

January, 1890

GOOD



DEEDS

CONDUCTED
BY

J. H. KELLOGG M. D.

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A MOORISH WOMAN OF TANGIERS.

(SEE HAPPY FIRESIDE.)



BATTLE CREEK, MICHIGAN.

JANUARY, 1890.

INTERNATIONAL HEALTH STUDIES.

BY FELIX L. OSWALD, M. D.

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

9. — Northland Nations.

It has been remarked as a curious ethnological fact, that nearly every international war ends with the victory of a northern nation over its southern neighbors. North of the equator the history of the last two thousand years certainly offers but few exceptions to that general rule. Persia conquered Egypt, Greece vanquished Persia, Rome prevailed against Carthage, against all Western Asia and Southwestern Europe, but was in her turn overmatched by the iron strength of the hyperborean warriors. A North-German state has wrested the crown of empire from all its southern rivals; a North-Italian dynasty wields the scepter of Rome; North-Russian rulers have become supreme in the land of the Muscovites; and a North-African prince has extended his dominions to the center of the Dark Continent. The Goddess of Victory seems to prefer a crown of icicles.

Is frost a panacea? Judging from the ethnological characteristics of the temperate zone alone, we should, indeed, be warranted in assuming that vigor, health, energy, manliness, and longevity increase with the distance from the equator. But that rule holds good only to a certain degree of northern latitude, or rather to an isothermal line running from the sixtieth parallel in Western Finland to the fifty-fifth in Northern Asia and Central North America. Beyond that line the degeneration of the human species is quite as rapid, both morally and physically, as south of the thirtieth parallel; and comparing the habits of the nations on both sides, we can formulate the result in the conclusion that the best natural invigorant is frost,

combined with out-door exercise and, at least partially, a vegetable diet. The enforced inactivity incident to the snow-blockades of the long Arctic winter, and the blubber and train-oil diet of the polar troglodytes seem absolutely incompatible with the moral and physical ideals of human development; but up to the climatic parallels of northernmost Europe every subtraction from the average of yearly temperature seems to lessen the risk of degeneration. The North-Scotch highlander despises the effeminacy of the South-England lowlander very much as a North-Italian mountaineer abhors the vices of a South-Italian lazzaroni; and only an abundance of political liberalism and local privileges reconciles the hardy Norwegian to the rule of his Swedish neighbors.

Nominally, Norway is still a "kingdom," but it would be difficult to say where, practically, there has ever been a more democratic country in the world. Peasant and nobleman, scholar and laborer, meet on a footing of absolute equality, and a traveler used to the slavish diffidence of the country population in Eastern Europe is amazed to hear Scandinavian farmers and fishermen discuss questions of politics, and often also of social ethics and religion, with the utmost freedom, and with a calmness of self-assertion confirming Goethe's dictum that "true manhood inspires a courage of intellectual competence."

"Few words and loyalty to promises," is a Norwegian motto, which has its analogue in the national spirit of hospitality, combined with an unconquerable aversion to ceremonialism. The landlord of a rustic



WOMEN OF STAVANGER, NORWAY.

inn in the Norwegian highlands will rise to shake hands with his guests,—ladies and all,—and then leave them to make themselves at home, without troubling himself about formalities of introduction or stereotyped compliments; but the same rough-and-ready welcome would be extended to a penniless wayfarer whom *Monsieur le Propriétaire* of a fashionable French hotel would chase out at the muzzle of a shotgun. Statistics are now and then quite as deceptive as manners. The morality of the Scandinavian peasants was long supposed to rank very low, on account of the fact that the percentage of illegitimate births was higher than almost anywhere else in Europe; but as the philosopher Lecky justly observes, “Few fallacies can be greater than the method so popular among modern writers, of making such estimates a basis for judging the morality or immorality of a nation.” In the first place, professional vice is almost unknown in the rural districts of Sweden and Norway, and at the same time the desire to abolish pauperism has induced the legislators of many isolated communities to discourage early marriages in every possible way. But the principal cause is one which has led to similar results in many parts of German Austria, Switzerland, and Denmark, viz: a growing indifference to the ceremonies of the clerical marriage rite. In Catholic France, considerations of economy induce thousands of indigent workmen to dispense with the rite of extreme unction, and with

the same calm unconsciousness of immoral motives the hard-working, and often rather hard-headed, peasant of a Scandinavian highland valley will conclude to save the parson's fee and celebrate his wedding in a strictly secular fashion: with a dozen good neighbors, a minimum of speech-making, but possibly a little more than a minimum of *brandevin*.

King Alcohol has extended his sway beyond the borders of the Arctic Circle, and in Scandinavia his yoke bears rather heavily on the poor country-population; but the same manful common sense that inclined the rustics of the stern old Northland to espouse the doctrines of the Protestant revolt has made them emulate the earliest pioneers of the anti-poison crusade. As early as 1838, the traveler Laing, in his “Tour in Sweden,” reported that “the best informed individuals attribute the extraordinary increase of crime to the excessive drunkenness of the lower classes, and admit that the evil of intemperance is destroying the very race, physically as well as morally.” The first committee of inquiry, appointed by the national Diet of Sweden, indorsed that verdict in the following remarkably plain language: “The researches of the philosopher and the honest feelings of the illiterate man have led them to the same conclusion, viz: that the comfort of the Swedish people—even their existence as an enlightened and industrious



BOY AND GIRL OF THE LAWERGRAND (NORWAY).

people — is at stake, unless means can be found to check the evil. * * * * It might be said that a cry of agony has burst forth from the hearts of the people, and an appeal and prayer made to all having

influence in the fate of the country, for deliverance from a scourge which previous legislators have planted and nourished."

That tremendous indictment of the liquor-traffic could not be wholly ignored, even by the hired attorneys of the rum-sellers, and bore its fruit in the restrictive legislation of the "Gothenburgh System," which combines the chief features of our own "high license," and "local option" plan, and which in less than five years reduced the number of distilleries from 44,000 to 4,500, and the annual product from 26,000,000 gallons to 6,900,000. But the spirit of reform once aroused, did not stop at those results, and by the aid of auxiliary legislation the number of licensed distilleries was finally reduced to 457; in other words, nearly ninety-nine of a hundred of those poison-factories were inexorably stamped out of existence.

Similar reforms have regenerated the seaport town of Norway, and their failure in Denmark must be attributed less to the moral callousness of the natives than to the influence of international traffic and the facilities for smuggling in spirits from the alcoholized south-coasts of the Baltic. Drunkenness, in spite of legal amendments, is still sadly prevalent on the islands of the Danish Archipelago; but in many other respects the sea-roving Danes have well preserved the characteristics of their heroic ancestors, and their worship of physical prowess is surpassed neither in our western border States nor in the "wrestling counties" of Old England.

The notion that a bleak climate must necessarily reflect its gloom in the disposition of those existing within its precincts, is strikingly refuted by the social habits of the Danish farmers and mechanics. The passion for merry-making—quite aside from alcoholic revels—can hardly have been surpassed among the festive nations of ancient Greece. The Danish artisan will work sixteen hours a day to save the price of an admission-ticket to a Saturday-night ball; Danish farmer-lads will wade ten miles through snow and slush to attend a rustic reunion or hear a celebrated fiddler who has hired a barn in the next crossroad-hamlet.

Danish sailors endure the hardships of a whaling expedition with an ease that attests their descent from the weather-proof Baresarks of pagan antiquity; but a permanent residence in the climate of Iceland has gradually undermined the vigor of that storm-defying race. Travelers who visit the wretched fisher-hamlets scattered along the coast south of Reykjavik

would find it difficult to realize the fact that this island was once the chosen home of poetry and heroism, a nursery of buccaneers and the cradle of the Edda-bards. There are still a few good schools in the larger settlements, and the provincial capital sends out some five or six small trading-vessels; but the mass of the country population is sunk in abject poverty and squalor; content to eke out a mere animal existence, but without the physical energy and almost without the desire to improve their pitiful lot. One cause of that sad change is undoubtedly the permanent deterioration of climatic conditions. At the



SAMOIEDS.

end of the eleventh century, *i. e.*, two hundred years after the arrival of the first Scandinavian settlers, the west coast of the island was still covered with stately forests of beech-trees; but five hundred years later every trace of those woodlands had disappeared, and the climate became stormier and colder, while the natives found it more and more difficult to protect their dwellings against the fury of the winter winds, since even their turf-moors had been washed away by floods caused by the sudden thawing of accumulated snow on the now treeless uplands. Still the fact remains that the climate, tempered by volcanic fires and the main current of the Gulf-stream, is, on the whole, less severe than a thousand English miles

further south in the interior of Northern Asia; and the only possible inference is the admission of the truth that under the very best combination of mitigating circumstances the manliest tribes of the human race cannot preserve their vigor permanently north of the sixtieth parallel of northern latitude. The present population of Iceland has decreased to one half of its maximum at the end of the twelfth century; the average stature of adult males is three inches below the average of the other North-European races; their longevity fifteen years below the average of Scandinavia and North-Britain; scurvy and elephantiasis prevail to an extent unknown in any other part of modern Europe, though the improvement of domestic hygiene has reduced the mortality from the enormous maximum of twenty-nine per 1,000 in 1812, to twenty-two in 1850, and twenty-one in 1885. Still, the average of physical welfare is considerably below that of the poorest moorland districts of Ireland and Eastern Germany, and we should remember that the ancestors of those stunted fishermen were the master-race of mediæval Europe,—the adventurous, chivalrous, and heroic Norsemen, the conquerors of Sicily and Great Britain, and more than probably the first Caucasian discoverers of the American Continent.

The northernmost race that has preserved its physi-

cal vigor to any considerable degree is found in Northern Russia and Western Siberia, from the mouth of the Petchora River to the Gulf of Katanska, in the Government of Yeniseisk. The Samoieds, or Samayeski, as the Russians call the natives of those bleak steppes, are probably of mixed Caucasian and Mongolian descent, and are addicted to out-door sports with a passion that defies the fearful frosts of the North-Siberian winters. Their reindeer-herds protect them against actual famine, but unlike the Esquimaux and Yakoots, they refuse to pass the winter season in squalid idleness, and during the coldest weeks of the year, actually undertake hunting-expeditions to the hills of the frozen uplands, and train their boys in archery whenever the fishing-season is terminated by the first hard November frosts.

Their immunity from the physical afflictions of the poor Icelandic fishermen may be partly explained by the circumstance that their diet is not wholly limited to the products of the animal kingdom. In midsummer the Siberian steppe teems with berries, and in sheltered valleys the copses of stunted birch-trees are frequently mingled with hazle-nut bushes. Stores of nuts and dried whortleberries are kept in many Samoied winter camps, and undoubtedly help to counteract the cachectic effect of a permanent meat diet.

(To be continued.)

SHORT TALKS ABOUT THE BODY, AND HOW TO CARE FOR IT.

BY A DOCTOR.

Care of the Bowels.

NEGLECT of the bowels is one of the most common causes of ill health. The evils resulting from this neglect are multitudinous in number and far-reaching in character. The general prevalence of intestinal inactivity may be judged by the numberless remedies for sluggish bowels which are advertised and sold under the alluring titles of "Pleasant Purgative Pellets," "Fruit Laxatives," "Liver Tonics," etc., and the oceans of nauseating but laxative mineral water which are annually swallowed by the victims of this disorder.

One of the most potent causes of chronic inactivity of the bowels, commonly termed constipation, is neglecting to attend to the "call of nature" with punctual regularity. A healthy person of regular habits, taking his meals at regular hours, will experience the natural demand for the relief of the bowels at a regular hour each day. With some persons the bowels naturally move twice daily, but with the majority of persons the bowels will naturally incline to

discharge their contents, consisting of the residue of the food and a large amount of excretory matter thrown off by the mucous membrane, each day within an hour or two after the morning meal. Many persons, through the press of business, or merely by the force of slovenly habit, neglect to attend to this physical duty promptly, and as a consequence the lower bowel gradually loses its normal sensibility, so that Nature's voice is silenced. As a result, the excretory substances which have been thrown off into the alimentary canal by the action of the mucous membrane, are retained to be absorbed into the system, and in addition, various noxious substances of an exceedingly poisonous character, which have been generated by the action of germs of various sorts upon the elements of the food, are also taken into the system. These poisons give rise to a variety of characteristic, and often most distressing, symptoms. One of the most common of these symptoms pertaining to inaction of the bowels is headache,

which is simply a protest on the part of the nerve centers against the presence in the blood of the poisonous matters referred to. A bad taste in the mouth and an offensive breath are marked indications of the general condition of poisoning to which the body is subjected. Coated tongue and loss of appetite are also symptoms commonly present in this condition. Distention of the bowels with gas, colic pains, tenderness of the abdomen, and even peritonitis, or inflammation of the bowels, are not infrequent results of retaining within the alimentary canal poisonous substances which should have been promptly eliminated. It is no uncommon thing for a person whose bowels are habitually inactive to go about for days, in some instances for even a week or two, with the bowels loaded with fermenting and decomposing substances with which the whole body is being daily and hourly contaminated. Masses of fecal matter become impacted in the large intestine in such a manner as to completely block up the channel, and so hardened and imbedded as to be retained for an indefinite period, giving rise to most offensive and poisonous products, which are absorbed into the blood, and dispersed through every part of the body. The system of a person whose bowels are in such a condition is thoroughly poisoned throughout, and the marvel is not that he suffers a great variety of distressing symptoms, but that he is able to live at all in a condition of such profound poisoning.

A mechanical result of an inactive state of the bowels and the forcible effort often required in relieving them of dried and hardened masses, is hemorrhoids, a condition commonly known as "piles." These painful excrescences may be either "external" or "internal," or may consist of enlarged blood-vessels, thickened or vascular mucous membrane, or blood clots, due to rupture of vessels underneath the mucous membrane.

There is probably no morbid condition which has afforded so fertile a field for the patent-medicine vender as this. Thousands of unsuspecting people swallow daily the vile concoctions of nauseous drugs which are manufactured and sold under the most alluring and innocent titles. Thousands of others are equally dependent upon, scientifically compounded pills or mixtures, while a still larger multitude resort to the use of laxative mineral waters, the properties of which are commonly due to the salts of soda or magnesia which they contain.

