

APRIL. 1890

GOOD



HEALTH

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J. H. KELLOGG M.D.

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DRESS	104, 105
Sanitary Care of Clothing, by S. ISADORE MINER; Treatment for a Trained Skirt; Expression in Woman's Dress; An English Lady's Views of Woman's Dress.	
HAPPY FIRESIDE	106-110
"The Pale Student," by HELEN L. MANNING; The Hartz Mountains (<i>See Frontispiece</i>), by S. ISADORE MINER; A Recipe for a Day (<i>Poetry</i>); Modes of Salutation Observed in Various Nations; What Women Can Do, by E. L. S.	
TEMPERANCE NOTES	110
POPULAR SCIENCE	111
TRUE EDUCATION	112, 113
Business Incompetence, by E. L. SHAW; Hints on Teaching Obedience, by Prof. G. H. BELL.	
SOCIAL PURITY	114, 115
Our Sister's Keeper, by Mrs. E. E. KELLOGG; Objectionable Advertisements, by S. ISADORE MINER.	
EDITORIAL	116-121
A New Danger from Tobacco Smoke; Excessive Tea-Drinking; Medical Frauds: IV.—Orificialists—Pockets and Papillæ; Horse Beef in England; A New Food; Trephining for Epilepsy; Condensed-Milk Frauds; Microbes and Warts; Naptha; A Backyard Prescription; Cancer and Vegetarianism; The Microbe of Old Age; Filters and Germs; The Death-Rate of Nurses; Death from Putrid Meat.	
DOMESTIC MEDICINE	122, 123
Art in Sick-Rooms; For Chafing Shoes; The Harmful Use of Soda; Effects of Unhealthful Surroundings; Wrinkles; Acne.	
SCIENCE IN THE HOUSEHOLD	124, 125
Helps for the Inexperienced. — 4; The Renovating Season, by E. L. SHAW.	
QUESTION BOX	126, 127
PUBLISHERS' PAGE	128



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By J. H. KELLOGG, M. D.

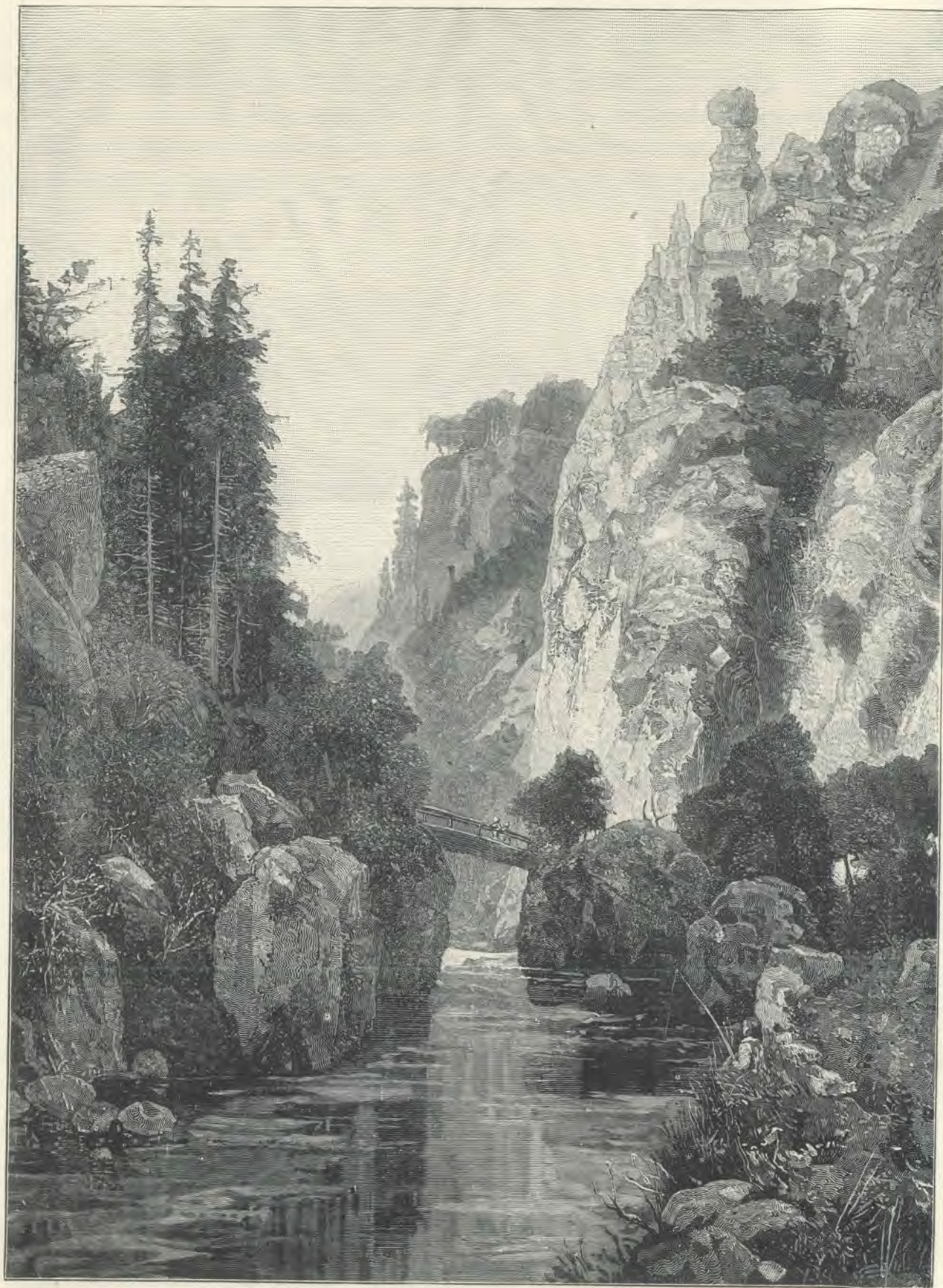
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[SEE HAPPY FIRESIDE.]



