nevertheless, the

bacteriologist repeating his experiments again and again, was still obliged to report "no germs." Upon further investigation, however, the interesting fact appeared that the absence of germs was due to the circumstance that the single food, granose, had been used in each case. When other foods were used, for example, ordinary water crackers, plenty of germs were found. This explained a fact which many physicians are already experimentally acquainted with, that eating granose is one of the very best means known for getting rid of the bad taste in the mouth, coated tongue, and biliousness. It is not only the most crisp, delicious, and palatable of any cereal food preparation, but it is at the same time such a wholesome and natural food that it enables the stomach to destroy all the germs which enter it in the act of eating. Granose itself is germless, being thoroughly sterilized in the process of manufacture.

CARE OF THE TEETH.—The teeth should be cleansed regularly before and after each meal. Microbes are constantly accumulating in the mouth, between the teeth and about the gums, and if left in the mouth, they are likely to be swallowed with the food when eating, and their growth in the stomach gives rise to the formation of poisons which are absorbed into the blood and produce mischief. Fragments of food left in the mouth encourage the development of these germs. Decay of the teeth is due to the growth of these small organisms. We quote the following from a medical contemporary as emphasizing the importance of a thorough cleansing of the teeth:—

"A dentist whose practice has been for many years largely among people who would commonly be called of the cultured class, finds the neglect of cleanliness of the mouth among the children of such persons most astonishing. These children, he

says, were being trained in all the arts and sciences, yet in one school where there were seven hundred pupils, five hundred of them from ten to eighteen years of age, only fifty cleansed their teeth twice a day, two hundred and seventy-five used a brush sometimes, and one hundred and seventy-five did not own a brush at all. In the primary department where there were more than two hundred children from six to ten years old, not more than ten were provided with toothbrushes. Further inquiry and investigation showed that this school was not an exception in the matter. Dr. Ritter, of Berlin, found that of six hundred and thirty-seven persons, four hundred of whom were under fifteen years of age, only forty-one or a trifle more than five per cent, had perfectly sound teeth."

We know of no better means of cleansing the teeth than the use of the antiseptic dentifrice furnished by the Sanitary Supply Co., Battle Creek, Mich.

A MODERN VENUS.—We quote the following from a recent medical journal:—

"Out of five hundred applicants—more or less—for the position of a bronze Venus, in a New York show, one little woman filled the bill, whose measurements are said by her to be the following. She thus announces her statistics: 'One artist says my figure is one of the best that he has ever seen, and I think myself the measurements show up very well.

"I am 5 feet 7 inches in height and weigh 155 pounds. My other measurements are: bust, 38 inches; waist, 26 inches; thigh, 22 inches; calf of leg, 15 inches; ankle, 9 inches; foot, 9 inches in length. My upper arm is 11½ inches, and my neck 13½ inches. Many women have figures superior to mine in certain points; but it is a most difficult thing to find a perfect, all-round figure.'"

According to her own description, the lady was by no means a good model for a Venus. She is certainly deformed—her waist is much too small. The Venus de Milo has a waist proportion of 47.6 per cent of the height, according to which a woman 5 feet 7 inches tall, to be a good Venus, should have a waist measurement of 32 inches instead of 26 inches. The lady's waist is thus 6 inches too small, doubtless the result of tight lacing.

A CONVENIENT HOT-AIR BATH.—According to a medical exchange, "There is at St. Bartholomew's Hospital, London, an ingenious hot-air bath now in use for the treatment of sprains, inflamed joints due to gout or rheumatism, and similar affections. It con-

sists of a copper cylinder about three feet long and 18 inches in diameter, which will hold an arm up to the shoulder, or a leg up to the middle of the thigh. It stands on an iron frame, and is heated by gas burners placed underneath, so that the temperature can be raised to 300° or 400° F. The patient is placed in an arm-chair at one end of the cylinder, the limb is introduced and the aperture made air-tight by a rubber band. No discomfort is felt up to 250°, until perspiration sets in, when the moisture has a scalding effect, which is relieved by opening the further end of the cylinder and letting the moisture evaporate. A sitting usually lasts forty minutes. The immediate effect is a greatly increased circulation in the part treated, profuse local perspiration, and relief from pain."

GERMS IN CONDENSED MILK.—The general supposition that condensed milk is sterilized milk is by no means correct. There is certainly great difference in the products of different manufacturers. Condensed milk often contains microbes, which if actively growing in the milk, are ready to grow when the milk is diluted and taken into the stomach. When the condensed milk is slimy, cheesy, or semi-solid in character, it contains germs which are actively developing. These germs are from the sources which ordinarily contribute to the contamination of milk. The only safe way in the use of condensed milk is to sterilize it by the same methods employed for sterilizing fresh milk. As a rule, condensed milk requires sterilization as well as ordinary milk, although it must be said that generally there are fewer microbes to be found in condensed milk than in fresh milk as furnished by the milkmen.

TALCUM POWDER.—Take 1 gm. of oil of rose-geranium, 25 gms. of boric acid, 50 gms. of corn-starch, and 444 gms. of finely powdered talcum, well mixed and sifted. These give a good powder, and should be put in cylindrical sieve-top boxes.

DISINFECTION OF ROOMS OCCUPIED BY TUBERCULOUS PATIENTS.—Recent investigations made in France show that the dust of rooms occupied by tuberculous patients is highly infectious. The mode of disinfection recommended is the heating of the carpets, hangings, etc., to a temperature of 300° F. in a properly constructed heater, and wiping the walls, furniture, and floors with a 1-1000 solution of corrosive sublimate.

ANSWERS TO CORRESPONDENTS.

TREATMENT FOR ASTHMA.—H. D. E., Mo., inquires: "What is the best course to be pursued by a young woman beginning to be afflicted with asthma?"