While the various drugs and nostrums thus swallowed are variable in character as regards harmfulness, it cannot be denied that the use of any or all stimulants is in some degree to be deprecated. "Laxatives,"

"tonics," "liver pills," etc., are all so many different kinds of whips, by means of which the bowels are caused to do more work than they are really able to do. The natural result of this excessive stimulation is to produce obstinate and aggravated forms of the various conditions which the remedies were taken to relieve. One of the most obstinate cases of constipation which we have ever met was the case of an elderly man who had been accustomed to the use of laxatives during almost his entire life, having begun their employment when a very young boy. According to his statement, it was the custom in his father's family for each member to receive every Saturday from the mother's hand a liberal dose of salts. Each member of the family, from the oldest to the youngest, was apportioned his proper dose, which as age advanced was gradually increased, until in the case of the old gentleman referred to, almost any quantity of "salts" could be swallowed without any apparent effect. We have met many instances in which the bowels under this regime of stimulation had become so obtuse to the influences of things of this sort that the most powerful and drastic drugs were taken without effect. A patient who came under our professional care a few years ago had been through the whole gamut of purgatives, from castor-oil to croton-oil, and from figs and licorice powder to epsom salts, until all had failed, and as a last resort a table-spoonful of pure mustard seed was swallowed regularly every morning as the only means by which the much abused bowels could be induced to do their duty.

Inactivity of the bowels, resulting either from neglect or abuse, is such an extremely common condition that a few suggestions as to proper treatment may prove useful in this connection. First of all, as a remedy which strikes at the root of the evil, must be mentioned water-drinking. Deficient secretion is one of the conditions commonly present in chronic constipation. There is usually deficient activity of the secretory glands and the mucous membrane lining the large and small intestine, and a sluggish condition of the liver. The liberal use of water aids both intestinal secretion and liver activity. The bile is a natural laxative. Water drinking, by increasing the amount of bile, not only dilutes the contents of the intestines, but stimulates their peristaltic movements. The amount of water to be taken daily will depend upon the quantity and quality of the food taken. If the food consists largely of such liquids as milk, soups, gruels, etc., with a liberal allowance of fruit, little water need be taken in addition to that taken at the meals; but the majority of persons would be benefited by taking water in quantities of half a pint to a pint, three or four times

daily. As a rule, water is best taken warm or hot, but occasionally, activity of the bowels is more readily stimulated by a glass of cold water taken just before breakfast.

The abundant use of fruit, the use of whole grain preparations such as graham flour, whole wheat, oatmeal, etc., and the use of peas, beans, and other vegetables, when they are readily digested, are direct means of combating this unpleasant condition.

In the line of treatment, a most valuable remedy is the old-fashioned *umschlag*, a remedy devised by Priessnitz, the water-cure doctor of Graefenberg, who excited so much attention in the early part of the present century. The *umschlag* consists of a wet cloth worn about the bowels during the night. A coarse towel about a yard in length and wrung out of cold water just dry enough so that it will not drip, and then covered with dry flannel, is all that is necessary. In the majority of cases an eruption appears on the skin after the bandage has been worn for some days or weeks. The bandage should be removed for a time, when this occurs, to give the skin opportunity to heal. The *umschlag* combats inactivity of the bowels by promoting the action of the secretory glands of the intestines. Another measure of value is exercise, both active and passive. Walking, horseback-riding, gymnasium practice, are all excellent means of combating intestinal inactivity. Exercise is useful not only as a means of directly stimulating activity of the bowels, but through its influence upon respiration, which is always increased by exercise, both in respect to the number and the depth of the respiratory movements. The vigorous action of the diaphragm induced by exercise also aids the liver, promoting the secretion of bile, and thus stimulating peristaltic movements.

Vigorous beating of the bowels either with the closed hands or by means of rubber balls furnished with handles, as in the so-called muscle beater, is a form of passive exercise which is often found of great value in cases of this kind. Not many years ago an enterprising charlatan of New York City made a fortune by publishing to the world the fact that he had discovered a remedy for constipation. His patients, after being put under a solemn vow not to reveal the secret, were instructed to knead or beat the bowels for ten or fifteen minutes three times daily. A large number of cures were effected by this simple means.

Another quack has recently received considerable notoriety by advertising a sovereign remedy for most

of the ills to which flesh is heir, which is disclosed on the payment of five dollars. The so-called secret is found to be nothing more nor less than the flushing of the bowels, for the purpose of carrying off the poisonous fecal matters accumulated, and which are to be found in nearly every case of chronic constipation. Flushing is simply a large enema of warm water taken with the body in such a position that the head is lower than the hips, so that the water by gravity is made to force its way into the upper part of the colon, thus dislodging accumulations which are not reached by other methods. The amount of water required is from two to five pints. It should be borne in mind that the habitual use of enemas in any form is almost as pernicious as the use of drastic drugs, and many times the final result is to destroy the normal sensibility of the lower bowel, so that the enema or other laxative medicine becomes a permanent necessity. To obviate this difficulty, if the enema has been used for some time for the purpose of emptying the bowel thoroughly, the temperature of the water should be gradually lowered and the quantity decreased, until a small quantity of cold water will produce the same effect. Sometimes, it may be necessary to add a small quantity of glycerine, about one part in four, or a little salt to increase the stimulating effects of the injection when but a small quantity is used.

It is safe to say that proper care of the bowels, heeding promptly the slightest suggestion when there is a desire for relief, is one of the most efficient means of maintaining the body in good health. Sedentary persons, which includes most women of civilized countries, are particularly apt to suffer from inactivity or irregularity of the bowels. If all who suffer in this way would correct their habits, how great an army of patent medicine makers and venders, and itinerant quacks who travel about as "pile doctors," "official surgeons," etc., would soon starve to death for want of patronage, or be obliged to turn their attention to some more reputable business. Persons who have been habitually constipated for a long time should adopt a regular hour for attending to the relief of the bowels, and make an effort to secure a natural movement at that time, whether any inclination for so doing is felt or not. Then adopt such aids as may be necessary, and when the habit of inactivity is broken, gradually lay aside the artificial aids employed, until matters become established upon a natural basis.

THE SPARE BED.

THE following article, found without credit in one of our exchanges, while quite severe upon the traditions of the average housekeeper concerning the "spare room," is, in our opinion, scarcely overdrawn:—

"Who first called them 'spare beds?' Why didn't he name them 'man-killers' instead? I never see a spare bed without wanting to tack the following card on the head-board:—

NOTICE!

THIS BED WARRANTED

TO PRODUCE

NEURALGIA, RHEUMATISM,
STIFF JOINTS, BACKACHE,

Doctors' Bills, and Death!

"When I go out into the country to visit my relatives, the spare bed rises up before my imagination days before I start, and I shiver as I remember how cold and gravelike the sheets are. I put off the visit as long as possible, solely on account of that spare bed. I don't like to tell them that I would rather sleep on a picket-fence than to enter that spare room and creep into that spare bed, and so they know nothing of my sufferings.

"The spare bed is always as near a mile and a half from the rest of the beds as it can be located. It's either up-stairs at the head of the hall, or off the parlor. The parlor curtains have n't been raised for

weeks; everything is as prim and stiff as may be, and the bed is as square and true as if it had been made up by a carpenter's rule. No matter whether it be summer or winter, the bed is like ice, and it sinks down in a way to make one shiver. The sheets are slippery clean, the pillow-slips rustle like shrouds, and one dare not stretch his leg down for fear of kicking against a tombstone.

"Ugh! shake me down on the kitchen floor, let me sleep on the haymow, on a lounge, or stand up in a corner,—anywhere but in the spare bed! One sinks down until he is lost in the hollow, and foot by foot the prim bed-posts vanish from sight. He is worn out and sleepy, but he knows that the rest of the family are so far away that no one could hear him if he should shout for an hour, and this makes him nervous. He wonders if any one ever died in that room, and straightway he sees faces of dead persons, hears strange noises, and presently feels a chill galloping up and down his back.

"Did any one ever pass a comfortable night in a spare bed? No matter how many quilts and spreads covered him, he could not get warm, and if he accidentally fell asleep, it was to wake with a start, under the impression that a dead man was pulling his nose. It will be days and weeks before he recovers from the impression, and yet he must suffer in silence, because the spare bed was assigned him in token of esteem and affection."

HEALTH CRUMBS.

DON'T worry.

Don't hurry. "Too swift arrives as tardy as too slow."

Simplify! Simplify! Simplify!

Do n't overeat. Do n't starve. "Let your moderation be known to all men."

Court the fresh air day and night. "O, if you knew what was in the air!"

Sleep and rest abundantly. Sleep is nature's benediction.

Spend less nervous energy each day than you make.

Be cheerful. "A light heart lives long." Think only healthful thoughts. "As a man thinketh in his heart, so is he."

"Seek peace and pursue it."

Work like a man; but don't be worked to death.

Avoid passion and excitement. A moment's anger may be fatal.

Associate with healthy people. Health is contagious as well as is disease.—*ScL.*

LONDON has now twenty-nine vegetarian restaurants, the staple articles of whose bill of fare are the cereals, the legumes, such as peas, beans, haricots, and lentils, and various kinds of fruit.

THE tobacco habit tends to make a man cowardly, irritable in temper, and low in spirits. It blunts his ideas of purity and courtesy, leading to invasion

of the rights of others. The time will come when the tobacco-user will not be allowed to force inhalation of nicotine upon the general public. What would be said of a man who introduced poison in any degree into the food or drink of his child? Is the poisoning of the household atmosphere by the ignorant, thoughtless, or selfish smoker more defensible?—*Medical Record.*



EVIL EFFECTS OF CONSTRICTION OF THE WAIST UPON THE ORGANS OF THE ABDOMEN.

(Concluded.)

BY J. H. KELLOGG, M. D.

[The following is an extract from a lecture by Dr. Kellogg, before the lady patients at the Sanitarium.]

WHEN I first began to study gynecology, it made me almost a skeptic. It seemed as though there had been a mistake somewhere, and a woman could hardly escape having some of the diseases to which she is peculiarly liable. But when I came to look into the matter more thoroughly, I saw that ample protection was provided, and that the fault was with the women themselves. Stanley, in Africa, called for a hundred porters to undertake a certain task, and he was very much astonished when that number of women appeared to assist him. He demurred at accepting their services, but was assured that they were a great deal better porters than men, and he found the unusual claim well grounded. When a Mexican Indian family is on the move, the squaw marches on ahead with the household utensils, a bundle of fuel and another of provisions, and on the top of all will be perched one or two babies; while the man trudges bravely along carrying his musket. The peasant women of Germany are inured to all manner of toil, such as is generally done by men in America, and they are almost exempt from local troubles. The women of the aristocracy, on the contrary, suffer just about as women do here. I saw peasant women carrying heavy pails of mortar on their heads, up long inclines, with their figures as straight as arrows. If, through child-bearing or accident, they receive a laceration or a serious displacement, they do not suffer as American women do under the same circumstances; and often when they go to the hospital for an operation, it is more to get rid of the inconvenience than the pain.

We hear a great deal about school-girls being injured by climbing stairs. I do not believe it. In Switzerland, the little village of Albinen is built upon a cliff one hundred feet in perpendicular height, and the only way to and from is by climbing steep ladders

set in the face of the cliff. Yet the women are not afflicted with female weaknesses, but are strong, vigorous and healthy, though they carry heavy burdens up and down these ladder-roads. Their waists have never been constricted, and their round ligaments are well developed.

In cases where the round ligaments have been stretched out, and kept stretched for a long time, the only way to right the uterus is to shorten their length by an operation. This operation I have performed eighty times, and before I begin, I can predict with great certainty just what kind of ligaments I shall find. If the patient is a woman with good general muscular development, one who has been accustomed to hard work, and has not worn tight clothing, the round ligaments will be strong; if she is weak and flabby, these ligaments will be attenuated to a mere thread, sometimes difficult to find. These last are the sort of persons who are injured by stair-climbing, jumping, lifting, etc. They lead sedentary lives; they dress unhealthfully, and exercise spasmodically. Perhaps they will go to a ball and dance half the night, and the violence of the exercise may strain these ligaments so severely that they will break or stretch beyond recovery, and the uterus turns back in the pelvic cavity, never to return without assistance.

What is needed for the development of the round ligaments is a proper education of the abdominal muscles. Retroversion is very common among young women who have never borne children. It is not so remarkable in those married women in whom the uterus has failed to return to its natural size after childbirth, and being heavy, imposes too great a strain upon the ligaments, so that they fail to keep it in place. Cases of retroversion have been treated with pessaries and all sorts of appliances, but with

only very rare success. The only cure for chronic cases is by means of an operation. Fortunately the operation is not dangerous, but it is a great deal better to have the round ligaments so well developed that there is no need of an operation. In ninety-nine out of every hundred cases, the development is so imperfect that they are of no use when any unusual pressure is brought to bear upon them.

Tight lacing is largely responsible for their weakness. With the waist constricted, the round ligaments are kept upon the stretch until they lose their ability to contract. When not called upon to protect the uterus from some impending danger, the ligaments lie naturally a little relaxed. Any muscle will atrophy if continually stretched, and the round ligaments follow the usual law.

ONE OF WOMAN'S RIGHTS.

BY E. L. SHAW.

THE rights of woman, are, without doubt, many and varied, and she has, during the past few years, seized upon and appropriated quite a number of them. True, they were to be had for the taking, but it was no mere idle summer-day's dream,—the placing of herself alongside man as his competitor,—as she found out long ago; and attempting new and untried fields of work, she found herself constantly hampered and fettered by a false system of dress. She comes now dimly to realize that in the appropriation of her various rights she has made the mistake of too long ignoring her first great one—that of physical freedom—the right to wear a healthful untrammeling dress—which, had it been first gained, would have helped, instead of hindered, the conquest of all the others.

A few exceptions there have been, of big-brained women, who in pursuing exceptional careers felt the need of fitting, unencumbering dress, and so bravely wore it,—notably Rosa Bonheur and Madame Dieulafoy,—but, absurd as it may seem, woman's battles in life have been, so far, mostly fought, and her victories mostly won, in full toilette,—if not in bonnet and coiffure, still in curl papers and corsets, high-heeled boots and trailing skirts!

But, as all the conveniences of life are born of our needs in one direction or another, we look out and on, and hopefully think there is coming an era of deep breathing and of unrestricted physical movement for women. If nothing else will, the imperative need of the business woman must bring both. Meanwhile, the examples of the woman artist and the woman explorer familiarize us with the idea of a radical change; while the stout shoes and leggings, short cloth skirts, serviceable jackets and caps, and leather gloves, now almost universally worn upon botanical and similar excursions, as well as the common-sense garments worn by young women throughout the country, either in practicing or teaching physical exercise, are always before our eyes as object-lessons in dress-reform.