VOL. XXV.

NUMBER 4.

BATTLE CREEK MICHIGAN.

APRIL, 1890.

INTERNATIONAL HEALTH STUDIES.

BY FELIX L. OSWALD, M. D.

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

12.—Hindustan.

INDIA is the most productive country of the world; but fertility is not always an unqualified blessing. The same sun that ripens dates and mangosteens, also engenders upas trees and venomous serpents; and the birthland of the Sanscrit and the Vedas has also produced thugs, fakirs, and self-torturing Buddhists.

Still the Hindoos proper can hardly be called a degenerate race. Their languid climate has never been favorable to the development of national heroism in the Spartan and Old Roman sense of the word; yet in heroic self-denial and persistent loyalty to the precepts of their ancient religion, few nations have ever surpassed the modern devotees of Brahmanism. In a famine raging with the destructiveness of the black death, thousands of starving Hindoos have retired to the shade of a solitary grove, and lain down to die, rather than purchase survival by tasting the flesh of a fellow-creature. The pilgrimage to the sacred shrines of the Upper Ganges, is yearly performed by millions of devotees, who prefer deprivations and extreme hardships to the alternative of breaking a vow by leaving their journey unfinished. During the siege of Lucknow, when the rations of the garrison were reduced to one pint of rice a day, many Hindoo soldiers insisted on sharing their pittance with their British comrades, whose scruples they tried to remove by assuring them that natives of India could very well subsist on *rice-tea*, *i. e.*, on the water in which a handful of rice had been boiled.

Military prowess cannot be expected to thrive on a diet of that sort; still it is a curious fact that in feats

of bodily agility, the Hindoo vegetarians stand unsurpassed and unrivaled. At the fair of Hyderabad, Victor Jacquemont saw a native juggler run at full speed *on his hands*, keeping his feet straight up in the air, and maintaining his balance without any apparent effort. Another clambered up and down a long pole that stood free on a stony pavement, without any other support than the manipulations of the climbing performer, who at once counterbalanced the swaying of his frail support, by turning the preponderance of his own weight to the other side. Captain Burton speaks of an old Hindoo athlete who leaped over three elephants standing side by side, and on his descent from his aerial excursion, landed on his feet with the gracefulness of a ballet-dancer. "Why, that's nothing!" said the old fellow, in reply to the traveler's compliments; "there is many an older chap who would do that for half a rupee. You ought to have seen me jump when I was thirty years younger!"