Ans.—The first thing to be done is to ascertain the cause of the disease. It may be catarrh of the bronchial tubes or a disorder of digestion. The remedy must be adapted to the cause.

ERYSIPELAS — FULNESS OF THE STOMACH, ETC.—W. C. G., Iowa, asks the following questions: "1. Is erysipelas hereditary, or is it a germ disease? 2. Is it a blood disease, and will the taking of a so-called 'blood medicine' prevent my having it? 3. I work every day, and my appetite is good, but for some time I have had a fulness of the stomach after meals. What does this denote? 4. Occasionally I am lame in the small of the back. What will help this?"

Ans.—1. No; erysipelas is not hereditary. It is a germ disease.

2. No.

3. Indigestion.

4. To relieve indigestion apply fomentations over the stomach at night and wear a moist abdominal bandage during the night.

AN ABNORMAL GROWTH — TOMATOES.—Mrs. T. E. B., Iowa, writes thus: "1. My husband has a rough, slightly red spot about the size of a pea, near the left temple, which has been there some over two years, and at times it itches very much. It does not break out, but if rubbed it becomes still rougher. Do you think the growth is cancerous? 2. Do tomatoes have a tendency to produce cancers? 3. If they are good for food, does canning them in tin cans spoil them? 4. Please give an analysis of the tomato. 5. Are cancers best treated by means of plasters?"

Ans.—1. No; but it may become such. It should be removed.

2. No.

3. Tomatoes put up in tins are much inferior to the same fruit put up in glass.

4. You will find a full analysis of the tomato in "Science in the Kitchen."

5. Yes, in some cases; but rarely. Nevertheless, we do not recommend you to consult a cancer doctor.

A ROUGH SKIN — COMEDONES — FALLING OF THE HAIR.—Miss M. T. R., Ore., asks: "1. What is good to make a rough skin smooth and clear? 2. What will remove blackheads? 3. What will prevent the hair from falling out?"

Ans.—1. Daily bathing with a hot solution of soda in the proportion of a teaspoonful of soda to the pint of water.

2. They must be squeezed out of the skin and the skin washed daily with fine soap.

3. A good remedy is to shampoo the scalp daily with cold water, rubbing vigorously with the tips of the fingers. If dandruff is present in abundance, a lotion consisting of

equal parts of castor oil and alcohol will, perhaps, prove serviceable. The scalp should be shampooed thoroughly two or three times a week. If a quantity of fine hair covers the bald place, it should be shaved, and the shaving repeated frequently.

FLOORS — NUMBNESS AND PRICKLING IN HANDS AND ARMS.—Mrs. J. M. L., Ohio, inquires: "1. How may floors be treated so as to dispense with carpets? 2. What causes numbness and prickling of the hands and arms, especially at night? 3. Is it any sign of paralysis?"

Ans.—1. The floor should be made of hard wood, smoothed, and then waxed.

2. The cause is probably pressure upon the large nerves of the arms.

3. No.

CATARRH OF THE STOMACH — CATARRH OF THE BOWELS, ETC.—Mrs. E. W. L., Ill., asks: "1. What is the difference between catarrh of the stomach and catarrh of the bowels? 2. Is the treatment the same? 3. Please state what the treatment ought to be for each or both? 4. Could a person have catarrh of the bowels and not have catarrh of the stomach? 5. What causes the former? 6. Is it always accompanied with constipation? 7. Will it eventually lead to consumption of the bowels? 8. Is buttermilk a good food for one thus troubled? 9. Will riding the bicycle injure one having this disease? 10. What do you think of Madam Yale's remedies, the 'Fertilizer,' etc., for constipation?"

Ans.—1. The principal difference is in the location of the disease.

2. The principal management is practically the same, although the remedies must necessarily differ somewhat.

3. Washing of the stomach is a valuable remedy, and the diet must be carefully regulated. A diet of kumyzoon, buttermilk, simply prepared fruits and grains; grana, gluten, and other health foods, are especially useful. In catarrh of the bowels, large enemas should be employed daily to thoroughly cleanse the bowels, and medicated enemas are sometimes valuable.

4. Catarrh of the bowels is generally secondary to disorder of the stomach.

5. Hasty eating, the use of condiments, the use of sweets, pickles, coarse food, fried food, rich food, and overeating are the principal causes.

6. No.

7. Not necessarily, although it is a good preparation for this disease.

8. Yes.

9. In moderation, no.

10. We have no faith in the remedy named.

BITING THE FINGER NAILS, ETC.—Mrs. A. A., Wash., writes thus: "1. My little girl, two years and a half old, bites her finger nails. She contracted the habit during the time she had a severe cold a number of months ago. Her health is good, and she has all her teeth except four-

What can be done to break up this habit? 2. How old ought a child to be to attend the kindergarten?"

Ans.—1. Dip the tips of the child's finger nails several times a day in a strong alcoholic solution of quassia. The bitterness will tend to break up the habit.

2. At least three years.

FOOD FOR THE BONES—BRAIN FOOD, ETC.—J. H. T., Mo., asks: "1. What kind of food is best to build up the bones and make them larger and stronger? 2. Please name some good brain foods."

Ans.—1. Good, wholesome food, especially such foods as granola, granose, and, in fact, all other grain preparations properly prepared.

2. There are no foods which especially feed the brain. Any good, wholesome food, well digested, is good for the brain. Cereals and fruits are to be recommended above all others.