The subject of a convenient working-dress for

business women is being agitated in certain quarters, particularly by the working-girls' societies in the eastern cities. One of the largest of these in New York City has adopted the blouse waist, and the straight, gathered skirt as the club dress of its members. But this can scarcely be *the* coming business dress, for while with skirt of usual length it might do fairly well for a purely in-door dress, what provision does it make for street traveling, by which a woman can easily and comfortably encounter all sorts of weather,—as a wage-earner must,—rain or snow, maybe, overhead, and mud and slush beneath her feet? The following, from one of these same wage-earners, whose work requires that she shall be out-of-doors a great deal, no matter what the state of the weather, voices the common grievance of all working-women:—

"My condition when it storms is positively pitiable. I must hold up my umbrella, grasp my skirts with one hand to try to keep them out of the wet,—which, by the way, never does succeed in keeping them out of it entirely,—and whatever books, papers or parcels I may have to carry must be tucked insecurely under the arm. I have passed men plodding about in the rain, and almost wept from envy. Their trousers are turned up quite out of the danger of the wet, their long mackintoshes have deep pockets that will hold all their parcels and papers, and they have both hands free for their umbrellas, and they can step into their office, lay aside their outside wraps and be as neat and dry as when they left home. Let any woman walk through a windy rain, and see if she can say the same thing when she arrives at her destination."

The length of skirt is an evil for whose remedy but little provision is, as yet, thought of. It should certainly be short enough and scant enough to be well out of the way while at work or in the street, and should be supplemented by waterproof gaiters reaching at least half way to the knee, thus combining free movement with immunity from wet ankles and drabbed skirts.

THE HAPPY FIRESIDE

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

AN UNFORTUNATE NEW YEAR'S GIFT.

We had always considered Pawkins eccentric, but we never for a moment thought that he would prove such a pilferer. This we learned in a somewhat remarkable manner.

The head of the firm of attorneys-at-law in Bedford Street, in whose services we were employed, was accustomed, on New Year's eve, to call us, one by one, into his private office, and after having inquired into the welfare of ourselves and families, and expressed a wish for our future prosperity, to hand us our week's wages along with a very respectable present. It happened, on one such occasion, that the office door was left ajar, and so it was that we overheard the whole of the conversation between Mr. Bowser and Pawkins.

"Well, Mr. Pawkins," said the head of the firm in his most affable way, "the New Year is upon us, and as I like to have my employees greet it with pleasure, I present you with this little gift."

Pawkins's eyes beamed with gratitude, and he murmured his thanks.

"Yet I thought," resumed Mr. Bowser, "that you would pardon me if instead of the usual gift I gave you something of this kind."

Saying these words, he brought to light a beautiful turkey, which he was about to hand over. But the sight of the festive bird had a very singular effect upon Pawkins. The smile on his face gave place to amazement, while like an embarrassed young girl, he blushed to the roots of his hair.

"Why don't you take it?" exclaimed Mr. Bowser, impatiently, as Pawkins, who was shuffling his feet, showed no desire to accept the gift, but looked around uneasily, seemingly waiting for befitting words to express his thanks. In silence Pawkins reached for the fowl, though in such a hesitating way that it fell to the floor. Quickly stooping to pick it up, his head met his patron's with a resounding bump, as Mr. Bowser had also bent over for the same purpose.

"What in the world possesses you to treat my gift in such a way?" growled Mr. Bowser.

"I beg your pardon, sir; but I—"

"But what?"

"I mean you are so kind to—"

"All right, if you are really grateful; but I tell you, it is a very unpleasant manner of showing it. I do not like it, Mr. Pawkins. That is all."

Alarmed, poor Pawkins made his departure backward, not, however, without stumbling over the mat, and again letting the turkey fall to the floor. Recovering it, he resumed his place at his desk with much confusion, and hid the bird in some recess.

Whatever the reason be, Pawkins was apparently in a very disagreeable humor, and as we were leaving the office he was busily engaged in concealing his gift under his great-coat, as if he disliked being seen carrying it.

Of course this incident afforded a rich topic of conversation among us as we met a little later at a restaurant before going to our lodgings. Pawkins never honored us by his presence at these gatherings, and in our speculations as to the reason, we had hit upon the idea that perhaps he was the only support of a widowed mother, and needed to economize his earnings in every way. What fostered this idea was the manner in which he ate his lunch, and the articles of which it was composed,—frugal, indeed, to us, who always resorted to an abundant restaurant fare. His breakfast, which he brought with him, consisted of bread and fruit eaten in a secreted way while reading his paper. Then, too, he did not look as if blessed by much of this world's goods, for though neatly dressed, his clothes were plain and not of the latest cut. This made his refusal of Mr. Bowser's gift seem only more peculiar, and we who were more or less familiar with Pawkins's eccentricities, could not account for this last freak; and so we gave it up as one of the unexplainables.

Pawkins should have hurried home, this New Year's eve, as was his custom; but to-day he was exceptionally slow. The streets were thronged with people hurrying to and from the brilliantly lighted shops, buying and admiring the holiday goods. But the joyousness of the occasion found no echo in Pawkins's breast. On the contrary, his face expressed the darkest kind of dissatisfaction. Soon his steps were arrested by the crowd gathered in front of a game market, where fish and fowl of every description were displayed. The sight seemed to present an idea to him, for his face brightened, and he quickly made his way to the counter, where he essayed to attract the attention of the proprietor. The latter was so busy with his customers, however, that he did not notice Pawkins, who, tired of waiting, seemed to give up his intention.

A little farther on there was another market, and not discouraged by the ill success he had just met, Pawkins again endeavored to speak with the proprietor. But just as an opportunity presented itself, a policeman elbowed his way to Pawkins's side, and stood watching him closely. This disturbed Pawkins so much that he entirely forgot his purpose, and withdrew, muttering a few unintelligible words.

Hastening his steps as if he knew he was pursued, Pawkins in his confusion went in the opposite direction from his lodgings. But he was soon obliged to retrace his way, as it was rapidly growing dark. This, with the now deserted by-streets, seemed to inspire him with another plan; for as he drew near the end of a short, dark, and seemingly deserted alley, he turned in at an open gateway. "So be it," said he, and was about to place his New Year's gift on the house steps. Just then he perceived, appearing from the opposite direction, the policeman who had scrutinized him so closely at the market. Pawkins, keeping his turkey, made away at great speed, closely followed by the policeman. The chase lasted for some time, when the man of the law saw the object of his pursuit trying to hand a bundle to an old man. So a few minutes later Pawkins was in the custody of the police, who hustled him along, in a very undignified way, to the police-station, while with one hand he deprived him of his burden, the turkey.

At the police-station Pawkins was held as a suspicious-looking tramp who had become the owner of a turkey by stealing it. The officer gave evidence as to the strange conduct of the accused at the market, his anxiety at being observed, his embarrassment and flight, and his arrest just as he was about to hand his booty to a supposed accomplice.

Never before had Pawkins found himself in such a

position. He recognized at once that appearances were against him; but he trusted in his innocence, and to the questions of the magistrate answered that the fowl was given him as a New Year's present, but for certain reasons, which concerned nobody but himself, he did not wish to keep it, so had tried to sell it, and not succeeding in that, had tried to give it away. And that was why he had been arrested. This story, whose authenticity seemed doubtful, did not appear to impress the chief-of-police, and caused a great deal of merriment among the other officers. Pawkins, who was tired, chilled through and through, and shaking as with an ague fit, did not by any means, with his anxious face and shabby clothes, leave the impression of a man who had turkey to give away. At that moment four of the guards brought a stupidly drunken and very noisy man into the station, and Pawkins's examination ceased abruptly, and he was sent to a cold, dark, and damp cell. Here he found sufficient time to contemplate his situation,—thoughts not the most pleasant. His convictions told him "I cannot be punished for wishing to do as I pleased with my own property;" but the barred door, the chill of the prison air, and the cold, damp stones brought him back to face reality. The anxiety his absence would occasion his family also distressed him, and he passed a sleepless night in his strange quarters.

* * * * *

ON the New Year's morning following the event we have just related, Mr. Bowser felt very happy, and could be heard laughing aloud in his comfortable dining-room in his mansion in Ludbroke Square, when the door-bell rang.

"Some one by the name of Pawkins, sir," announced the servant.

"Bless my soul!" said Mr. Bowser, "What in all the world can he want here? Well, tell him to come in."

"Beg pardon, sir, but it is n't a him; it's a she."

More explanations could not be given, for in walked a young lady, who upon taking the chair offered her, began to weep.

Nothing could move Mr. Bowser more than that expression of sorrow. Whenever one of his employees fell under his disapprobation, all the poor fellow needed to do was to wipe his eyes, when he would immediately be forgiven. We can then understand Mr. Bowser's consternation at the affliction of so fair a guest, and during the interval in which he tried to calm and comfort her, his vexation with Pawkins was completely washed away. It was some time before he came fully to understand the situation, as Miss Pawkins's narration was often broken by sighs

and other tokens of distress; and his indignation can be better imagined than described when he learned that one of his employees was in jail for stealing a turkey presented as a token of good will from himself.

Mr. Bowser at once hastened to the police-station, closely followed by Miss Pawkins, who had but just received word from her brother of his unfortunate predicament. They found Pawkins sitting on a low bench in the guard-room, his face in his hands, and his whole attitude bearing tokens of grief and despair. With his retiring disposition, and because of the peculiar circumstances connected with the gift of the turkey, he had not dreamed of appealing to his patron. His face was therefore a comical mixture of delight and dismay at the entrance of his sister and Mr. Bowser. The latter, however, greeted him so cordially that all fears of his displeasure were removed, and as Mr. Bowser's evidence, given in pretty strong language, and interlarded and rounded off with an epithet or two relative to the stupidity of the arresting officer, was sufficient to acquit him, he was soon a free man once more.

The clear morning air never seemed so pure and invigorating, and Pawkins drew many a deep breath as they all returned to Ludbroke Square; for despite of anything that he or his sister could say to the contrary, Mr. Bowser insisted on their taking breakfast with him.

And what do you think Mr. Bowser discovered during that morning meal, that gave him the key to the whole affair?—Why, Pawkins belonged to a society whose members were pledged to abstain from the use of flesh food. In fact, Pawkins was a vegetarian; but instead of boldly asserting it, and refusing the gift of the turkey, and being ashamed to carry it home, for fear of meeting some of his fellow-members, he had taken the course we have seen to dispose of his unwelcome acquisition.

And that is not all. When his superior remonstrated with him, and in the kindest words imaginable tried to show him the foolishness of that mode of living, and the ingratitude he displayed toward a kind Providence, who had in his wisdom ordained for man's needs fish, flesh, and fowl, to reject the provis-

ions of that bounty,—after all this Pawkins had the boldness to say, that with all respect toward his employer, he deemed the killing of that turkey akin to murder, and that it was entirely impossible for him, with his convictions, to make a grave-yard out of his stomach. He took it as a great infraction on morality and humane benevolence, to shorten the pleasant existence of any of God's creatures to pamper to man's unnatural appetite, since man could find in the vegetable world all that was necessary to sustain life. The enjoyment derived from the use of flesh food was far excelled by the delicacy and flavor of the luscious fruits so abundant and various in supply, and even in point of nutriment, the animal kingdom was far surpassed by the products of the vegetable. This all went to prove the intention of the Creator regarding the lower animals,—they were to be kept and cared for in man's service, but not destroyed and rended as if by wolves. To kill for nourishment, Pawkins declared, was a relic of barbarism, and revealed a cruelty of nature akin to carnivorous animals. This stream of argument Pawkins swelled by citations from authorities of the past and present learned in classical wisdom, and from chemists and physicians, poets and philosophers. On the other hand, the views of vegetarians, he added, were magnanimous, pure, humane, and in accordance with the teachings of wisdom and the laws of nature.

During this extemporaneous speech Pawkins's white face had become flushed, his form erect, his eyes bright, and he looked every inch a man, while his tongue became so loose that he spoke as if he were in his own house, and had known his master from childhood. And against all this Mr. Bowser could only utter, "By my soul! Who would have thought it!"

Thus it was that Bowser's chambermaid, who had been one of the listeners, and whose word could not be doubted, told it. It is not necessary to continue it any farther; but to this day Pawkins remains a prime favorite with Mr. Bowser, who not only has advanced him in rank, but who pays great deference to all his opinions and judgment.—*Translated and Adapted from the German.*

I do not think the Providence unkind
That gives its bad things to this life of ours;
They are the thorns whereby we, travelers blind,
Feel out our flowers.

I think hate shows the quality of love,—
That wrong attests that somewhere there is right:
Do not the darkest shadows serve to prove
The power of light?

On tyrannous ways the feet of Freedom press;
The green bough, broken off, lets sunshine in;
And where sin is, aboundeth righteousness
Much more than sin.

Man cannot be all selfish; separate good
Is nowhere found beneath the shining sun;
All adverse interests, truly understood,
Resolve to one!—*Alice Cary.*

SOME WONDERFUL TREES.

BY E. L. SHAW.

2.—The Bamboo, Bread-fruit, Cow-tree, Etc.

PROMINENT among the tropical trees famous for their beauty and their usefulness, stands the bamboo. Strictly speaking, the bamboo is not a tree, but a gigantic grass, or species of rush, which, growing together in immense clumps,—each subterranean root-stock sending up innumerable stems, often to the height of forty or fifty feet,—gives the effect of a noble tree. It is of flinty texture, with hollow, jointed stems which attain to the thickness of about ten inches, and a length, between joints, of some four or five feet. It is found chiefly in Asia and the West Indies. Its seeds constitute a food, and its young and tender shoots are cooked as vegetables, and made into sweetmeats by the European confectioner. It is related that in the year 1812 a famine in India was imminent, but was prevented by the sudden and seemingly providential flowering of the bamboo trees. When the habits of this tree are considered, that it takes thirty years for it to reach the flowering time, when it produces seed profusely and dies, this occurrence seems little short of miraculous, and it was so regarded by the natives. It is estimated that this—Nature's generous contribution—saved at least fifty thousand people from starvation.

In the industrial arts the bamboo is second to none in rank. Entire houses, with their furniture, boats, sails, cordage, telescopes, aqueduct pipes, waterproof clothing, water-wheels, fences, hats, canes, umbrellas, fans, shields, pikes and spears, paper, pipes, and much exquisitely carved work, are all manufactured from some portion of its wood or leaf fiber. The peculiar nature of this wood-fiber—comparatively light and elastic, and of the most delicate grain, yet flinty, and susceptible of the highest finish—renders its industrial possibilities, in the hands of the Chinese and Japanese, almost unlimited.