Hindoo jugglers have been known to toss a large ball high up in the air, and hit it a dozen times with smaller balls, before it could drop on the ground. They dance on staves laid crossways on a vertical support, and only a year ago the wizard Hermann introduced an Oriental specialist who could not only balance an egg on a long stick, but make it roll down the stick (about an inch in diameter and eight feet long), and back again,—a feat so incomparably difficult that a private experiment must have tempted many spectators to believe in the possibility of witchcraft.

The abstinent and temperate natives of Southern India recover from bodily injuries with amazing ease, and can for years endure deprivation that would terminate the existence or the patience of a Northlander, in a single month. That faculty has supported them in the countless wars of conquest which, like storms, have again and again swept over the favorite land of Brahma. Macedonians, Persians, Turcomans, Afghans, and Mongols have ravaged India in succession,

tenants; but with a few cart-loads of bamboo sticks, and a little adhesive loam, a cabin of that sort can be reconstructed, and even if the flood should assume uncontrollable proportions, the inhabitants of the inundated districts can be seen perched in the tree-tops, calmly smoking their pipes, and taking their chance of having to save their lives by swimming or of being drowned in the waters of the sacred river.

With all the dietetic purism of their creed, the Hindoos have, from immemorial times, been addicted to a variety of poison-habits, though the poverty of the lower classes saved them from the temptation of indulging those habits to a perilous degree of excess. Five thousand (according to their own chronology, fifty thousand) years ago, *soma-wine* (the juice of some sort of narcotic plant) was already valued as one of her chief blessings of life, nay, as the most acceptable offering on the altars of the gods. The Vedas abound with allusions to that strange sort of sacrifice: "Listen, Brahm, let not thy ear be closed, nor thy mercy wait for the intercession of the sacred Rishis; thy sun, thy shining sun is my witness that I have offered up all my store of *soma*. Let its pleasant flavor cheer thy heart, and incline you to grant the prayer of your servant," etc., etc. Opium and betel-nuts come next, and there may be a historical basis of fact in the old Grecian legend describing the Indian campaign of Bacchus, the god of alcohol, who at first was scorned by the Hindoos, but humbled his pride, and reduced millions to the homage of his power. Opium, tobacco, and various kinds of fermented liquors are still used, in spite of the religious interdict of *drunkenness*, a word which the converts of the Brahmin seem to apply to the grossest forms of intoxication.

Abstinence from flesh-food, on the other hand, is observed with a degree of strictness that would have amazed our fasting



NATIVES OF HYDERABAD.

often stripping the agricultural natives to the very skin; but those natives had mastered the problem of supporting existence on a minimum of creature comforts. A meal of rice and boiled herbs, a little sago-gruel, a piece of cheap cotton cloth to serve as a mantle by day and a mosquito-screen by night, are enough to keep a disciple of Brahmanism alive and contented. In the alluvial coast-regions, frequent floods sweep away the frail cabins of the rice-field

forefathers, who considered fish a perfectly legitimate article of Lenten-fare, and according to the satire of Erasmus, were apt to mistake seals for fish, and otters for seal. The prohibition of flesh-food, according to the Brahminic commentators, extends to mammals, birds, fish, and insects. "Harm nothing drawing the breath of life," is a precept which tens of millions observe in its strictest sense, and a traveler-lecturer describes the horror of a pious Brahmin who was

convinced by the evidence of a microscope and a calcium-light reflector, that he could not drink a glass of water without swallowing a thousand *animal-cula* with every drop. The dismay of the orthodox spectator was, however, somewhat modified by the demonstration of the fact that a drop of rum would cause the living tenants of the water to precipitate themselves to the bottom of the glass, thus giving a true believer a chance to sip the upper portion of the fluid without the danger of defilement! "It is to be hoped," adds the facetious narrator, "that the discovery will not tempt the holy man to invest in an excessive quantity of the soul-saving rum."