PAIN IN STOMACH—SORE SPOTS IN VERTEBRÆ, ETC.—Mrs. J. A. M., Texas, writes as follows: "When I was a child, I was often troubled with a pain in my stomach. I am now thirty-three years old, and I still have this trouble, only the pain has changed its location a little. It now begins under the end of the ribs in the right side; and if a warm application is applied there, the pain will move under the right shoulder blade and just opposite the ribs in my back. My arms will become very sore and painful. There will also be sore spots in the vertebræ; and my head will ache at the base of the brain. When the pain ceases, I am often very sick at the stomach. I am often troubled with sleeplessness, but when about to be attacked with this pain, I become very sleepy, so much so that I can sleep while in pain, and my mouth and tongue will become dry, and I will be excessively thirsty. The bowels will be either at the extreme of laxity or of constipation. Sometimes I will not have an attack of this kind for three months; then again I will have it every two or three weeks; and when it comes thus often the soreness does not leave me from one time to another. Our best physician here cannot tell what the disease is unless it is an engorgement of the liver. My diet is fruits, grains, and vegetables, and I drink neither tea nor coffee. Please tell me what my trouble is, and also give me advice."

Ans.—There is evidently a disturbance of the sympathetic nerve in this case. The probable cause is dilatation or prolapse of the stomach. Our advice is that you visit the Sanitarium for a month or two.

DIET FOR DIABETES—FREQUENCY OF MICTURITION, ETC.—Mrs. R. J. R., Tenn., writes thus: "1. My husband has diabetes in an acute form. A number of weeks ago his mouth became very dry, his sight failed, and he fell off greatly in health and strength. There was also frequent micturition. Ought he to drink a quantity of water during the day, or only as he cares for it? 2. Has the Sanitarium Health Food Co. a food or flour for diabetes? 3. What diet would you prescribe for a sufferer from this disease?"

Ans.—1. The patient should not drink more than is necessary to relieve thirst. He should consult a careful phy-

sician and ascertain whether he really has the disease named.

2. Yes. The gluten preparations made by the Sanitarium Health Food Company are the best in the world. The only pure gluten made in this country is made by this company.

3. The following is the diet list employed at the Sanitarium: Eggs, meats, gluten biscuit, buttermilk, cottage cheese, spinach, lettuce, kumyss, celery, asparagus, greens.

PAIN IN THE BACK—SLEEPLESSNESS, ETC.—M. M. W. writes as follows: "1. I am a young woman of twenty-seven. Several years ago I had a surgical operation performed on one of my limbs. Up to that time I had enjoyed almost perfect health, but shortly after, and before I left my bed, I grew unable to void urine except by the use of the catheter. This trouble has continued until now I am never free from pain in my back, and feel tired and weak all the time. For some time I was unable to sleep, but latterly I want to sleep all the time, yet never feel rested. I have hot flashes, and then feel cold and am covered with a cold, clammy sweat. I am not able to walk, so am obliged to sit still all the time. Was my trouble probably caused by the surgical operation? 2. Can I be helped? 3. Please give me advice as to treatment."

Ans.—1. The difficulty to which you refer is often the result of long lying in bed, and so may be indirectly the result of your surgical operation which confined you to bed.

2. You will probably be helped by proper treatment.

3. It is doubtful whether you would be able to administer such treatment at home, as your case requires.

CONSTIPATION—CATARRH OF BOWELS, ETC.—E. S. W., Ill., writes: "1. I am troubled with constipation; have also catarrh of the bowels. For a time granose, whole-wheat wafers, and antiseptic tablets helped me, but of late I am as badly off as ever. I take nothing but these articles and fruit. Is milk constipating? 2. Is buttermilk a healthful food? 3. Is it constipating? 4. My complexion is yellow, and I have 'liver marks.' I feel utterly exhausted most of the time. I wear a moist bandage every night. What more is there I can do? 5. Are catarrh of the stomach and catarrh of the bowels treated the same? 6. Several years ago I ran a piece of needle into my foot, and it is still there, but it does not trouble me. Can it injure my health?"

Ans.—1. Milk has some tendency in the direction suggested. It is probable that other measures are needed in addition to diet and the use of antiseptic tablets. Granose generally succeeds in relieving this condition—always does when the regulation of diet is the essential measure of treatment. The morning cold bath, or wearing of the abdominal bandage at night, with abundant exercise out of doors, are other measures of importance.

2. Yes, provided it is fresh and made from fresh cream.

3. No.

4. You would probably better visit the Sanitarium for a few months' treatment.

5. In catarrh of the bowels, when the lower bowel is affected, medicated enemata may be used.

6. No.

RELIEF DEPARTMENT.

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

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

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

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

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

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

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

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

Nos. 262 AND 263.—A little boy and girl eight and six years old living in Pennsylvania have been brought to our attention. They are motherless, and their father, being in very poor circumstances, needs assistance. He desires to place his children in the homes of Christian people. We learn that they are good children, easy to teach, and of good appearance. They are now with their aged grandparents, who cannot care for them longer.

No. 270 is a boy ten years old, living in Ohio. His father is dead, and his mother is in such poor health that she cannot care for him. He has brown eyes and hair. His health is good. He has never been sick. He is said to have a kind disposition, and has not been neglected.

No. 281 is a Swedish boy ten years of age, with brown eyes and dark hair, and having good health. No. 282 is his brother, seven years of age. He has blue eyes and light hair. The father and mother of these children are both dead, and they have been cared for by their grandparents for three years. They cannot provide for them longer, and rather

than place them in the poorhouse they apply for a home in a private family.

No. 283 is a little girl five years old who is now living in Indiana. She has blue eyes and light hair, is in good health, is said to be obedient, and religiously inclined, also very affectionate toward those with whom she associates.

Her brother, No. 284, is three years of age, with blue eyes and light curly hair. He is an active little fellow, in good health, and admired by those who know him. The father has had chances to place these children in homes, but he is anxious that they be placed in a Christian family. The father has cared for the children, but he is unable to care for them and earn a living too. He will be glad of some assistance. Only those who can give these children religious as well as educational advantages need apply.

Nos. 285 and 286 are boys living in Pennsylvania. Their condition is like several that have been referred to us before, and from what we learn of them we are satisfied that they are worthy of help. Their father is dead and the mother not able to care for them. She has tried for the past few years to keep them with her, not wanting to part them, but has now reached the point where she can see no other way than to place the children in homes. The boys are seven and eight years old, have blue eyes and brown hair, and are in good health. The mother has kept them with her most of the time.