The bread-fruit tree is a lofty grower, and has broad, oval leaves nearly a foot in diameter. Its natural home is in the islands of the Pacific. Its fruit is about the size of an ordinary cocoanut or melon, and is of globular shape. It is gathered before it is fully ripe, when the fibrous pulp is white and mealy, and of the consistence of new bread. Its taste is then somewhat like that of a sweet, clammy cake; but when ripened it is juicy and yellow, and has a rotten taste. When baked, as we sometimes bake potatoes, in hot ashes, it forms an agreeable substitute for bread, as it has a slight but characteristic flavor, of which, like our food staples, one

never tires. With cocoanut milk added, it makes a delicious pudding. The soft white *tapa*, or bark cloth, so much used by the South Sea Islanders, is made from the bark-fibers of this tree.

The cow-tree is a species of evergreen found in the mountains of South America. The sap flows freely from the bark when wounded, and is of the color and the taste of milk. It is cool and refreshing, and full of nutriment. The great traveler, Humboldt, first published the virtues of this wonderful tree to the civilized world, speaking of its fluid as "vegetable milk."

The cork oak is found in Spain, Portugal, Italy, Algeria, and the South of France. The cork of com-



THE BANYAN TREE.

merce is not the entire bark of the tree, but simply the external layer of spongy, cellular tissue, which, having after a certain length of time no vital life, is of no further importance to the tree, but rather an encumbrance of which it seems glad to be rid; for it lives to a grand old age, and thrives under decennial strippings. When left to itself, it is said that after reaching the age of twenty years, or thereabouts, it periodically casts off this outer bark, and forms a new layer. These cork-trees sometimes live for a period of 150 years. The acorns they bear are eatable, and somewhat like chestnuts in taste. It is estimated that somewhere about six thousand tons of cork are annually exported.

African travelers give the diameter of the gigantic baobab tree as thirty feet, its circumference as ninety feet, and average height from seventy-five to eighty feet. It attains to a great age, many of these trees being estimated to be as old as the Pyramids themselves. It possesses an enormous stock of vitality, no ordinary external attack, not even fire, availing to injure it; and when finally it is cut down, it continues to grow in length while lying on the ground.

The fruit is a sort of monkey bread, which is eatable, the pulp being sweet and of good flavor; the juice, when sugar is added, forming a beverage with highly medicinal qualities, very useful in the pestilential fevers of that region.

It is asserted that many of the banyan trees now standing, date their existence back to the time of Alexander the Great. During its first century of growth this marvel of the vegetable creation behaves quite like any ordinary tree; it is only when its great branches have reached such a length that they are top-heavy, as it were, that their ends bend downward, taking root in the earth, thus forming pillars for the support of the parent tree. Then lateral branches shoot out from the main limbs, these again to finally droop to the earth and take root; and so this process goes on for ages, until the grand old tree covers acres of ground. Under the benevolent canopy of one of the mightiest of these trees it is said that a native prince of India, with his immense retinue of soldiers, guests and attendants, numbering in all about 7,000 persons, used to encamp in right-royal style, when on his periodical tiger-hunts.

A MOORISH WOMAN OF TANGIERS

(See Frontispiece.)

THE fine engraving which forms the frontispiece of this number represents a Moorish woman of Tangiers. The dress of the Moorish woman is extremely simple. It consists of a loose blouse of white cotton confined at the waist by a long red girdle, a pair of sandals made of camel's skin, while a profusion of jewelry consisting of slender bracelets of glass or silver, and a necklace of beads completes her costume. Their loose dress and their out-of-door life give to the Moorish women a fine physique, and their simple attire shows their fine figures to excellent advantage. Moorish women, while deprived of many of the blessings of women of more civilized nations, have a decided advantage over their more civilized sisters in the matter of inheritance, since it is the son of the eldest sister who becomes the head of the family, rather than the elder brother. The Moorish women of the towns usually lead an idle life and decay early, becoming faded at twenty, old women at thirty, and cripples at fifty, if their lives are prolonged to that period. The women of the country districts, however, are constantly occupied with labor, being trained to work from early childhood. The traveler in this part of the world may frequently see girls of twelve years of age, or under this age even, marching stur-

dily along, carrying immense water-pots, weighing with their contents not less than half a hundred pounds. These gigantic pitchers are conical in shape, terminating at the bottom in a point so small that they will not stand without support. In carrying these vessels the Moorish girl or woman rests the pointed bottle in a girdle at the loins, supporting it with one arm, and balancing the unwieldy load with a perfection attainable only by long practice.

Another occupation of the Moorish country woman is threshing quantities of grain. The grain is separated from the ears by means of wooden mallets by which the ears are beaten until the grain is loosened and separated. Dates, corn, and vegetables are the chief constituents of the bill of fare which the Moorish woman prepares for her family, and upon this simple diet they are well sustained, and are more than prepared to compete in physical endurance with the highly fed women of civilized lands. The simple diet of the Canary Islanders of the present day was doubtless derived from their Moorish ancestors, by whom their island was peopled more than two thousand years ago, and who long since became extinct as a separate race, through the cruel oppressions of their Spanish conquerors.

J. H. K.

TEMPERANCE NOTES.

STATISTICS tell us that during the last twenty-five years, the sale of beer in the United States has increased from two million barrels to over twenty-four million.

THERE are said to be 3,696 women saloon-keepers in the city of Philadelphia. For the honor of our nation, we would add that they are, without a single exception, foreigners.

THE two new States — North and South Dakota — come into the Union, each with a clause in her constitution which forever forbids the manufacture or sale of intoxicating liquors.

A WORLD'S TEMPERANCE CONGRESS is in contemplation by the representative friends of the temperance reform, to be held during the progress of the World's Fair and Exposition, in 1892.

A LATE writer from Australia says that incalculable injury to the temperance cause is done there, by

American newspapers and telegrams, which publish every triumph, small or great, of the liquor party, but give no victories whatever of Prohibition, thus giving strangers to infer that the temperance struggle in the United States is a hopeless one.

A SPECIAL Home for the reclamation of inebriated and opium-eating women, has been established at Lakeview, Ill. There have been ten acres of land purchased, and commodious buildings erected.

IT is estimated that the various religious bodies of this country, consume every year, at the communion table, about 60,000 gallons of wine. This is for the most part fermented wine, which contains alcohol.

SECRETARY PROCTOR, of the War Department, has lately abolished a beer-selling restaurant which had been established in the Department building. It was done in response to the request of the local W. C. T. U., of Washington.

POPULAR SCIENCE.

THE projected bridge, spanning the St. Lawrence river at Quebec, will be, with its approaches, nearly six and a half miles in length.

A DRESDEN watch-maker has succeeded in manufacturing a watch entirely of paper. It is said to keep good time, and is very serviceable.

THE juice of a plant in New Granada, called the "ink plant," is said to furnish excellent black ink. At first it appears red, but after being written a few hours, it turns to a deep black.

DR. NOETLING, of the Indian Geological Survey, has discovered in a mountain range of Upper Burmah, a mountain 200 feet in height and a square mile in circumference, which is composed wholly of iron ore.

A VAST railway scheme which is occupying the attention of some eminent English engineers and capitalists, is the making of a direct route to India. This railway would extend from London direct to Gibraltar, using existing lines as far as possible. At

Gibraltar, a broad-beamed boat would receive the train, and deliver it on the rails at Tangiers. From here, its course would be along the coast north of Africa, touching at Egypt, and proceeding by the Persian Gulf to Kurrachee, its eastern terminus, where it would join the Indian system.

A PLANT possessing very singular properties, has been discovered in India. It is said to entirely destroy the taste of sweetness. When its leaves are chewed, their peculiar acid completely neutralizes sugar placed upon the tongue soon after, so that it has no taste beyond that of mere grains of sand.

AN exceedingly small and curious post-office is that which has for years been in operation at the extreme point of the cape which projects into the Straits of Magellan. It consists of a cask carefully protected, and securely chained to the rocks. Passing vessels stop and take out their own letters, and deposit others. But small as it is, it belongs to the whole world, and so is under the protection of the entire naval service of the globe.



WANT OF THOROUGHNESS IN THE TRAINING OF GIRLS.

BY E. L. SHAW.

THE want of thoroughness is perhaps in some degree a national trait, and accounts for the presence among us of large numbers of foreigners, to whom, either in the capacity of superintendent or foreman, we are in the habit of giving up many of our skilled trades. We naturally associate method and accuracy with European work. Foreigners constantly bear in mind that to turn out a skilled adult artisan they must begin with the child; and therefore almost from the cradle, their children are submitted to a drill of physical iteration and reiteration of which we know absolutely nothing. Our proud boast is that our mechanics are something more than mere machines. Perhaps they are, but there is only a certain lease of life granted to each of us, and we must each take our choice of what we fill it with. Our national failing is that we crowd life with too great variety. American workmen "pick up" many of their trades. Yes, for this variety eats out so great an aggregate of our time that we are forced to make our natural swiftness of apprehension and assimilation serve us as preparation for our work in place of the time-consuming drill of the foreigner. Life, with all the rest we want to crowd into it, is far too short for *that*.

This is especially the case with woman, and a great wrong which bears more heavily upon her than upon her brother, begins in her earliest years and continues up to the time when she is tossed out into the great world to make her own way; and her own way is doubly, trebly hard to make, by reason of it. The home training of all American children is largely that of easy indulgence, and the school training is far more theoretical than practical. The boy and girl suffer in common from these conditions, until the boy is big enough to run about with his father, and watch him at his work. He watches other men at work; notes their use of the square and compass, the line and plummet, and the spirit-level, and in all probability gets thus his first lessons in order, method, and exactness. The girl does not have the benefit of this,

but gathers from the work-methods *she* watches from day to day, a far different lesson. There is, as we all know, too little of system in the average housework. Indeed, in many directions the efforts of the housekeeper are too often scarcely more than chance experiments whose results she can in no way predicate. Children note all this, and it has its own influence upon them long years before they are able to shape their impressions into words. The girl notes that in the average home there is no particular time and no particular way in which general housework must be done, and even where the most thorough-going neatness is insisted upon, any real principle of order is almost entirely unknown. The one idea alone which girls often get in early youth, that there is "no particular place" for anything, is enough to ruin their prospects for good and all, so far as a business life is concerned. Boys, too, suffer from these impressions in a certain way. Their frequent open or unexpressed contempt for housework, or for any department of woman's work, is, we feel convinced, due oftener to the unexact, unmethodical manner in which this work is performed, than to any other cause.

As the boy and girl grow up, their paths diverge yet more widely. The boy goes to an apprenticeship or to the study of a profession where promptness, method, and accuracy are alike demanded; she, if to an ordinary woman's avocation, where neither of these are specially emphasized. If she goes to learn dress-making, and has aptitude, she need give but very little time to it, because instead of being made up of a system of exact rule and measure, the trade is mostly an array of "effects." Given an ordinary knowledge of the needle, and a natural sense of harmony in color and congruity in fabric, and the trade is soon learned. Should the boy meanwhile learn the tailor's trade, the difference between his experience and hers will be the difference between the construction of a man's coat and a woman's cloak. Let any intelligent person examine the two garments closely, side by side,

and he will come to understand one of the greatest difficulties woman has to encounter in leaving her old-time employments and striking out into new business fields.

In addition, there is the bug-bear which woman has frightened herself with, frightened her daughters with, and her daughters have frightened *their* daughters with, from time immemorial: the horrible fear that in trying to learn some of this order, punctuality, and accuracy demanded in a business life, she will lose an intangible something out of her distinctive feminine character which will unfit her for the fulfillment of her womanly obligations to her home and to society. But just what she will lose out of her normal make-up that will not be greatly over-balanced by the qualities gained, we cannot imagine. Those which underlie a good business training are surely as greatly needed in the home as anywhere, and a girl's life, however brightly tinged at its outset with the *couleur de rose* of bright dreams and fancies, is pretty sure, sooner or later, to settle down into a matter-of-fact existence where food and clothes and shelter seem the most desirable things, and where business methods alone have any market value.

REMEMBER that good manners are thoughts filled with kindness and refinement, and then translated into behavior.

THE world's medical periodicals number about 266, of which no less than 174 are published in the United States.

JERUSALEM was destroyed because the instruction of the young was neglected. The world is saved by the breath of school-children.— *Talmud*.

LIFE is one grand continuous opportunity from infancy to our latest day. The conscientious, the resolute, the industrious, and the thrifty turn each hour into golden treasures, while the listless, the stolid, the lazy, the sensual, allow their teeming mines to lie idle at their feet, with countless treasures unknown, unappreciated, undeveloped.— *Sel*.

THE Russian Government has inaugurated, along the line of her Trans-Caspian Railway, a system of movable school-rooms, special cars being fitted up for this purpose, and equipped with teachers. These cars stop at the stations along the route, remaining long enough at each for school-children to visit them, and receive lessons in Russian grammar and writing.

Surely no woman will make the worse wife or mother because she has acquired accuracy, punctuality, and adaptability in learning a trade or profession; rather will she be more capable of so managing the details of her own household that its slipshod ways may not set their impress upon the coming generation. In reference to industrial education a late writer remarks: "Does anybody suppose that the machinist's actual measurement of a thousandth part of an inch, with its methods, is not a valuable lesson of accuracy to take into a carpenter's shop, or that the judgment of proportion which the forger in metal must acquire, in determining at once how large a piece of metal will be when drawn to a given length, would not be a useful element in any branch of industry?" When these lessons in accuracy, method, and judgment are learned by the girl and carried into the home, and the leaven works in the gradual methodizing and systematizing of household affairs, the tongues of all cavilers who are so fortunate as to share these homes will surely be silenced, and one great stumbling-block in the onward progress of woman will have been lifted out of her way.

HOW TO STUDY.— Proper study makes the mind stronger, and able to do a larger amount of mental work, just as proper exercise strengthens the muscles. There is a right way and a wrong way of studying. "Cramming," that is, hastily crowding facts into the brain simply by an effort of the memory, is exceedingly detrimental to the health of the mind. Careless and indifferent study is of no value, and injures the mind. Students should always endeavor to discover the *principles* involved in what they study, so that they may not be obliged to depend upon the mere memory of facts. Those who learn by mere repetition, as do parrots, never become learned or acquire real culture.

It is not well to study when the brain is weary. The impressions then made upon the brain are very slight, and soon become indistinct, so that what is learned is quickly forgotten. Two or three hours of hard study is as much as any student should try to accomplish at one time without at least a short rest. A half hour's exercise in the open air will renew, to a remarkable degree, the retentive power of the brain and the capacity for study, when the brain is weary with continuous work. In school study, the most important thing to be gained is mental culture and discipline, — the ability to use the mind in the practical affairs of life, and in acquiring useful knowledge. J. H. K.