Besides the law that obliges every true follower of Brahm to spare his fellow-creatures without exception, there is a variety of doctrines inculcating a belief in the extraordinary holiness of special animals,—crocodiles and Ibis-cranes, for instance, and at least three different species of monkeys. One of those long-tailed demigods, the Hanuman ape (*Semnopithecus Entellus*), enjoys the freedom of every Hindoo village, and has no scruples about anticipating the charity of the faithful, by entering a cottage and snatching food from the very teeth of his human kinsman. It would never do to kick a lunch-fiend of that sort. He must be coaxed out by the offer of additional sweetmeats, or carried away in a shawl, and without the slightest attempt at violence or disrespect.

"*Bhara Dhur!*" (Mercy, mercy!) is a frequent cry in the streets of Benares when a European servant rushes out of a house in hot pursuit of a four-



HINDOO WATER-CARRIER.

sake of Mahades! for Saki-Yam-Deva's sake!' etc., etc., till the fugitive saint is round the corner."

Captain Elphinstone's servant was pursued by an excited mob for having crippled a bhunder-monkey, another species of long-fingered saint, which travel in troops, and are never molested by the natives, though they often clean out the entire crop of a hard-working farmer,—a proof that vegetarianism enables a man to keep his temper under extreme provocations.

The value of the sanitary precepts of Brahmanism, has often been questioned, on account of the fact that cholera and other plagues are extremely destructive in Hindostan; but the truth seems to be that diseases of that sort rarely or never originate among the Brahmin natives, while it is sadly certain that the intemperance of their Caucasian conquerors is extremely apt to engender the fatal germs. It is equally true that in a hot climate, epidemics, if once fairly started, increase in contagiousness as they spread from town to town, and in specially sultry seasons can thus often acquire a degree of virulence that spares neither saint nor sinner. Under anything like favorable circumstances,—in the uplands, or at a safe distance from the vice-centers of the larger cities,—the Brahmin vegetarians enjoy a remarkable immunity from disease, and often preserve their vigor to an extreme old age, as a proof that health and longevity are not necessarily incompatible with low latitudes.



TRAVELING IN HINDOSTAN.

handed culprit," says a modern naturalist. "*Sahib! Nanna san ghatta!*" (We will make restitution, sir!) they cry, if it appears that the sacred long-tail has got away with something. 'Hold! spare him for the

(To be continued.)

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

BY A DOCTOR.

Dietetic Causes of a Diseased Liver.

SINCE the functions of the liver are exceedingly delicate and complex, its action is the more easily disturbed. One very frequent cause of disturbance is overeating. After every meal, the liver becomes physiologically congested and filled with blood. It is evident, then, that if a person eats too much, the effect will be to increase the state of congestion; and if the practice is kept up, the result will be an enlarged, torpid liver.

Another cause is too frequent eating, by which practice the liver becomes habitually distended, not being allowed the necessary rest and return to its normal condition.

Still another cause is the use of certain articles of diet which are particularly prone to produce a congested state of the liver. Condiments, such as pepper, ginger, spices, mustard, and the like, may be named first on the list, as being specially irritating. A very small portion of pepper will so congest the eye as to make it blood-shot, due to a relaxed state of the blood-vessels. So smarting and tingling substances, taken into the stomach, and carried into the most intricate parts of the liver, produce congestion. As the skin tries to protect itself from a mustard plaster applied to the surface, by placing a layer of water underneath, so the liver tries to protect itself from the irritating effects of these condiments, by pouring out bile to wash them away. By repeated applications of mustard, Spanish flies, or croton-oil, the skin is rendered so inactive that these substances cease to have any effect upon it; in precisely the same way, the normal sensibilities of the stomach and the liver are destroyed by continual use of these blistering things. They produce a paralysis of the blood-vessels. The liver becomes irritated, congested, inflamed, and enlarged, and the person has to keep using some sort of medicine to unload it.