No. 287 is a little nine-year-old boy living in Michigan, whose mother desires to place him in a Christian home. His father has deserted him, and his mother is not able to support him. He has blue eyes and light hair.

Nos. 288 AND 290.—The mother of these two children died a short time ago. Their father's health is so very poor that he is not in a condition to support them, and hence is very anxious to find homes for them where they will receive Christian care and training. The oldest is a girl of ten years, with brown eyes and hair, and in good health. Her brother is six years of age. He also has brown eyes and hair, and is said to be genteel and manly in appearance. These children have always been under their mother's control, and have not been allowed to run in the streets. They are living in Michigan.

Nos. 293 and 294 are girls living in Pennsylvania. Their mother is dead and the father is an inmate of the poorhouse. He is unable to provide for the children, and is very anxious to secure good homes for them. The girls are twelve and nine years old and have dark eyes and hair, are in good health, and have good dispositions. Is there not a home in one of the Eastern States that will open its doors to these children who are in such great need?

Nos. 298 and 299 are two little girls aged eight and six years respectively, who are living in one of the New England States. They have blue eyes and light hair, and have had the best of training while their mother was alive. The father is very anxious to find good homes for them, as he does not feel competent to give them proper care and training. Here is a chance to do real missionary work.

Nos. 301-303.— These are three children living in Indiana, whose father has deserted them, and the mother rapidly failing in health is very anxious to find good Christian homes for them. The oldest is a girl eleven years old, with brown eyes and light hair. The little girl five years old is a sweet-appearing child, with light hair and blue eyes. Their brother is eight years old, with brown eyes and hair. They have been under their mother's control and not allowed to run in the streets. Who will relieve this mother's anxiety by offering homes for these children?

No. 305 is a boy twelve years old living in Michigan. He has been abandoned by both father and mother. He has good health, and is a bright, kind-hearted boy with blue eyes and light hair. He needs careful training, but Christian influence and love will doubtless yield a rich harvest.

ABOUT two years ago a family received a little girl four years of age into their hearts and home. We have just received word from one of our nurses, a sister of this kind mother, saying they have taken two more children, a girl four and a half years, and a baby boy of only three months. She writes as follows:—

"The little girl is the most lovely child. Her disposition is entirely different from that of M—. They love each other dearly and get along so well together. But the baby—well he is the first in our family and he does seem to be the dearest little fellow. My sister and brother are just as happy as they can be. The house had to be changed to accommodate the young

man," as it was not built with the thought of children in mind, so there was no nursery, but by a little change it has been very conveniently arranged."

When we begin to help these little ones, we can then see more opportunities of working for others. The good we try to do reacts upon ourselves, and this alone compensates for every effort made.

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 references. If possible, these should be known, either personally or by reputation, to some member of the Board of Trustees.

PERSONS intending to visit the Haskell Home will please note that the visiting days are Sundays and Wednesdays, from 4 to 6 P. M. 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 at 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 clothes 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 is 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 mission should be sent to Chicago Medical Mission, 40 Custom House Place, Chicago, Ill.

LITERARY NOTICES.

THE FUNK AND WAGNALL'S STANDARD DICTIONARY.—The book is a striking example of what may be done by judicious condensation and system. The idea of grouping of related words and terms is not altogether new, but in no other book of the kind has the plan been carried so far, or so carefully systematized, and with such excellent results in the way of clearness of presentation and breadth of scope as in the Standard. The word *architecture* may serve as an illustration of a group of this kind. Under this single word the reader is referred to twenty other words, representing the leading types or groups into which architecture is historically divided, as Byzantine, Chinese, English, Greek, Renaissance, etc. Turning to any one of these words, we find there the subdivisions of the subject explained and still further distributed—the word *English*, for instance, opening up thirteen more minor branches. Thus from the single word *architecture*, to which heading the reader in search of information on this point would naturally turn, the whole field, taking in every country, period, and style, is revealed at a glance. Similar distributions (at the main word giving the key-words to the entire subject) are found under the other arts and sciences—the word *science* itself broadly grouping all the sciences. Even *literature* is subdivided at that word into its branches, which are again subdivided.

“THE CAR-BUYER'S HELPER.”—Brownell Car Co., St. Louis, Mo.

This little volume is evidently intended as an advertisement of the immense car-building establishment over which Mr. Brownell presides. It is gotten up in such a neat shape, and is written in such an interesting and charming style that every one who takes it up is likely to read it through. It is printed upon fine paper, illustrated with beautiful cuts, and, best of all, is written by a good and honest man. Anybody who rides in the Brownell Car may feel perfectly safe—unless the motor runs off the track, and even then, if the passenger will keep his wits about him, he is not likely to suffer any serious damage, for the car is so well made that it can be rolled about considerably before it will go to pieces.

THE *Kindergarten Magazine*, with the October, 1895, number, continues a Systematic Study Course, which can be worked out at home, after the Chautauqua plan. These questions are to be followed up by written answers forwarded to the editor, the best

of which are to appear in the departments of the magazine. Join this Study Course by a subscription whether you are working at home or in the classroom. In addition to this course your two-dollar (\$2.00) subscription brings you during the year a thousand pages of fresh, practical, and inspirational reading matter on every phase of Child Study and Child Nurture. The companion to *Kindergarten Magazine* is the *Child-Garden*, which brings to the children of the household the choicest story, song, and play of the kindergarten world. \$1 per year. Address, Kindergarten Literature Co., Chicago, Ill.

“PONY TRACKS.”—Written and illustrated by Frederic Remington. 8vo, cloth, ornamental, \$3. Harper & Brothers, New York.