SOCIAL PURITY.

THE WISER CHOICE.

BY S. ISADORE MINER.

"You don't mean to say that you have refused George Mayberry?"

The speaker, a dashing brunette, turned a look of contemptuous inquiry upon her companion, a girl whose sensitive face bespoke a pure and noble character. They were country-bred girls, Inez Dillon and Nina Porter, who were winning their way in the busy city as clerks. They were room-mates, but natures so dissimilar could scarcely make them bosom friends. Inez was infatuated with city life,—the noise, the glare, the crowds, and the rather free-and-easy life she led. Nina was sick of it all, and would not have exchanged an humble country cottage, with the fresh air, green grass, and sunshine, for the finest of brown-stone mansions. But alas! she was a friendless orphan. She used to wonder how Inez, with father, mother, and a comfortable home, could so coolly cast aside the loving letters pleading for her return, and turn impatiently to the husks of her shallow existence. So it was with more than her usual spirit that Nina replied to Inez's rather insinuating query.

"Certainly I refused George Mayberry, and indeed he had no reason to believe I would do otherwise. He understands now, I think, that I took his proposal other than a compliment."

"Are you crazy, Nina? Why, George is a most desirable young man! Half the girls are wild over him. His father, they say, is worth a cool fifty thousand, at least, and George is an only child."

"What do I care for his money? It would burn in my pockets. Not a cent of it but what was wrung from the poor and needy, or was the price of the strong drink that made women worse than widows and children fatherless; and some came by the thousand from gambling-dens. It is all blood-money, every bit, and I despise it second only to its future possessor."

"But Nina, think what all that money would bring you. You could be charitable with it, if you were so disposed, and that would ease your conscience. Besides, some one will get it anyway, and it might better be you. And then just think! George is such a sharp

fellow that he'll double it in no time when he gets the handling of it, and even if he does n't move in the upper ten now, when he gets enough money the doors will fly open. You are not far-sighted, Nina. Some day whoever is George Mayberry's wife can cut a pretty figure in society.

"Yes, and whoever is George Mayberry's wife will rue that day. The means his father doles out to him now is spent on fast horses and women."

"Well, what of that? Isn't that society? I would n't give a snap for your goody-goody fellow. Of course George is fast. That's why I think his prospects are so brilliant!" and Inez laughed a defiant laugh, that showed her white teeth to advantage.

"O Inez, you surely do not countenance his loose ways? Remember poor Elsie Grace, and the wrong he did her."

"You little saint! Why should I bother my head about his ways, as long as the world does n't. As for Elsie, you must n't judge them by the same standard. I don't blame George a bit, and I don't think as you do, that he ought to marry her, either. She was too simple, and besides society condones man's offenses, and there is no use flying in its face. It has a different creed for women."

"God does n't, Inez," replied Nina in a low tone, while tears gathered in her blue eyes. "I told him so, too. I told him the place he offered me belonged by all that could make wrong right to another. I tried to show him the evils of his course, and what it would eventually lead to, and I told him that as for love, I could not think of him even with respect until he did justice, and then I would be his friend. The man I marry must be the soul of honor."

"Nina Porter, if there was ever a born goose, you are one. The idea of you telling him that you would be his friend if he would marry Elsie Grace! 'Friend!' why he would be looked upon in disgust. You won't find your soul of honor here; you'll have to look for him where *you* came from. I know people of prominence who treat George with great deference

now, but he would n't be countenanced then. His life would be ruined !”

“I suppose *her* life is of no consequence,” answered Nina ironically. “It is a cruel world at best, and women have no business in it. I thank you Inez, but I can still say that were I ten thousand times a goose, I would not change places with George Mayberry's wife.”

“I would for the asking, and jump at the chance. And I would n't ask where the money came from, nor where it went, so long as my purse was filled. I tell you, Nina, I'm tired of this way of living. Choose some country clod-hopper, if you will, but I want fine dresses and good living, and I mean to have them. I warn you, it is your last chance, for I shall set my cap for George Mayberry straight, and I shall win him, too, or my name is not Inez Dillon,” and Inez whirled herself before the small mirror, there to pose and study her charms anew with the prospect of capturing Nina's late admirer.

Inez had not boasted in vain, for ere six months had elapsed, she was no longer Inez Dillon, the clerk, but Mrs. George Mayberry, “the handsome and brilliant wife of our rising young capitalist,” so the papers stated it. Mr. Mayberry's “rising” was due to recent lucky bets at the races, and society began to smile on him.

Inez ignored Nina completely next time they met ; for what had she in common with a shop-girl ? But Nina could afford to smile ; her heart was light. An honest country youth whom she had known from childhood had offered her his heart and home, and the time was counted in days ere she should leave the city forever for a pretty little farm-house in one of the loveliest of spots. How Mrs. Mayberry's aristocratic lips curled when this stray bit of the past floated to her dainty ears !

ST. PAUL, Minn., has a flourishing White Shield Society which has started the “Traveler's Aid” work. They employ a “Traveler's Friend”—a lady—at the Union Passenger Depot, who has already accomplished much good, securing several ignorant girls from the clutches of procurers.

WHERE is your boy after the shadows of night have fallen on the town ? What is the character of his companions, what the conditions of his haunts, and what the nature of his practice ? He is busy somewhere, gathering knowledge and forming habits. The father who does not carefully inquire into these matters needs surveillance himself, and is an object

My story is soon ended. The farmer boy, thrifty and wise, though never wealthy, provided a comfortable home for his rosy sons and daughters. His happy wife, reflecting on the past, could not be too thankful, as she pressed her darlings to her breast, that she had escaped the evils of her girlhood life. And thankful, too, was she, that from a knowledge of the foes that await in snare for youth, she could warn her children, instilling in them the principles of purity and uprightness that would be an invincible shield in after years, as her mother's training had been to her. The standard she had maintained, requiring equal purity from the man who won her heart, had been its own reward, and in it she read to her children a remedy for the social evils that filled the land. She trembled when she thought of the fate these teachings had led her to shun, and her heart bled for Inez, her frivolous but impulsive companion. It had been in all the papers, that awful tragedy,—George Mayberry shot dead in a disreputable gaming-house where he had squandered all his money,—shot dead by his own hand. And the papers headed it, “The Notorious Mayberry Shot !” “Cruel justice,” Inez thought, bitterly, as she recalled the compliment paid him when a “rising young capitalist.” “But that was before we lost our money.”

There were three children left her, Nina learned afterward,—two sickly daughters and a wild, reckless son,—all stamped with an heredity of vice bequeathed them by their shameless father. A life of excitement and anxiety had robbed Inez of all but the faintest trace of her former beauty, and burdened with trouble and shame, the result of her girlish folly, she dropped out of existence completely ; for the “world” she had sacrificed so much to gain, knew her no more.

This is no fancy sketch. It is the same old story. But which, do you think, chose wiser ?

that ought to be conferred with for his own good. Every father's boy is so much material to be molded for good or evil purposes, in which the community has a deep interest. Any lad permitted to run loose at night, unchecked in evil inclinations, or misdirected by evil companions, soon becomes a loafer, or something worse. Restraining a boy from evil is light work in comparison to reforming a man steeped in pollution, or made desperate by evil habits. Where is your boy at night, neighbor ? What are your boys doing in the streets, fellow-citizens, after the lights are burning at home ? Look after them if you value your own peace and have a regard for their future usefulness to themselves and credit among men.—*Set.*

GOOD HEALTH

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

BATTLE CREEK, MICHIGAN

MEDICAL FRAUDS.—I.

WE promised in the Prospectus of GOOD HEALTH for 1890, to devote some space in each number of the journal during the year to the exposure of medical frauds of various sorts with which this country, perhaps more than any other in the world, is flooded. The United States has been styled by some foreign writers as the paradise of quacks, and if the quack's paradise is a place where these human ghouls can manufacture and vend their wares without hindrance of any sort, and can prey upon human lives at their pleasure with no one to molest or make them afraid, then this country would seem to be his "happy hunting-ground." Certainly there is no country in all the world where the medical quack thrives, prospers, and spreads himself like a green bay-tree, as in this United States. In the course of quite an extensive medical experience we have become acquainted with the dark doings of a good many of these enemies of human life and happiness, and we propose, for the benefit of our readers, to expose a few of them to the public gaze, robbed of the garb of piety and the philanthropic mask which most of them wear; and if we do not succeed in making any of them tremble in their boots for fear, or hide their heads for shame, it will be because they are moral monsters born without natural human sentiments, or because they have become so calloused by a life devoted to a business, than which none could be more infamous, that they are no longer capable of experiencing natural human sentiments or emotions.

The quack, whether he undertakes to practice as a physician, or is a manufacturer or vender of nostrums, is first a liar, second a swindler, and third a hypocrite. The average manufacturer of patent medicines regularly employs an individual of some literary attainments, whose duty it is to manufacture vigorous testimonials and ingenious anecdotes, or pathetic recitals of sufferings relieved by Dr. Charlatan's uni-

versal panacea. These conscienceless fellows manufacture testimonials by the thousand, taking care to use the names of persons who have "moved away," or who have died by some accident since the testimonial was given. In many instances persons are hired to give testimonials and answer letters of inquiry in such a way as to encourage business. But in by far the majority of cases the manufacturer of patent medicines does not think it worth while to take the trouble to get genuine signers to his testimonials. The lies told in the testimonials are of such minor importance, compared with the enormous mendacity which appears in every line of the claims made in the wrappers which surround each bottle of medicine, or the labels which cover it, and in the newspaper announcements, that it would be hardly worth while to stop at so trifling a matter as the forgery of a dead person's name, or the signing of a testimonial with the name of a person who never lived. The shameless dishonesty and ingenious villainy exhibited by the manufactures and venders of patent medicines is beyond description, as we feel sure our readers will become convinced in a perusal of the facts which we propose to present to them. We shall undertake to expose the enormous frauds which are practiced upon the unsuspecting public, truthfully and fearlessly. We expect in the course of these exposures that certain persons will become very angry, and perhaps say some very ugly things about us, and perhaps undertake to injure us in some way. This is exactly what would be expected from a class of people who thrive by the "slaughter of the innocents," and who amass wealth by the sale of horrible mixtures which serve no other purpose than to people the cemeteries.

Probably no class of invalids are more outrageously imposed upon by quacks and nostrum venders than ladies who are suffering from some of the diseases peculiar to their sex. The hidden nature of

their maladies, and the general ignorance prevailing respecting this class of disorders, render them an easy prey to the cunning meanness of the charlatan. The columns of the newspapers are thronged with advertisements of remedies labeled with the most alluring titles, to which are appended the forged or lying testimonials of persons who claim to be moved by gratitude and philanthropy to testify to the merits of these worthless and often most dangerous mixtures, which are recommended for every ill that womankind is subject to, many of which are the most opposite in character and present the most antipodal indications for treatment. In some instances these shameless pretenders are not content with the publication of lying representations in the newspapers, but send their agents about the country hawking their wares from house to house, industriously inquiring out in every community women who are supposed to be suffering from special ailments, and approaching them in the guise of philanthropists who have themselves been healed, and are devoting their lives to the noble work of rescuing other sufferers from the dire distresses from which they have escaped. Thousands of women are canvassing the country in the interest of the manufacturers of these nostrums; and there is scarcely a community which has escaped a visitation. Many of these lady agents are doubtless honest in their belief in the efficacy of the remedies which they sell; but their dense ignorance is the only apology which can be offered for them, as the pretensions made in the circulars which they distribute are so preposterous that it would seem that any person possessed of even a modicum of common sense would be able to discover at a glance their fraudulent character. As a fair specimen of this class of medical frauds, we may mention —

“OLIVE BRANCH.”

The circulars of this nostrum present a picture of a dove bearing an olive branch, suggesting that this remedy is an olive branch of hope to those who are suffering without relief. The following are a few of the preposterous claims made for this remedy:—

“The wonderful Olive Branch. A radical cure for all female diseases. A safe, pleasant, and permanent cure for all female complaints.”

“By the grace of the omnipotent God it works marvels to all that make use of it. The Olive Branch treatment is a mild, simple, vegetable remedy conveniently applied by the patient, and by its tonic, strengthening, absorbent, and healing properties immediately removes all foul ulcers, inflammations, congestions, tumors, and morbid conditions.”

The literary liar of this company is evidently a number-one performer in his line. He does not strain at a gnat and swallow a camel, but swallows both gnat and camel with equal complacency. Although claiming that this marvelous remedy is capable of curing all diseases peculiar to women, he in the next breath asserts that it is “a simple vegetable remedy.” But evidently appreciating the fact that people of average intelligence will find it difficult to understand how so simple a remedy can cure so different and complicated maladies, or how one and the same remedy can at the same time heal an ulcer and destroy a tumor, our charlatan looks around for some means of escape from the difficulty, and finds it in an appeal to the supernatural. As before intimated, our “Olive Branch” quack is no second-class rascal. He is a quack of the first water, although, unfortunately, not a rare jewel. He does not pretend that his remedy contains any mysterious or hitherto undiscovered properties, or that it possesses some occult charm of magnetism or electricity, or some other hidden virtue. These methods of deception have long been worn threadbare by others engaged in the same line of business. He proposes to place himself so far beyond all other competitors that there will not be the ghost of a chance for a comparison of their wares with his, and so with unblushing impudence and unflinching audacity he asserts that his remedy works its marvels “by the grace of the omnipotent God.” Quacks as a class are not noted for genuine piety, although the assumption of a pious garb is a common trick in this nefarious business; neither are they commonly overstocked with modesty, but we doubt if any medical charlatan ever made more ridiculous and preposterous claims than these.

But we have not yet grasped the length, breadth, and thickness of the profane impudence and brazen impiety of this medical imposter. His faith in the inexhaustible credulity of the public is evidently unbounded. Elsewhere in his circular he asserts that his wonderful “Olive Branch” is the “*only* means of speedy and permanent relief” from the ailments referred to. In the presence of claims so ponderous and mendacity so immense, one is almost prompted to remove his hat. One certainly needs to brace his nerves as he fully takes in the situation. Here is a man who presents a “simple vegetable,” claiming that it is capable of curing the most incurable maladies, and in every case. Realizing that so broad a claim for a “simple vegetable” is too preposterous to be believed even by the ignorant, he first asserts that his “simple vegetable” works “by the grace of

the omnipotent God," and then shrewdly adds, for the purpose of securing a monopoly of business for his "simple vegetable," that it is the "only means of speedy and permanent relief." It is evident that the only possible chance for these claims to be true would be by a special contract with the Almighty to bless miraculously the particular "simple vegetable" peddled about the country by this harpy and his agents. Does anybody believe such nonsense?—Probably not; and yet thousands of women thoughtlessly allow themselves to become the dupes of just such infamous deceivers as this, subjecting themselves to treatment of the nature of which they have no other guarantee than the absurd assertions of men who are willing to sell their conscience at so much a box, and whose honor could only be measured by a negative quantity.