Another error of diet which is exceedingly productive of disease of the liver, is an excessive use of fat. Some years ago an eminent French physiologist took two dogs, and made an opening in each by which the gall ducts were brought to the surface through a silver tube. After the dogs recovered from the operation, and Nature had adjusted herself to the new order of things, he experimented as to the effect which certain classes of food had upon the amount of bile secreted. When he fed them bread, or any food which contained only a small portion of fatty elements, the amount of bile secreted was relatively large; when he fed them

on fatty foods, the amount was greatly diminished. If the food was very fat, only one fourth as much bile would be manufactured as was made when the diet was bread. And not only that, but analysis showed that the amount of solid matter proportionate to the quantity, was only half as great. To ascertain the reason from the condition of the livers of the dogs, he finally killed them, after giving one a meal of bread and the other a meal of fat. In the one fed upon fat, he found the little cells of the liver crowded with fatty particles, so full that they could not do the work of secreting the bile. The liver is the sentinel of the body, and is a very self-sacrificing organ; so in order to save the fat from clogging the capillaries, as it would if allowed to go into the blood, and perhaps form a blood clot in the brain or elsewhere, it gives up its other work, for the sake of secreting the surplus fat which is brought to it. Sometimes from the effects of fat, a tiny blood clot forms in the tissue of various parts of the body, and a boil is Nature's effort to get rid of it. If mercury or arsenic or any metallic poison is taken into the system, the liver takes upon itself the task of soaking them up. If a man dies from arsenical poisoning, especially if it be slow poisoning, the chemist does not care anything about the stomach; it is the liver he wants when he seeks for evidence. The various alkalies, soda, saleratus, baking-powder, and the like, all go to the liver. Alcohol, pepper and pepper-sauce are likewise stored there. We say that certain things clog the liver; that is precisely what they do.

Another harmful practice is the too free use of sugar. Our food is largely made up of carbonaceous elements: wheat flour, Indian meal, rice, and all farinaceous foods are composed of from five sixths to eleven twelfths of starch. About one half of all our food is composed of starch, which in the process of digestion is turned into sugar. When it reaches the liver, it is converted into liver starch, and stored up, so that it shall not all enter the blood at once, where it would do great harm, by increasing the specific gravity of the blood, as well as by destroying the blood corpuscles. The liver is a safeguard of the blood. As sugar is needed for heating purposes, for force of muscle and of brain, and for adipose tissue, the liver reconverts its starch into sugar, and doles it out. Now when a large quantity of sugar is added to farinaceous and other foods, it has the effect of overworking the liver; it cannot take care of all the

sugar sent to it, and so some slips through directly into the blood; and as the blood cannot use it in this way, Nature, in order to save greater harm, hurries it out of the body through the kidneys, bringing on that dreadful disease, diabetes. Nine tenths of all cases of diabetes are produced in this way. Physicians recognize this fact, and say to the patient that he must stop eating sugar.

Another reason why eating sugar is worse than eating starch, is that it requires some time for the starch to be converted into sugar, and so the sugar is introduced into the liver by a gradual process. When large quantities of cane sugar or grape sugar are taken into the body at one time, it comes to the liver in such a deluge that all of it cannot receive proper attention, and some of it slips through. Another thing, if the too free use of sugar is continued, the liver gets into a slovenly habit of doing its work, and does not try to do it well. Illustrations of this occur continually in nature. The stomach can be accustomed to that which is very nauseating at first; the nostrils may come to positively enjoy odors which are very disagreeable at the beginning; the arsenic-eater soon is able to take a dose which would have proved fatal at the outset. Nature acquires a tolerance for these things. In precisely the same way the liver acquires a tolerance for great quantities of sugar, and lets it go right along into the system, to do its mischief at will. Being overworked with so much sugar, it does not try to perform its other duties. It refuses to make bile enough, and lets the waste which as a rendering-establishment it should dispose of, keep on in the circulation. It is no wonder that the person gets bilious, and has a brassy taste in the mouth, and a furry tongue and dingy skin. The mouth tries to carry off some of these poisons, and so does the nose and the skin. The liver is a dark organ chiefly because it acts as a strainer for impurities, and when the skin undertakes the neglected task, it is no wonder that the skin is muddy and has dark patches upon it.