In this volume Mr. Remington tells us of his life on the plains and in the mountains, in camps and barracks, among the Indians, cowboys, and “greasers”—all spiced with the charm of absolute experience. His sketches are from nature, and his mishaps and doings give us a clear idea of what the adventurous may expect in that unsettled region. The young gentleman who sails gayly through the parks or along well-made country roads on a trained cob may be interested in some of Mr. Remington's dashes over dusty tracts of country that might be described as being one half gopher-holes and the other half bowlders; and he may get some idea of what a “seat” should be when it becomes necessary to “make time” with a lot of yelling, shooting hostiles behind or in front of him.

RICE is a cereal of inestimable importance, forming the principal food supply for Asia's swarming millions, while held as a luxury throughout the rest of the world. *Good Housekeeping* for October gives it the place of honor in its “Food for the Family of Man” series, bringing out many interesting geographical and historical facts. The number is exceptionally rich in papers pertaining to the practical side of the home life, as is natural and proper during the harvest months; there are some short stories of merit, a large collection of original poems, as well as a careful presentation of some of the “better bits” from the current literature of the day. Its prize anagrams are exciting wide interest among the “quick-witted.” A sample copy may be had for the asking. Clark W. Bryan Company, Springfield, Mass.

PUBLISHERS' DEPARTMENT.

THE MODERN MEDICINE PUBLISHING COMPANY announce in press a new edition of Dr. Kellogg's "Home Hand-Book of Domestic Hygiene and Rational Medicine." Dr. Kellogg has recently completed the task of revising this work, a task in which he has been engaged for two years. A considerable part of the work has been rewritten, and important changes have been made upon almost every page of the work. The new edition will embody the practical results of the important discoveries in digestion which have been made in the Laboratory of Hygiene connected with the Battle Creek Sanitarium, under Dr. Kellogg's direction, and will represent the newest and most efficient methods of treating disease.

Notwithstanding the addition of a large amount of valuable matter and a number of new illustrations, and the great expense involved in this exhaustive revision of the work, making it practically a new book, the publishers have reduced the price of the book about one third, making the price for library binding \$5.00 instead of \$7.50, and for cloth binding, \$4.50 instead of \$6.50. This is done in the interests of the principles which the work represents, and to make it possible for persons in the most moderate circumstances to possess a copy of this invaluable treatise.

It is probable that no other work has done so much in the interests of the extension of rational methods in the treatment of disease as has this work, of which so many thousand copies have been circulated. The work has been sold extensively not only in the United States, but in Canada, New Brunswick, British Columbia, New Zealand, Australia, South Africa, the British Islands, and India. The sale of the work has in no way diminished, but increases as people become informed respecting the valuable methods of which it treats, and the importance of the sanitary principles which it elucidates. This compendious work ought to be in the hands of every family in the United States. Agents are wanted to sell the work everywhere, to whom a liberal commission is given. Address, Modern Medicine Publishing Company, Battle Creek, Michigan.

* *
*

A NEW WORK ON DIGESTION.—The most interesting of all subjects to the average American is the stomach. The stomach is interesting when in a state of health because of its steady demands for satisfaction; it becomes still more interesting in disease because of the inconveniences suffered by the possessor of a disordered digestive apparatus. Dr. Kellogg's little work, "Digestion and Dyspepsia," written some sixteen years ago, after a large sale, has for a long time been out of print. The doctor has declined to republish it on account of the fact that he was engaged in important and extensive researches in relation to methods of treatment and diet applicable to different forms of indigestion, and he did not wish to republish the work until after his investigations had reached a point which would enable him to come to definite and positive conclusions.

The elaborate methods of investigation of stomach disorders which have resulted from these studies, and have been in use at the Battle Creek Sanitarium now for several

years, and the important advances in medical dietetics which have been the natural outgrowth of these investigations, together with the great and important discoveries by various European physiologists and bacteriologists in relation to the digestive process, have induced the author now to undertake the rewriting of this valuable little work. He has already completed his task, and the manuscript is in the hands of the publishers, and we hope to be able to announce it ready by the next issue of this journal, or at least within a few weeks from the present date. This invaluable work will contain information not to be found in any other work published, and will point out practical methods by which most sufferers from indigestion may find restoration to health. The work will be illustrated and substantially bound, and will be sold at the small price of \$1.00. Published by the Modern Medicine Publishing Company, Battle Creek, Mich.

* * *

THE patients at the Battle Creek Sanitarium are enjoying greatly the lovely autumn weather of Michigan. There is no State in the Union that gives its inhabitants a more delightful autumn than does Michigan. The charming Indian summer, with its sunny days and tonic air, is almost peculiar to the Peninsular State. Half a century ago, Michigan enjoyed an unenviable reputation in the matter of climate, but within the last twenty-five years a great revolution has taken place, and there is no State in the Union, outside of the Rocky Mountain region, which enjoys so excellent a reputation for its summer and autumn climate as does Michigan. Michigan is also gaining a reputation as a winter resort. It has a peculiar situation, being surrounded by immense inland seas, which protect it altogether from the cold blizzards of the West, and temper the winter winds to such a degree that the State, while enjoying the cool summers of the Northwest, is blessed with the winter temperature of Southern Ohio and Illinois.

The steady cold winter weather of Michigan is a splendid tonic. It is quite the fashion now for residents in Southern regions to come north to spend the winter for their health, and we confidently predict that the time will come when the movement of Southern people to the North to enjoy the blessings of frosty weather, will be nearly as great as the present emigration to the South on the part of the Northern people at the beginning of the winter season. There is life, energy, blood purification, and general physical renovation in cold, frosty air, which is too little appreciated by most people.