Here is another specimen of the ridiculous claims made by this impostor who represents himself as having a special arrangement with the Almighty to bless his "simple vegetable" to the exclusion of other simple vegetables compounded by other equally worthy quacks: "To husbands—is your wife cross? Don't all speak at once! If she is, do not blame her! Get a supply of Olive Branch, and see that it is faithfully used as long as need be, and you . . . will have a happy wife, home, and mother." So it seems that "Olive Branch" is a sovereign remedy for bad tempers as well as bad diseases of various sorts; and if a woman has a bad disposition, there is no need that she should get religion,—all she needs is "Olive Branch," in getting which she is assured she will also possess herself of "the grace of the omnipotent God."

Such puerile and irreverent assertions would be utterly unworthy of notice were it not for the fact that so many thousands are thoughtlessly allowing themselves to be deceived by the representations made, not giving sufficient thought to the matter to thoroughly unmask the fraud which is being perpetrated upon them.

But our readers will by this time begin to inquire, "What is this wonderful 'Olive Branch' concerning which such presumptuous claims are made?" We placed a specimen in the hands of a competent chemist, who reports to us that its essential ingredients are *opium* and *alum*! Opium, one of the most powerful and deadly of narcotic drugs, is a "simple vegetable" indeed! is it not? But what sort of a vegetable is alum? Certainly it would require the omnipotent Power so profanely claimed for this nostrum, to convert the mineral alum into a "simple vegetable." Why are these particular drugs se-

lected?—For obvious reasons. Opium is the great deceiver among drugs. It benumbs the nerves, and so removes pain. It cures nothing. It in fact places obstacles in the way of recovery. What it does is to lull the sufferer into a condition of imagined security. It makes him feel better when he is no better, even when he may be worse, and each day drawing nearer to his end. It renders him oblivious to his real state, and so leads him to drift on, thus sacrificing what chances he may have for recovery, if his case is a curable one.

Under the delusion that she was being cured, many a woman has been led on from bad to worse, until a condition the most deplorable has been reached. Opium is a constant ally of the quack. It relieves the patient's pain, no matter what may be his malady, and by accustoming the person to its use, renders it impossible for him to do without it, so that a constant and constantly increasing demand for the nostrum is thus secured. This is a depth of depravity to which none but a conscienceless quack could descend; but repeated investigations have shown this to be a common trick in this fiendish business.

The purpose of adding alum is equally evident, if not equally dreadful in its results. Alum possesses the peculiar property of coagulating the secretion of mucous surfaces, thus forming a parchment-like or skinny substance. This effect is produced upon the healthiest mucous surface, as well as upon a diseased surface. Of course, if the secretion is more abundant than it should be, the amount of this membrane-like substance formed will be proportionately great. The quack has seized upon this fact, which is familiar to every physician, and uses it as a trap in which to capture the uninformed. He calls attention to the formation of this membrane, which he describes as being like the "lining of a chicken's gizzard," and assures the patient that the appearance of this substance is an evidence of "the necessity of the treatment, and the prospect of a perfect, radical, and complete cure." This membrane, the user of the nostrum is led to believe, consists of "the base of ulcers, or portions of cancers, polypi, or commencement of tumors," than which nothing could be more infamously false.

But we cannot follow these shameless fellows through all the crookedness with which their circulars abound. We have certainly exposed enough of their dishonesty to convince any intelligent person of the folly of resorting to the use of such means for the relief of ailments which should only be treated under the care and advice of an intelligent, experienced, and honest physician.

STERILIZED MILK.—This is the scientific name for milk which has been rendered germ-free by boiling. Cow's milk should never be fed to young children without being first boiled. Although free from germs when it first comes from a healthy cow, milk very quickly becomes infected with myriads of these enemies of life to which thousands of infants annually succumb. By boiling, these are killed, and the alimentary canal is thus kept free from the poisons which they generate in the process of growth, for which they find the most favorable conditions in the stomach and intestines.

To sterilize milk, place it when fresh from the cow in soda-water bottles, using as many bottles as necessary for the quantity of milk to be sterilized. Fill each bottle to within an inch of the top. Boil for ten minutes in a steamer or boiler. Stop the bottles tightly with a rubber cork, and boil for twenty minutes more. See that the corks are tight and well secured. Care must also be taken that the bottles and the corks used for the purpose are scrupulously clean, and to insure this they must be not only well washed, but should be boiled for half an hour before using.

By the adoption of this precaution, thousands of lives would be saved annually. Boiled milk is not only free from germs and so not likely to sour, but it is more easily digested, as it does not form large curds in the stomach as does raw milk. To render milk a perfect food for a young child, it should be enriched by the addition of cream in the proportion of an ounce of cream to a gill of milk. This should be diluted, of course, with the proper amount of water to adapt it to the age of the child; say with an equal quantity of water for a very young child, and half as much water for a child between one and two years of age. Such food is as digestible as mother's milk, and is no more likely to cause disease.

Milk treated in the manner above described, and well bottled, will keep perfectly sweet for two or three months or longer. Sterilized milk is not only good for infants, but is a boon for travelers on a journey.

SALT MEATS AND CONSUMPTION.—It is well known to be a custom with butchers to salt the flesh of animals known to be tuberculous, selling the flesh after a few weeks. It is doubtless the supposition that in so doing the flesh is rendered wholesome by the death of the germs which occasion this formidable disease in animals and human beings. Recently, M. de Freytag, an eminent French physician, has been making experiments for the purpose of determining the influence of salt upon germs of different kinds,

and he finds that while salt will kill or render inert the germs of fermentation and many other kinds of germs, the germs of consumption, as well as those of typhoid fever, are practically unaffected by it, and continue to flourish even in strong solutions of salt.

The above facts are of the utmost practical importance, and should lead to increasing vigilance in preventing the consumption of the flesh of diseased animals. It would seem that the use of salted meats is particularly hazardous, since they are more likely to be infected than are fresh meats, owing to the custom of salting diseased meats, above referred to.

BLEACHED DRIED FRUITS.—A warning comes from Germany against the use of bleached dried fruits. It seems that most of the apparatus for drying fruits is provided with zinc or galvanized iron trays, which are corroded by the fumes of burning sulphur used for bleaching the fruit, and thus the fruit is contaminated with zinc, a poisonous metal when taken into the system even in small quantities. Bleaching impairs the flavor of the fruit, and is an altogether unnecessary proceeding, besides being dangerous for the reason given.

ABOUT FILTERS.—Dr. Currier, of New York, has recently devoted considerable attention to the investigation of filters and all other means employed for the purification of drinking-water. In a paper upon the subject published in the *Medical News*, he summarizes some of the results of his investigations as follows:—

"Boiling sterilizes water, and within thirty minutes will have killed harmful bacteria. Drugs, and other agents acting chemically, if used in amounts which are commonly safe, do not sterilize water. The prolonged heat which water undergoes in the usual process of distillation destroys all germs which may be in the water undergoing the process. Ordinarily filters, even if satisfactory as strainers, fail to remove all bacteria from drinking-water. So far from lessening the number in the original water, the filtering substance may allow a more rapid multiplication than these micro-organisms would ordinarily undergo in the unfiltered water on standing; and the germs of disease, even if held back by the filtering substance, may be harbored in all filters. The finer the substance through which the water passes, and the lower the pressure, the more perfect is the action of the filter in holding back the bacteria. Of all substances thus far furnished for domestic filters, porous rebaked porcelain, carefully selected, has been found to be the best."

POISONOUS DRAPERY.—Cretonnes of the cheaper grades which are often used in decorating rooms, are often more dangerous from arsenical poisons than green wall-paper.

“Out of forty-four samples recently examined in London, none were free from arsenic, three had only faint traces of it, twenty-one had larger traces, eleven were classed as very bad, and nine were called ‘distinctly dangerous.’ One specimen yielded nineteen and one-half grains of white arsenic to the square yard. The greens and blues were the least harmful, while reds, browns, and blacks were heavily loaded with poison.”

“Pious fools” is the very appropriate name applied by the *Pall Mall Gazette* to the practitioners of the so-called faith-cure, which in the case of a young lady suffering from consumption recently resulted in the death of the patient from pneumonia, from improper exposure in the exercise of her faith. There is no class of quacks which so much need to be suppressed by laws to which severe penalties are attached, as those ignorant pretenders who “borrow the livery of Heaven to serve the devil in,” and line their pockets with the hard-earned dollars of their gullible victims.

PATE DE FOIE GRAS.—Strasburg is as famous for its *pate de foie gras* as for its great cathedral. Indeed it is probable that many a gormand consumes the goose-liver paste produced in Strasburg without even knowing of the existence of the famous structure, the beautifying of which has absorbed so many millions. The *pate de foie gras* of Strasburg is found upon the tables of every first-class hotel, and is considered a great delicacy by epicures whose appetites for the article are not at all impaired by a knowledge of the fact that it is composed of the enormously enlarged livers of over-fattened geese and other domestic fowls. At the risk of disturbing their gastronomic equanimity, however, we shall venture to call their attention to the fact that M. Bouley has recently discovered that *pate de foie gras* “is oftentimes almost a pure culture of tubercle bacilli.” In other words, if a person wants to catch consumption, one of the best means to accomplish his object would be by the consumption of *pate de foie gras*. It is well enough known that ducks, geese, barnyard fowls, and indeed all kinds of domestic fowls, are subject to tuberculosis, and it is not surprising that M. Bouley has made the discovery by which it is proven. We hope this fact may become sufficiently known to exercise some influence upon the demand for *pate de foie gras*.

A BARBAROUS TASTE.—The following quotation from “Missionary Enterprises,” by John Williams, missionary to the South Sea Islands, illustrates several important facts:—

1. That flesh food is unnecessary for the maintenance of health and strength in human beings.

2. That the taste for flesh food is one so unnatural that when the natural, non-flesh diet is employed for a series of years, the taste for flesh is wholly lost.

3. That not only the taste but the smell of flesh food is repugnant to a person whose senses are undepraved.

4. That civilized nations have become so barbarous by the use of flesh food, as to look upon the vegetarian as a barbarian.

The extract which we quote below, was found in our drawer. We do not know to whom we are under obligations for it:—

“It was upward of ten years after our arrival in the islands before we tasted beef; and when we killed our first ox, the mission families from the adjacent islands met at our house to enjoy the treat, but, to our mortification, we had so entirely lost the relish that none of us could bear either the taste or the smell of it. The wife of one of the missionaries burst into tears, and lamented bitterly that she should have become so barbarous as to have lost her relish for English beef.”

MEAT AND CONSUMPTION.—The *Sanitary Era* quotes the following from a paper read by Dr. C. R. Drysdale, at the late meeting of the British Medical Association, in which the Doctor calls attention to the rarity of consumption among orthodox Jews:—

“Dr. Drysdale had been permitted to witness the slaughtering of sheep and oxen at the Deptford cattle market, and the way in which such animals were inspected after death, to ascertain whether their flesh was free from impurities. The organ most closely examined by Jewish inspectors was the lungs, and the very smallest marks of pleurisy, or pneumonia, or tuberculosis, occurring in cattle and sheep, sufficed to cause the animal to be instantly rejected by the inspectors, so that about one third of all the animals examined were rejected as unfit to become the food of orthodox Jews. This was the cause assigned by Dr. Behrend and other Jewish medical men, for the comparative infrequency of tuberculosis among conforming Jews. Dr. Drysdale’s conclusion was that it was important that a similar system of examination of animals offered for food should be made by inspectors either appointed by municipalities, or by private companies, for the supply of meat in cities.”

A YALE sophomore was recently made very ill by wearing a pair of rubber boots lined with red flannel. Evidently the flannel was colored with an arsenic analine dye.

A ROOM which has been for some time occupied by a consumptive, should be disinfected the same as that which has been occupied by a person suffering from small-pox, or any other contagious disease.

THE manufacture of sterilized milk will soon be undertaken in England on a large scale as a commercial enterprise, and we doubt not it will be a success. America needs an enterprise of this sort in every large city.

It is better always to leave the table feeling that one could have eaten a little more, as by that means we will be certain not to overeat. The proper amount of food strengthens the stomach, but too much disturbs and weakens it.

DIET AND KIDNEY DISEASE.—The relation of diet and kidney disease is conclusively shown by the fact that it is comparatively rare in fruit-producing sections of the globe where fruit enters largely into the dietary of the inhabitants.

ALCOHOL AND THE LIVER.—Experiments recently made by an eminent English physiologist show that alcohol lessens the amount of bile formed by the liver, which is the direct effect of the paralyzing influence of the drug upon the secreting cells of the liver.

SOMETIME ago a hospital physician, after laboring indefatigably to extract a marble from a child's throat, rushed to his office after more instruments. After he was gone, a police officer who witnessed the doctor's unsuccessful efforts, turned the child upside down, shook it by its heels, and out dropped the marble.

SACCHARINE A POISON.—Recent researches show that saccharine, the sweetest of all sweets, although made from so unpromising a substance as coal tar, is not only a poison in any but small doses, but may produce the most serious results when habitually used even in minute quantities. It is now made in Germany, and is sold for about fifteen dollars a pound. Its sweetening properties are about three hundred times as great as those of cane sugar. Its importation has been forbidden by France, Spain, and Portugal.

THE KINE CURE.—This term might be applied to a new method of cure which it is proposed to undertake in a hospital near Berlin. It is proposed to test the popular notion that association with cows is beneficial to consumptives, by allowing consumptives and cows to dwell together in this establishment, which has been erected for the purpose.

TOBACCO AND INSANITY.—An ex-superintendent of an insane asylum reports five cases of insanity due to the use of tobacco, which have come under his care. Doubtless an unbiased study of this subject would reveal the fact that a vast amount of nervousness, hysteria, melancholia, and even actual insanity may be due to the use of this poisonous weed.

MR. DILLON, U. S. Consul to Florence, reports to the government that the Bologna sausages imported to this country from Italy, and so largely used, are made from horse flesh. Some time ago it was proved in a San Francisco court that a firm of sausage-makers in that city, who had been awarded a premium for their superior sausages, used cat's flesh in their manufacture.