Tea and coffee are two more harmful substances

as affecting the liver, because they contain active poisons. Theine, which is found in almost all substances used as beverages, is a powerful narcotic poison. Seven grains of it will kill a cat, and twelve grains will make a man think he is going to die, while twenty grains would probably be a fatal dose. Theine is closely allied to cocaine and bromine. Theine has a narcotizing effect upon the liver, and renders it torpid in the same way that cocaine benumbs the sensibilities wherever applied. The delicate sensibilities of the liver are benumbed for its task of sorting over the food; it forgets to take out excessive fats, and does not pick out all the sugar. Its nerves are so dull and stupid that it is no wonder its owner has sick-headache and bilious attacks. The blood not being properly cleared, these poisonous matters affect the brain and nervous system.

The use of wine and alcoholic drinks at the table and elsewhere, has a very bad effect upon the liver. If wine is ever necessary "for the stomach's sake," which I doubt, it certainly is not necessary for the liver, and the liver gets more of it than does any other organ of the body. Recognizing it as a substance which cannot do any good, it absorbs it into itself as much as possible; and that is why a person addicted to the use of alcohol always has a bad liver.

Saying nothing of the effects of tobacco upon the mental and moral nature, or of its general injury to the physical, it has a very bad influence upon the liver, which tries to store within itself all the nicotine possible, to save the rest of the body. Tobacco-users always have torpid and diseased livers. When they have used tobacco until it hangs upon their breath, they are in a frightful condition, since the whole system is saturated with it. So long as the liver and kidneys can do the work of carrying the nicotine out of the system, they do not suffer so very much; but when these organs are worn out and benumbed in their efforts, the whole body becomes saturated, like a sponge with water. The liver of such a person is almost good for nothing, as regards the functions it was intended to perform.

(To be continued.)

LAUGHTER is one of the best aids to digestion. It promotes the heart's action, deepens the breathing, and is one of the best of persuasives to the secretive glands which furnish the digestive fluids. Cicero appreciated laughter, for he at one time complained most bitterly that his fellow-citizens had all forgotten to laugh. King Edward II, of England, gave somebody a crown for making him laugh. Dean Swift,

himself a cynic who never laughed, declared laughter to be the most innocent of diuretics. Lord Chesterfield thought it improper to laugh, which sentiment was indorsed by Emerson. Nevertheless, the error of Lord Chesterfield arose from the fact that his laughter-loving friends, though vastly inferior in manners, quite out-witted him in politics, while dyspepsia made life a serious matter for Emerson.

A SANITARY HOUSE AND ITS FURNISHINGS.

It will stand facing the sun, on a dry soil, in a wide, clean, amply sewerred, substantially paved street, over a deep, thoroughly ventilated and lighted cellar. The floor of the cellar will be cemented, the walls and ceiling plastered and thickly whitewashed with lime every year, that the house may not act as a chimney, to draw up into its chambers micro-organisms from the earth. Doors and windows, some of which extend from floor to ceiling, will be as abundant as circumstances permit, and will be adjusted to secure as much as may be through currents of air. The outside walls, if of wood or brick, will be kept thickly painted, not to shut out penetrating air, but for the sake of dryness. All inside walls will be plastered smooth, painted, and, however unæsthetic, varnished. Mantels will be of marble, slate, iron, or, if of wood, plain, and whether natural, painted, or stained, will be varnished. Interior wood-work, including floors, will all show plain surfaces, and be likewise treated.

Moveable rugs, which can be shaken daily in the open air,—not at doors or out of windows, where dust is blown back into the rooms,—will cover the

floors. White linen shades, which will soon show the necessity of washing, will protect the windows. All furniture will be plain, with cane seats, perhaps, but without upholstery. Mattresses will be covered with oiled silk; blankets, sheets, and spreads, no comforts or quilts, will constitute the bedding.

Of plumbing, there shall be as little as is necessary, and all there is shall be exposed, as is the practice now. The inhabited rooms shall be heated only with open fires, the cellar and hall by radiated heat, or, better, by hot air furnace, which shall take its fresh air from above the top of the house, and not from the cellar itself or the surface of the earth, where micro-organisms most abound. There will be "house-cleaning" twice a year.

Put into this house industrious, intelligent, and informed men and women,—absolutely essential conditions,—and as much will be done as at present may be done to prevent the dissemination from it of contagious disease, when an inmate brings it home from a septic house, hospital, sleeping-car, school-room, theater, church, etc.—*Independent*.

IMPURE ICE.