* * *

THE Battle Creek Sanitarium affords an excellent winter resort for all classes of patients except pulmonary invalids. Patients who have weak or diseased lungs will find Guadalajara, Old Mexico, or Boulder, Colorado, choice locations for the winter. At both the places mentioned are establishments under the same general management as the Battle Creek Sanitarium, at which invalids can obtain the best of care and treatment while enjoying the unequalled climatic advantages of those favored locations. Both Boulder and Guadalajara enjoy almost perpetual sunshine during

PUBLISHERS' DEPARTMENT.

the winter season. Boulder and Guadalajara have the same altitude, but the former locality being some thirteen hundred miles farther north, has, of course, a lower average temperature, and is occasionally subject to snow and wind storms. This is no disadvantage to invalids who are strong enough to endure such weather changes—in fact, many invalids are to a certain degree benefited by these changes. Guadalajara, while being free from frost, snow, and high winds, is especially favorable for invalids who cannot endure the severe cold of Northern regions, and yet need the atmosphere of a high altitude. To live a mile up in the air is the best prescription for a consumptive. The best mile-high resorts we know of are Boulder and Guadalajara. Those who may be interested in these winter resorts should address the Colorado Sanitarium, Boulder, Colorado; or D. T. Jones, No. 109 Calle del Carmen, Guadalajara, Jalisco, Mexico.

* *

THE publishers, as well as hosts of other friends, were glad to greet recently Mr. William Arnold, who has done more traveling abroad within the last five years than any other American with whom we are acquainted. Mr. Arnold left this country about five years ago for New Zealand. After introducing our health literature in that country, he passed on to Australia, thence on through India to England, finally returning to this country. For the last three years he has been engaged in the West Indies, where he has sold many thousands of copies of "Man, the Masterpiece," "Ladies' Guide," "Home Hand-Book," and other health works. Mr. Arnold has enlisted for life in the work of promulgating health principles as an itinerant bookseller, and we know of no one whose qualifications for this kind of missionary work are better, or who leaves behind his work a more excellent influence.

* *

UNCONSCIOUS POISONING.—An old physician of Chicago remarked the other day, "Thousands of people are poisoning themselves daily with tea and coffee, without knowing it. A great number of nervous maladies and indigestion in various forms, are the result of the deleterious effects of the poison of tea and coffee upon the system. I myself made the discovery a good many years ago, that the headaches from which I had suffered for years, were due to the use of tea and coffee. I found that whenever I took a cup of strong coffee, I had a headache as the result, and I had headaches now and then in spite of what I considered my great moderation in the use of tea and coffee. I concluded to dispense with them altogether, and when I did so, my headaches disappeared and did not return. I have cured scores of chronic headaches by forbidding the use of tea and coffee." Caramel-Cereal is a perfect substitute for tea and coffee. It is aromatic, delicious to the taste, and so nearly resembles coffee as to be easily mistaken for veritable Mocha, although, of course, not by a connoisseur.

NATIONAL HIGHWAYS.—Colonel Albert A. Pope, who has done such grand work for the national good-roads cause, writes:—

"It would be a good thing if the Government would extend the good-road work in the Department of Agriculture and build the great national highways. Then, if the States would follow the example of New Jersey and Massachusetts and build State roads, leaving to towns and cities the streets, we would, in the course of time, develop a system of highways not excelled by any in the world. It has got to come. Perhaps we may not see it, though I hope to. Horses have seen their best days. Electricity and bicycles have partially done away with their use, and before this century expires, practical motor carriages will be in use. Then the demand will be for still better roads and good roads in all directions, and the poor old horse will be relegated to the country, where he belongs."

* *

THE ATLANTA EXPOSITION.—The attention of the public is called to the fact that the Public Comfort Department of the Atlanta Exposition Company is now in shape to assign people to accommodations, either at hotels, boarding houses, or private residences, and is anxious to assign as many people in advance as possible, in order to facilitate the handling of large crowds. With this in view the public is invited to address Alex. W. Smith, Chief, at 38 Wall Street, stating when they desire accommodations, for how many people, and at what rates, and the necessary information will be given by return mail. There will be no charge for such information. The following rule governs when engagements are made in advance: "When definite engagement is made for accommodations in advance, at least one day's rate for each person shall be paid before such reservation is binding. The said advance payment will be forfeited and said accommodations reassigned unless parties claim the room during the first twenty-four hours of the engagement." Monday, October 14, has been designated as American Newspaper Publishers' Day, in honor of the heavy weights of the profession. Mr. William C. Bryant, of Brooklyn, Secretary of the Association, has been notified and requested to invite all the members of the Association. This brings the publishers to Atlanta the middle of October when the Exposition and the weather will be at their best.

* *

"THE CRACK TRAIN OF THE WORLD."—A prominent New York merchant and importer of leather goods said in our hearing the other day: "I have traveled all over Europe and America, and I consider the train which leaves Chicago every day at 6:30 P. M. for St. Paul and Minneapolis, via the Chicago, Milwaukee & St. Paul Railway, The Crack Train of the World." In this statement thousands of others heartily concur.



GLYCOZONE

Both Medal and Diploma

Awarded to Charles Marchand's Glycozone by World's Fair of Chicago, 1893, for its Powerful Healing Properties.

This harmless remedy prevents fermentation of food in the stomach and it cures:

DYSPEPSIA, GASTRITIS, ULCER OF THE STOMACH, HEART-BURN, AND ALL INFECTIOUS DISEASES OF THE ALIMENTARY TRACT.

HYDROZONE

IS THE STRONGEST ANTISEPTIC KNOWN.

One ounce of this new Remedy is, for its Bactericide Power, equivalent to two ounces of Charles Marchand's Peroxide of Hydrogen (medicinal), which obtained the Highest Award at the World's Fair of Chicago, 1893, for Stability, Strength, Purity and Excellency.

CURES ALL DISEASES CAUSED BY GERMS.

GLYCOZONE is put up only in 4-oz., 8-oz. and 16-oz. bottles, bearing a yellow label, white and black letters, red and blue border, with signature.