GOITRE AND IMPURE WATER.—Dr. T. Kocher, of Berne, Switzerland, has shown that goitre is due to the use of impure water. It was proven that even in goitrous districts families that use water free from organic impurities were free from this disease. Goitrous water, that is, water used by those who suffered from the disease, was found to produce the disease in rabbits when injected beneath the skin.

WOOD, Bergman, and others have shown that pepsin, pancreatin, and other ferments are by no means such innocent substances as they are generally supposed to be, as they are capable of producing fever under some circumstances. The same is true of trypsin, another digestive ferment. In this respect these substances resemble the poison generated by germs, to which the delirium and other symptoms present in cholera and typhoid fever are due.

BALDNESS—Dr. Saymonne claims to have discovered that baldness is due to a bacillus which, getting into the hair follicles, renders the hair brittle, so that it breaks off at the surface of the skin. The Doctor's remedy is a singular one. It consists of equal parts of cod-liver oil and onion juice, with one-half part of mucilage, rubbed well into the scalp once a week. The remedy must be very distressing to the patient's neighbors as well as to the microbes.

DOMESTIC MEDICINE



COMBATting GERMS IN THE SICK-ROOM.

THE part played by germs in the causation of many diseases is now so well understood that it is not necessary to call attention to evidence bearing upon this important fact; but information respecting methods of combatting germs is always of the greatest practical importance. In another article we have described an efficient method of destroying the germs left behind in a sick-room after a case of diphtheria, scarlet fever, or any other contagious malady. We wish in this article to call attention to the importance of taking measures for the destruction of germs during the course of a contagious disease.

It is generally supposed that when a person has once been infected by a disease he is infected as much as possible, and it is of no use to take further precautions against infection or contagion; but the frequent occurrence of relapses in persons who have almost recovered from a contagious malady, as diphtheria or typhoid fever, points clearly to the conclusion that a patient may be re-infected in some way. Common sense suggests that a patient suffering from scarlet fever or diphtheria must be infecting himself continually by breathing contaminated air. It has been observed for many years and by the most eminent physicians, especially military physicians, that persons suffering from contagious diseases recover much more surely and rapidly when treated in an open shed or tent, even when suffering many disadvantages, than in the best-constructed and most perfectly appointed hospitals. The reason for this is obvious. The air of an open tent or shed is changed so frequently that there is no accumulation of the poisons which are thrown off from the lungs and the skin of the patient, and hence the air is practically free from contamination.

Recognizing this fact, physicians and nurses have undertaken to purify the air of sick-rooms by various means. Good ventilation has been proven to be of the greatest value as a means of dispersing the germs, but no value whatever attaches to the use of disinfectants in the room with the patient, such as chloride of lime scattered about, carbolic acid evaporating in a basin of warm water, the burning of disinfectant pastiles, etc. It is possible, however, to do much in the direction of destroying germs in the sick-room, and thus supplying the patient with air of greater purity, and hence with a better opportunity for recovery. Two rooms should be devoted to the patient. They should be near together, and should both be accessible from the hall or a communicating room, so that each can be used independently of the other. These rooms should be used on alternate days. On leaving the sick-room which has been last occupied, in the morning, burn in it a quantity of sulphur, as directed in another article on disinfection in this number, after diphtheria and scarlet fever. Open the room at night, and air thoroughly by opening windows as wide as possible. In the morning, transfer the patient to the disinfected room and proceed to disinfect the other room in the same manner. This method of disinfecting sick-rooms is the only one which is of any value, and it has been tried in whooping-cough, with the result of greatly shortening the course of the disease. It is reasonable to suppose that it will prove equally effective in other contagious maladies also, if faithfully employed. The only objection is the amount of labor which it involves, but this is small compared with the labor saved by shortening the period of illness, and the suffering spared the patient thereby.

TREATMENT OF PRURITUS WITH MENTHOL.—The excessive itching that accompanies many skin affections, especially senile pruritus,—the itching that troubles many aged persons,—eczema, the itch and

urticaria, can be relieved by menthol used in an alcoholic four to six per cent solution, or in a liniment, mixing three parts with thirty parts of olive-oil, and thirty of lanolin.

GOUT is a sort of safety-valve for persons of sedentary habits; it saves them from something worse. Gout and rheumatism are closely allied.

CHRONIC rheumatism should have nourishing food, and gentle exercise, massage, etc. Mild eliminative treatment is needed.

ALTERNATE hot and cold foot-baths, one minute in each, will cure chilblains, if repeated twenty times each night for a week.

ECZEMA is catarrh of the skin. Remedy, hot water sprayed upon the parts. Zinc ointment, or soda dissolved in water, is also good.

THE COOL SPRAY IN FEVERS.—A foreign physician has discovered that spraying the body with water at a temperature of 60° to 70° F. is one of the most efficient means of reducing the temperature in fevers. This discovery is by no means a new one. This method of reducing temperature was employed by Prof. Austin Flint more than fifteen years ago, in Bellevue Hospital. The patients were enveloped in a sheet, and then showered by means of a watering-pot, with good effect in many cases.

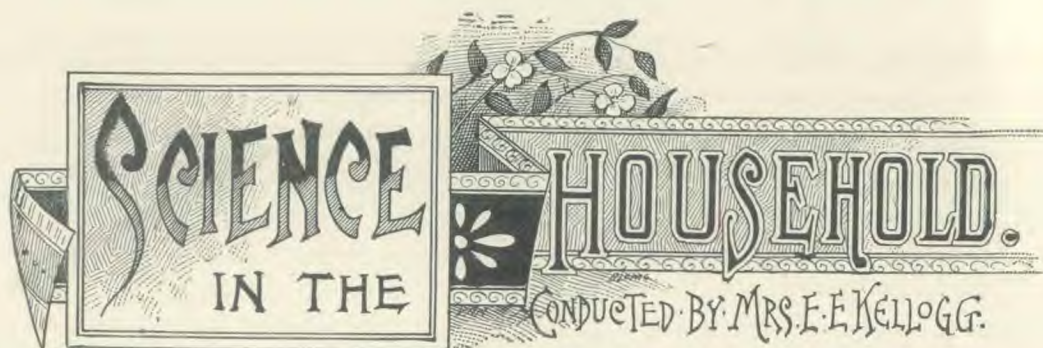
CARE OF THE TEETH.—The best dentifrices are white Castile soap and menthol. Cleanse the teeth carefully on going to bed at night and on rising in the morning, with a little Castile soap and a soft brush, then rinse the mouth with water containing one or two grains of menthol to the ounce. Remove all particles which may lodge between the teeth, by means of silk threads. Dentifrices which do not contain soap are of little or no account, and the other things which popular tooth lotions contain are of no value except as flavors, and some of them are injurious. In the latter class must be placed salicylic acid.

TREATMENT OF A COLD.—To cure a cold, one must begin at once. After it has been suffered to run three days, it cannot be broken up. Apply heat to that portion of the body which has taken the cold. For instance, if a cold has been contracted by exposure of the back of the neck, place a hot bag to the spine; or, if the feet have been wet, place them in hot water. For a general cold, take a hot bath, taking care to keep well wrapped up in hot blankets, that the body may cool off gradually. Drink hot water, at the rate of a glassful every hour. A salt glow is excellent. Cold air and vigorous exercise will often break up a cold.

DISINFECTION AFTER DIPHThERIA AND SCARLET FEVER.—Through the active efforts of State Boards of Health, it is probably pretty generally known to the public that the above-named diseases, as well as all other contagious diseases, leave behind them an invisible something by which well persons may be infected, even after the lapse of a considerable period of time. It is, on this account, of the utmost importance that proper measures should be taken for the complete destruction of the germs by which these maladies are propagated and communicated. Disinfection is the only means by which this can be done. Ordinary scrubbing, whitewashing, and ventilation are useful, but are not sufficient. One of the most convenient and effective means of purification or disinfection is fumigation by the burning of common sulphur. The following is the best method of doing this:—

In a tub or a large dish-pan pour water to the depth of an inch. Place in the vessel two bricks laid flatwise and near together. Set upon the bricks an old iron kettle. Put into the kettle a proper quantity of flour of sulphur mixed with an equal quantity of pounded charcoal. The quantity required is two pounds for each one thousand cubic feet of air. Mix with the sulphur and charcoal a few pieces of newspaper. Before the sulphur is lighted, all clothing and other articles in the room should be so disposed as to allow the fumes of the sulphur to come in contact with them to the fullest extent. The efficiency of the fumigation is also very greatly increased by saturating the walls, and everything the room contains, with steam. This may be very readily done by boiling water vigorously upon a stove in the room for an hour or two previous to lighting the sulphur. The dry sulphur fumes will destroy growing germs, but not the dried spores which may be collected upon walls and in cracks and corners. When all is in readiness, light the sulphur, and leave the room as soon as it is evident that it is going to burn well. If the door of the room communicates with other rooms, the crack around the door must be tightly closed by pasting thick paper over it. The room must be kept closed for twenty-four hours, at the end of which time it should be opened and left to air, for another twenty-four hours, when it may be considered thoroughly disinfected.

At this season of the year, when diphtheria and scarlet fever are particularly prevalent, it is important that the above information should be kept thoroughly in mind. Every house which has been infected by a case of contagious disease should be most thoroughly disinfected before persons who have not been exposed to the disease are allowed to enter.



HELPS FOR THE INEXPERIENCED.

IN cookery, as in most other departments of household labor, success or failure is greatly dependent upon little things often seemingly so trivial as to be entirely overlooked by the amateur, and appearing so self-evident to the experienced cook as to be seldom mentioned when giving directions for the preparation of a dish. It is these "little things" in cooking that we shall endeavor to gather up and embody in proper form for reference by the young, or untrained housekeeper, in the present series of articles, beginning with this number.

Mixing Materials.—In the compounding of recipes, various methods are employed for mingling together the different ingredients, chief of which are *stirring*, *beating*, and *kneading*.

By *stirring* is meant a continuous motion round and round with a spoon, without lifting it from the mixture,

except to scrape from the sides of the dish, occasionally, any portion of the material that may cling to it. It is not necessary that the stirring should be all in one direction, as many cooks suppose. The object of the stirring is to thoroughly blend the ingredients, and this may be accomplished as well by stirring in one direction as another.

Beating is for the purpose of incorporating as much air into the mixture as possible. It should be done by dipping the spoon in and out, cutting clear through, and lifting from the bottom with each stroke. The process must be continuous, and must never be interspersed with any stirring if it is desired to retain the air within the mixture.

Kneading is the mode by which materials already in the form of dough are more thoroughly blended together; it also serves to incorporate air.

SOME SEASONABLE SOUPS.

BEAN AND PARSNIP SOUP.—Soak one cupful of dried beans over night. Cook until tender, then add three potatoes, one-half a turnip, and one parsnip, all sliced fine. Cook for an hour longer, rub all through a colander, add sufficient milk to make the soup of proper consistency. Season with salt and cream, and serve.

PEA AND TOMATO SOUP.—Soak three-fourths of a pint of peas over night in a quart of water. In the morning drain and put to cook in cold water. Cook until tender, then rub through a colander to make smooth and remove the skins. Just before the peas are tender prepare potatoes cut in thin slices, sufficient to make a pint and a half, and cook in a small amount of water. When tender rub through the colander. Add the potatoes thus prepared to the sifted peas, and milk sufficient to make three and one-half pints in all. Return the soup to the fire, add a small head

of celery cut in finger lengths, and let the whole simmer together ten or fifteen minutes, until the flavor of the celery is extracted. Remove the celery with a skimmer, add a cup of sweet cream, salt to taste, and a cup and a half of strained stewed tomato.

TOMATO AND MACARONI SOUP.—Break a half dozen sticks of macaroni into small pieces, and drop into boiling salted water. Let it boil for an hour, or until perfectly tender. Strain two quarts of stewed or canned tomatoes, to remove all seeds and fragments. When the macaroni is done, add to the strained tomatoes. Season with salt, and boil for a few minutes. Add lastly a cup of whipped cream, and serve.

VEGETABLE OYSTER SOUP.—Scrape all the outer covering and small rootlets from the vegetables oysters, and lay them in a pan of cold water to prevent discoloration. The scraping can be done much

easier if the roots are allowed to stand in cold water for an hour or so before they are needed. Slice enough of the prepared roots to make one quart, and put them to cook in a quart of water. Let them boil slowly for two hours, or until very tender. When

tender, add a pint of milk, a cup of thin cream, salt if desired, and when boiling, a tablespoonful or two of flour, rubbed to a paste with a little milk. Let the soup boil a few minutes until thickened, and serve.

NEED FOR REFORM IN THE KITCHEN.

BY HELEN L. MANNING.

“‘HARM in mother’s cookery?’ Of course not! Who ever heard of such a thing?”

Alas! that childish trust should be so sadly betrayed by unhygienic and unwholesome dishes, and that the wily friend of intemperance should find an able coadjutor in “mother’s cookery” in many homes!

Although the temperance crusade in different directions has driven wine, beer, and cider from many of their former domestic strongholds, the enemy still lurks in various insidious forms to seize upon the innocent and unwary. Much has been said upon the platform and through the press of the evils connected with the use of brandy and cider in pies, and of wine sauces for puddings; but there seems to be many cooks of the old school who think nothing of the kind is fit to eat without them, shutting their eyes to the terrible crime of creating a taste for spirituous liquors, which may result in the ultimate downfall and ruin of some cherished member of the family. Shall we divide the blame between the domestic journals, which are certainly more or less responsible for the keeping up of this pernicious system of cookery, and the good housewives who demand that the papers must contain these things to insure their patronage? Blame doubtless rests with both, but the newspapers should be far enough in advance of public sentiment to lead in the right direction; and if the newspapers could be converted to a higher standard, surely it would be a long stride forward.

In the household department of a prominent journal which boasts of a large circulation, the directions for the Christmas dishes included wine sauces for the puddings, with brandy in the composition of the

puddings and the mince pies. It was stated that the brandy might be omitted from the mince pies if preferred, but they would not keep so long without it. Doubtless mince-meat would “keep” longer in the stomach, and out of it, by being thoroughly saturated with brandy! But what of the poor stomach? The only dish in the entire list which had any claim to wholesomeness was made from wheat boiled in milk; but this was to be seasoned with cinnamon, nutmeg, and a glass of brandy! The writer remarked that the pudding was “not only very enjoyable and delicious when properly made, but also very wholesome and nutritious,” and it was particularly recommended as a supper dish.