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Charles Marchand

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BATTLE CREEK (MICH.) SANITARIUM

HEALTH FOODS



ESTABLISHED 1876

Food Cure for Constipation.

AN inactive state of the bowels is one of the most common causes of many serious maladies. Chronic headache, biliousness, hemorrhoids, backache, and perhaps more serious constitutional ailments, may be readily attributed to habitual constipation.

**MINERAL WATERS, LAXATIVES, "AFTER-DINNER" PILLS, DO NOT CURE.
ORIFICIAL SURGERY DOES NOT CURE.**

Constipation is due, in the majority of cases, to errors in diet, and hence can be best cured by diet. An excellent remedy for this common malady has been found in **Granose**, a new food recently invented at the Battle Creek Sanitarium, where it is extensively employed as a food remedy in many forms of indigestion, especially in cases of constipation.

GRANOSE CURES CONSTIPATION,

Not by producing a laxative effect, but by removing the cause of the disease. Granose is prepared from wheat. It is not a medicine, but a food so delightfully crisp, delicate, and delicious that everybody likes it. **Try it.**

A well-known Boston merchant writes of Granose: "The Granose is splendid; everybody is after it at our table."

SANITARIUM HEALTH FOOD CO., Battle Creek, Mich.



J. FEHR'S
"COMPOUND TALCUM"
"BABY POWDER,"

The "Hygienic Dermal Powder" for Infants and Adults.

Originally investigated and its therapeutic properties discovered in the year 1868 by Dr. Fehr and introduced to the Medical and the Pharmaceutical Professions in the year 1873.

COMPOSITION —Silicate of Magnesia with Carbolic and Salicylic Acid.
 PROPERTIES —Antiseptic, Antizymotic, and Disinfectant.

USEFUL AS A GENERAL SPRINKLING POWDER,

With positive Hygienic, Prophylactic, and Therapeutic properties.

GOOD IN ALL AFFECTIONS OF THE SKIN.

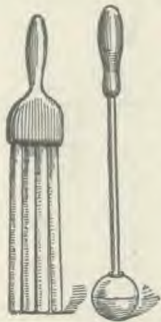
Sold by the Drug Trade generally. Per Box, plain, 25c.; perfumed, 50c.; Per Dozen, plain, \$1.75; perfumed, \$3.50.

THE MANUFACTURER:

JULIUS FEHR, M. D., Ancient Pharmacist,
MOBOKEN, N. J.

Only advertised in Medical and Pharmaceutical prints.

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SIMPLE, cheap, and efficient instruments for securing some of the effects of massage. By their habitual use one can obtain most beneficial results without the aid of an expert.

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SANITARY AND ELECTRICAL SUPPLY CO.,
 Battle Creek, Michigan.



CANNON BALLS are effective in combating certain forms of disease, as well as in destroying life. An eminent German physician discovered a few years ago that by means of a cannon ball covered with leather a patient suffering from inactive bowels may often effect a cure by the regular use of the cannon ball, rolling

it along the course of the colon, beginning low down at the right side. This remedy has been in successful use for many years at the Battle Creek Sanitarium.

Send for Catalogue. **SANITARY AND ELECTRICAL SUPPLY CO.,** Battle Creek, Mich.



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A THOROUGH SCHOOL for young men and young women. COMPLETE COURSES OF STUDY, Scientific and Classical, SPECIAL COURSE arranged for those whose time is limited.

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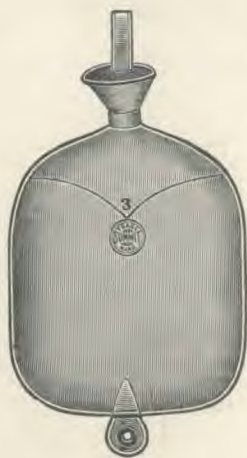
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Illustrated Catalogue, containing Courses of Study and full information, sent free.

Address **W. T. BLAND, Principal,**

HOT-WATER BAGS.

As a foot-warmer, or for applications of either moist or dry heat, this bag is invaluable. For moist heat, wring a flannel cloth from hot water, and lay on the bag. It is a durable article, and one not willingly dispensed with after once using.



Style A.
WHITE RUBBER.

STYLE B. FLANNEL COVERED.

The same bag covered with flannel or sateen, which to many makes it much more agreeable as a foot-warmer.



Style B.
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SPINE BAGS.



RUBBER SPINE BAGS. Very strong and durable; essential in the treatment of some forms of Dyspepsia, Spinal Irritation, and many nervous diseases.

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SANITARY AND ELECTRICAL SUPPLY CO., Battle Creek, Mich.

PERFECTION VAPORIZER.



A New Instrument which has No Equal as a Means of Applying Medicaments to the Nose, Throat, and Lungs.

The **Perfection Vaporizer** has the following advantages over all others:—

1. It furnishes a continuous stream of medicated air, without the necessity of continuously working the bulb.
2. By its aid, medicated air may be introduced into the nasal cavity with sufficient force to cause it to enter the ears, frontal sinuses, and other connecting cavities.
3. It permits thorough treatment of the coats of the nose and throat at the same time, and so economizes time.
4. It is strong, does not upset easily, is durable and efficient. It embodies all the good qualities of any other volatilizer or vaporizer in addition to the above.

The **Perfection Vaporizer** is indispensable in the successful treatment of **Colds, Bronchitis, Nasal and Throat Catarrh**, diseases of the **Ears**, and in all other affections of the nose, throat, and lungs.

PRICE, \$3.

MODERN MEDICINE CO., BATTLE CREEK, MICH.

Kumyzoon

A DEFINITE
AND STAPLE
PRODUCT

SCIENTIFICALLY PREPARED FROM STERILIZED MILK
BY MEANS OF A SPECIAL AND DEFINITE LACTIC FERMENT.