Among other dainties (?) set forth was one made from “a fine hog’s head.” Minute directions were given for slicing the ears and the tongue, in order to mingle them evenly with the rest of the meat. After it was cooked, seasoned with spices, and pressed into a solid mass, it was to be served with a dressing which included among its other ingredients, vinegar, olive-oil, horse-radish, and mustard. Although the idea of eating a hog’s head is extremely nauseating to an unsophisticated stomach, perhaps after all it would answer as well as anything to be served with such a sauce. The nerves of taste would be so benumbed by the condiments that the difference between a hog’s head and a dish of plum porridge could not be discerned without the aid of the sense of vision.

In the directions given for preparing a pig to be roasted whole, it appeared that the writer had heard of “germs,” for she said that the pig must first be washed on this account, even at the expense of possible loss of flavor!

BEAR in mind in making up recipes, that two and threefourths teacupfuls (even full) of white sugar weigh one pound.

CLEAN silks and satins with gasoline. The most delicate white silk neck-ties and neck-handkerchiefs, gloves, etc., however soiled, may, in this way, be restored to look like new. But the fabric must be dipped

into the gasoline, and squeezed (not rubbed) until thoroughly cleansed. When an article is very much soiled, the operation will need to be repeated several times, using fresh gasoline each time. When thoroughly clean, squeeze as dry as possible, and shake in the open air until dry. On account of the great inflammability of gasoline, the entire operation should be conducted in the open air.

QUESTION BOX.

[All questions must be accompanied by the full name and address of the writer, as it is often necessary to address by letter the person asking the question.]

SHORT-SIGHTEDNESS.—J. H., Dak., asks the following question: "Are bi-concave lenses the only means for relieving short-sightedness?"

Ans.—Yes, but general directions for their use cannot be given. The proper glasses must be carefully fitted to each patient.

TWO MEALS A DAY.—M. Y., Australia, wishes to know if two meals a day are sufficient for children.

Ans.—The number of meals required per day by children depends upon the age of the child. Very young infants may require to be fed once in three or four hours; children one year of age, once in six hours. At two years of age, three meals a day are ample. Children of four years and upwards will thrive better upon two meals a day than upon a larger number.

NERVOUSNESS—DEFICIENT MEMORY.—J. T., England, asks for a remedy for nervousness and deficient memory.

Ans.—Loss of memory is, in the majority of cases, the result of neglect to use the memory. Mental faculties, as well as muscles and other organs of the body, are weakened by disuse. The best remedy is daily exercise in a proper manner. We shall publish in *GOOD HEALTH*, during the coming year, a series of articles on the memory and how to develop it.

A REMEDY FOR GALL-STONES.—K. F. M., N. Y., wishes to know a remedy for gall-stones.

Ans.—Please see "Home Hand-Book of Domestic Hygiene and Rational Medicine," page 960. Some cases of this disease cannot be cured except by a surgical operation, by means of which the gall-bladder is opened, and the accumulated gall-stones removed. There is no medicine which has the power to dissolve gall-stones, and thus secure their removal.

REMEDY FOR DANDRUFF.—VALUE OF AYER'S HAIR VIGOR, ETC.—S. S., Ky., asks: "1. What would you recommend as a remedy for dandruff? 2. What is your opinion as to the value of Ayer's Hair Vigor?"

Ans.—1. Shampoo the scalp two or three times a week with fine Castile soap. Rinse the hair thoroughly with pure water, then apply to the scalp a mixture of equal parts of alcohol and castor-oil.

2. We know of no nostrum we can recommend for the hair.

ORANGE BLOSSOM.—R. P. asks our opinion in reference to the above so-called remedy for uterine troubles.

Ans.—From tests which have been made, and from the effects of this nostrum, we are led to believe that its chief constituents are opium and alum. The opium relieves pain, of course, and the alum produces a coagulation of the mucous secretion of the parts, which forms a membrane-like substance. Thousands of people are induced to use pernicious remedies of this class by the cunning misrepresentations of the manufacturers.

NASAL CATARRH.—N. A. H. asks the following question: "Will you please state in what stage nasal catarrh is past cure, and oblige a sufferer for many years? I have a bad cough and chills. Am losing flesh, and am quite deaf. Cannot hear the clock tick, nor a watch placed close to my ear."

Ans.—From the symptoms given, we judge the disease has in your case reached the stage at which it is at least only partially curable. You can get full information on the subject of nasal catarrh in a little work by the editor, published by the Good Health Pub. Co., Battle Creek, Mich., entitled "Ten Lectures on Nasal Catarrh." Price, seventy-five cents.

BURNING IN PIT OF STOMACH AFTER EATING—RUMBLING IN BOWELS—ERUCTATIONS—OCCASIONAL PAIN IN LOWER BOWELS, ETC.—W. E. C., Mo., asks what disease the following symptoms indicate: Burning in pit of stomach soon after eating; rumbling of the bowels; eructation; occasional pain in lower bowels; extreme costiveness; palpitation of heart during night and in the morning before rising; cannot lie upon left side without feeling sick; cold feet, dimness of vision; white tongue; bad dreams; wakefulness; sometimes foul breath; limbs ache, and small of back. Sweets disagree with him, also oatmeal grits, rice, milk, and some fruits. "What would you recommend?"

Ans.—The patient is suffering from a form of indigestion sometimes called farinaceous dyspepsia, or inability to digest the starchy and saccharine elements of the food. He should place himself at once under the care of a physician competent to treat such maladies. The dietary should exclude starch and sugar as far as possible, together with all articles difficult of digestion.

LITERARY NOTICES.

THE *American Sentinel*, an eight-page weekly journal devoted to the preservation of civil and religious liberty, for the past four years published at Oakland, Cal., will, after January 1, 1890, be removed to 43 Bond Street, New York City. Single copies, \$1.00 per year. In clubs of ten or more copies, 75 cents.

THE 184th volume of *Littell's Living Age* begins with 1890. This valuable magazine continues to furnish, as it has done for over forty-five years, a fresh and complete compilation of the best literature of the day, and its prospectus for 1890 is well worth attention when making a selection of reading-matter for the coming year. Littell & Co., Boston, Mass.

Good Housekeeping has created a new department, entitled "Woman's Work and Wages," to which especial attention is called. This department being a natural channel of communication for all women workers, as well as all those who work for women, the co-operation of both these classes is invited. Published fortnightly, by Clark W. Bryan & Co., Springfield, Mass.

Babyhood, as its name suggests, is a magazine whose various departments are all devoted solely to the interests of infants and young children. Their health, their comfort, their amusement, their adornment, are all considered and provided for. It is doing a good work in its special field. \$1.50 per year. Babyhood Publishing Co., 5 Beekman St., New York City.

IN the *Chautauquan* for December, Prof. James A. Harrison writes on the archæology of Italy, treating the subject in a popular and untechnical way. "The Humors of Ignorance" is a spicy and amusing article by W. S. Walsh. W. T. Hornaday writes on the extinction of wild animals, and Dr. J. M. Buckley continues his interesting discussion of "Traits of Human Nature." A satisfactory answer to the question, "How can I become a distinct speaker?" is given by Prof. R. L. Cumnock, of Northwestern University. J. Ranken Towse has a study of "Modern English Politics and Society." Some interesting statistics as regards "Working-Girls" have been gathered, and Ernest Ingersoll has an article on "Convict Labor in Alabama." These comprise but a small portion of the valuable matter contained in this number. Dr. T. L. Flood, Meadville, Pa.

Wide Awake promises great things for 1890. Five serials, short stories sifted from the thousands offered, illustrated articles, novelties, picture-poems, form a delightful program. D. Lothrop Company, Boston, ton, Mass.

Annals of Surgery, a monthly review of surgical science and practice. Each number contains from eighty to one hundred pages of reading matter, with contents classified and thoroughly indexed, making a complete surgical encyclopedia in monthly parts. \$5.00 per year, J. H. Chambers & Co., St. Louis, Mo.

"HIS WORDS." All the words of Jesus Christ as recorded in the four Gospels, compiled by Mrs. E. F. S. Anderson. 243 pp, extra cloth, price, \$1.00. F. H. Revell, Chicago, Ill. In this work the utterances of our Saviour are gathered together, with a brief explanatory context in smaller type, thus forming a convenient book of reference which will be welcomed by all Bible students and devout Christians.

THE "National Temperance Almanac and Teetotalers' Year Book for 1890" has just been issued by the National Temperance Society. It contains latest temperance statistics, a full list of temperance periodicals and temperance organizations, besides much other interesting temperance matter. An excellent thing to circulate. Price, ten cents; \$1.00 per dozen. Address, J. N. Stearns, Publishing Agent, 58 Reade Street, New York City.

THE *Woman's World* for January opens with a fine portrait of Nikita, the young American singer, Louise Marguerite Nicholson, and the accompanying sketch is by Frederick Dolman. There is also "An Arraignment of Fashion in Dress," by Mrs. Carmichael Stopes, an exceedingly sensible article, mildly condemnatory of prevailing fashions, and interspersed with some wise suggestions. "The Woman of America," by Miss M. F. Billington, is a thoroughly English article, written from an English point of view; "The Legal Status of Englishwomen," is by H. Storer Bowen, B. A., LL. D., and "My Mountaineering Experiences," by Edith M. Benham, is an interesting sketch of the writer's experience among the Swiss Alps. There are also poems, and much other matter relating to home and personal adornment. Cassell & Co., New York.

PUBLISHERS' PAGE.

GOOD HEALTH IN 1890.

CERTAINLY there is not one of our readers who does not desire good health during this wonderful year of Our Lord, 1890,—a year that dawns upon a state of progress and development in arts, science, and whatever pertains to human activity, such as the world never before saw. One needs good health of brain and nerve and muscle, to keep up with the wheels of progress which move with such astounding rapidity. Thousands are annually crowded into premature graves by their inability to withstand the wear and tear of modern life. The demands made upon the constitutional vigor of the race by the daily exertions of business, society, philanthropy, and human effort of every sort, were never so great as at the present time. It is then evident that the care of the health, and the pursuance of such a course of life as will give one the fullest command of his vital powers, is a matter of paramount importance.

For nearly a quarter of a century GOOD HEALTH has been in the foremost rank as a popular teacher of hygiene, and its managers propose for the year 1890 to keep further than ever in advance of all competitors in this line, presenting each month to its readers an interesting summary of all that is latest and best of the results of scientific discovery and sound experience in the direction of health getting and keeping. We extend to all our readers a cordial New Year's greeting, and sincerely hope that during the coming year all may possess and enjoy GOOD HEALTH.

* *

COMPETENT WOMEN WANTED.

ONE hundred competent women are wanted to introduce, in all parts of the United States, Mrs. Dr. J. H. Kellogg's new system of scientific-cookery. There is a crying need of cooking-schools everywhere, and no class of enterprises meet with better success in any intelligent community than a well-conducted cooking-school. The general public is becoming interested in the matter of scientific cookery, and there is no better line of missionary work in which persons philanthropically inclined, can engage. The work can also be made profitable as well as useful. Persons who wish to fit themselves for this work should take a three-months' course of instruction at the Sanitarium Cooking-School, under the tutorage of Mrs. Kellogg, becoming familiar with the various new processes of scientific cookery in the experimental kitchen of which Mrs. Kellogg has charge.

As the result of many years' experience in the management of a School of Cookery and an "Experimental Kitchen," Mrs. Kellogg has developed a system of cookery, the leading features of which are so entirely novel and so much in advance of the methods heretofore in use, that it may be justly styled *A New System of Cookery*. It is a singular and lamentable fact, the evil consequences of which are wide-spread, that the preparation of food, although involving both chemical and physical processes, has been less advanced by the results of modern researches and discoveries in chemistry and physics than any other department of human industry. Iron-making, glass-making, even the homely art of brick-making, and many of the operations of the farm and the dairy, have been advan-

tageously modified by the results of the fruitful labors of modern scientific investigators; but the art of cookery is at least a century behind in the march of scientific progress. The mistress of the kitchen is still groping her way amid the uncertainties of mediæval methods, and daily bemoaning the sad results of the "rule of thumb."

Those who have made themselves familiar with Mrs. Kellogg's system of cookery, invariably express themselves as trebly astonished: first, at the simplicity of the methods employed; second, at the marvelous results both as regards palatableness, wholesomeness, and appearance; third, that it never occurred to them "to do this way before."

This system does not consist simply of a rehash of what is found in every cook-book, but of *New Methods*, which are the result of the application of the scientific principles of chemistry and physics to the preparation of food in such a manner as to make it the most nourishing, the most digestible, and the most inviting to the eye and to the palate.

Of the scores who have studied this system in the Sanitarium Cooking-School, under Mrs. Kellogg's instructions, all are most enthusiastic in its praise, and their success in the employment of the methods taught has created a demand for instruction to be given in such a manner as to allow ladies who cannot leave their homes, to avail themselves of the advantages of this new system.

All who are interested in this matter should address at once, The Sanitarium Cooking-School, Battle Creek, Mich.

* *

THOSE of our subscribers who cannot readily obtain postal money-orders or postal notes when remitting the subscription price of the journal, may send postage stamps or currency at our risk, provided they will have letters containing remittances of currency registered at the post-offices where they are mailed.

A rule adopted by the publishers of this journal a number of years ago and which it seems necessary to still maintain, requires that we shall at once stop sending the journal to the addresses of subscribers as soon as the subscription expires. Many of our subscribers have taken the journal regularly for years, and large numbers have expressed themselves that "they could not keep house without it." Some are doubtless somewhat inconvenienced by this rule, as they are sometimes somewhat negligent about sending in their subscriptions, although they do not think of stopping the journal. We have, however, no means of knowing their intentions as regards renewal if we do not hear from them, and we shall be obliged to strike their names from the list, much as we regret to do so. To save ourselves the trouble of removing their names from the list and then in a short time replacing them again, we would urge that all our subscribers whose subscriptions are about to expire would give the matter immediate attention, and send in their remittances as promptly as possible. The sum required is small, and we feel sure that any constant reader will agree that the amount of useful information contained in each number of the journal is ample compensation for the expense of an entire year's subscription.

* *

CANVASSERS are wanted to introduce GOOD HEALTH into every community in the United States. Good inducements are offered. Correspond at once with the Good Health Pub. Co., Battle Creek, Mich.

HEALTH FOODS.

In the effort to meet the necessities of a large Sanitarium, with its great variety of patients, we have produced a number of food preparations adapted to different diseased conditions, the merits of which are such as to secure for them a very large and increasing sale, not only to persons belonging to the invalid class, but those who wish by "good living" to avoid disease. The following are the leading preparations:—

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