It has the following advantages over kumyss:—

- 1st. Uniform quality. 2d. Agreeable flavor. 3d. Keeps indefinitely.
4th. Always agrees with the patient. 5th. It does not require a tap for its use.

The cork of the bottle is withdrawn by an ordinary cork-screw; then by restoring the cork and shaking the contents and pouring into a glass, the same effervescent beverage is obtained which is represented in the very best specimens of kumyss in which the most fortunate results have been realized.

Kumyzoon is especially useful in the following conditions: Fevers, migraine, nervous or sick headache, biliousness, coated tongue, torpid liver, anæmia, chlorosis, dilatation of the stomach, nervous exhaustion, loss of appetite, emaciation, infectious jaundice, and in fact, almost every condition in which correction of a septic state of the alimentary canal is required, or in which enforced nutrition is desirable.

Kumyzoon is the food *par excellence* for Indigestion, Neurasthenia, Consumption, Dropsy, Bright's Disease, Diabetes, and all wasting maladies.

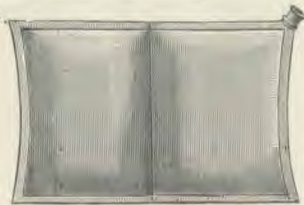
Its pure, acid flavor, unmixed with any nauseating decomposition, is appetizing and refreshing. Its rich, creamy consistency satisfies without clogging; it allays irritation in the stomach, promotes gastric digestion in cases of apepsia, and seems to be more readily assimilated than any other food.

Keeps indefinitely in a cool place.

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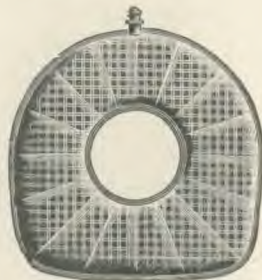
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Air pillows are always cool and restful. They can be adjusted at will. Just the thing for camping out or traveling. Can be packed in small space by letting the air out.

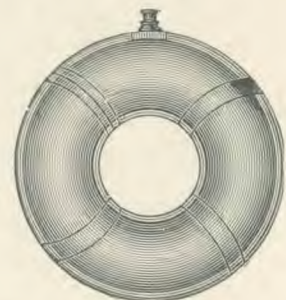
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These cushions are made with special reference to hospital use. They are extra strong.

INVALID AIR CUSHIONS.

These cushions are unsurpassed in the comfort they afford to very thin persons in sitting, and are also essential as a means of preventing the formation of bed-sores.



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Special Announcement.



GOOD HEALTH LIBRARY.



THE publishers of "GOOD HEALTH" propose to begin at an early date the publication of a series of small tracts and booklets under the general title, "THE GOOD HEALTH LIBRARY." The following is a partial list of the numbers in preparation:—

Household Germs.

Combating Germs in the Sick-Room.

A Toothless Race.

The White Plague.

Death in the Pot.

Our Hidden Foes.

The Smoke God.

Bad-Air Maladies.

The Troglodytes.

A Modern Moloch.



The publishers of "GOOD HEALTH" also desire to announce their expectation to publish at an early date, a series of vegetarian leaflets, and also several small booklets, of which they hope the following may appear soon:—

Consumption, Its Cause and Cure.

Recent Revelations of Science about the Stomach and Its Maladies.

Biliousness, Its Cause and Cure.

Other works in preparation are the following:—

The Hygiene of the Bible and Bible Times.

A Health Primer (illustrated).

Fashionable Deformities (illustrated).



GOOD HEALTH PUBLISHING CO., Battle Creek, Michigan.

Bromose

.... Makes Fat and Blood.

BROMOSE, an exceedingly palatable food preparation, consists of cereals and nuts, in which the starch is completely digested, the nuts perfectly cooked, and their fat emulsified. It is thus ready for immediate assimilation. It is the most easily digested and most fattening of all foods, and at the same time rich in proteids, and hence **unequaled as a tissue builder.**

BROMOSE makes fat and blood more rapidly than any other food. It is the food par excellence for blood, brain, and nerves. Invalids whose troubles are due to the fact that they cannot digest the starch of cereals and vegetables, find in **BROMOSE A PANACEA.**

BROMOSE is rich in salts, as well as proteids and food elements. It is excellent for invalids who are thin in flesh, those who cannot digest starch, old people, feeble infants, consumptives, convalescents, fever patients, neurasthenics, and those who wish to **gain in flesh.**

SANITAS FOOD COMPANY, = = **Battle Creek, Mich.**

SOMETHING
NEW and

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Antiseptic - Digestive Tablets.

GOOD for
INDIGESTION.

MODERN bacteriological investigations have shown that most of the disorders of digestion are due to microbes, and that disease of the liver, kidneys, and many other organs, is the outgrowth of the contamination of the blood and tissues with the poisonous products of germ action upon the food.

The ingredients of which these tablets are composed constitute the most valuable known means of establishing an aseptic condition of the stomach and intestines. The great objection to their use heretofore has been the inconvenience of their administration. The discovery of a special form of vegetable charcoal, and of the method of combining it with other valuable ingredients, has enabled us to overcome the objections heretofore existing, and to present these most valuable

agents in an efficient and agreeable form. These tablets, while they contain no foreign substances or excipient whatever, may be taken as easily and agreeably as a caramel.

Antiseptic, Deodorant, Digestant.

These tablets, used in connection with a properly regulated dietary, form the most efficient means of affording relief for nearly all forms of indigestion, whether involving the stomach or intestines.

Antiseptic-Digestive Tablets cure sour stomach, or acid fermentation, heart burn, bloating, flatulence of the stomach or bowels, foul tongue, bad breath, "nasty" taste in the mouth, biliousness, sick headache, nervous headache, constipation, and a variety of other conditions growing out of the action of microbes in the stomach and intestines.

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Not a "Pleasure Resort," but an unrivaled place for chronic invalids who need special conditions and treatment not readily obtainable at home.

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