THE use of ice in preserving food and for drinking purposes, has become a very important factor in modern life, and a means of incalculable benefit to all classes of people.

It was formerly believed that freezing destroyed, in large measure, the impurities of water; and within certain limits, this is true. But it has been found, as the result of a long series of careful experiments by numerous investigators, that those important contaminating elements in polluted water, the bacteria, may resist for long periods the influences of cold. Good ice is so clear and beautiful that it is difficult to believe that it may harbor among its crystals large numbers of even such tiny bodies as the bacteria, but this also is nevertheless quite true. It has been found that the ice which is delivered in New York, and in many other large cities, actually contains large numbers of bacteria. It has been further found that that most dreaded form of bacteria, the typhoid bacillus, may remain for long periods, living and virulent, in solid ice-blocks.

It follows directly from these simple but undeniable

facts, that the sources of our ice supply should be as carefully scrutinized in the interest of the public health, as should the sources of the water. But, unfortunately, under the influence of the old idea that water was thoroughly purified by freezing, it has become the general practice of many of the dealers to get their ice from almost any source, however unclean, which is near or accessible enough to the market to afford a profit.

One of the most flagrant examples of this bad practice, is seen in the ice supply of New York City, which is in large part drawn from the sewage-polluted Hudson, and in many cases from the immediate vicinity of the sewer openings. Some of the ice which is supplied to New York is cut on moderately clean ponds or lakes, but the consumer is almost never certain that he is not getting Hudson River sewer-ice, even when he may fancy he has a cleaner supply.

The fact is, ice should not be cut, at least when it is to be used for drinking purposes, from any source which would not be good if used for drinking, unfrozen.—*T. Mitchell Prudden, M. D.*

KING HUMBERT, of Italy, is a vegetarian, the use of flesh foods being prohibited by his physicians.

DRINK, disease, and civilization have extirpated the whole race, save a single survivor, of Tasmanians.

ANCIENT BREAD.—Crackers are the oldest form of bread known. In the ruins of the Swiss buildings which belonged to the neolithic age, fragments of unfermented cakes have been discovered, which were not very unlike our modern crackers.

AN INDIAN'S ARGUMENT FOR VEGETARIANISM.—An address made many years ago by an Indian chief to his people, exhorted them to take up agriculture, and presents the practical side of the subject of vegetarianism, which must have had no small weight with those to whom it was addressed: "See ye not that the pale-faces feed on grains, while we feed on flesh? that the flesh takes thirty months to grow, and that it is often scarce? that every one of those wonderful grains which they strew into the earth yields to them a thousand-fold return? that the flesh on which we live has four legs to flee from us, while we have only two to run after it? that the grains remain and grow up in the spot where the pale-face plants them? that winter, which is the season of our toilsome hunting, is to them a season of rest? No wonder, then, that they have so many children, and live longer than we do. Therefore I say to every one of you who will listen, that before the cedars of our village shall have died of age, and the maples of the valley have ceased to give us sugar, the race of the corn-eaters will have destroyed the race of the flesh-eaters, unless the hunter should resolve to exchange his wild pursuit for that of the husbandman."

HYGIENE OF CARPETS.—Carpets are commonly made to cover the entire floor of rooms. This cannot be too much deprecated. Carpets, like curtains, are mere dirt-traps, which become loaded with filth of every description. This is abundantly proved when a carpet is swept, and the dust allowed to settle on all the articles in the room. Such dust, if examined, will be found to consist of dried mud, chiefly granite or wood, but also containing every description of vegetable and animal impurities. When raised by walking about a room, it is a common cause of "colds" and bronchitis. In addition, as it consists largely of organic matter, it produces a close smell, and contaminates the entering air.

The substitution of a central carpet for one covering the entire floor, is a great improvement, the floor around the carpet being covered with parquet veneering; or if the expense of this be too great, the whole floor may be painted with four good coats of dark oil paint, and varnished, the joints of the boards having first been made secure. The carpet should be easily removable, in order that it and the floor may

be thoroughly cleansed at intervals. Rugs will be found even better, since they may be taken up and shaken every day, if necessary.

In bedrooms, the less carpet the better. Good Chinese or Indian matting is strongly recommended instead, as it does not retain the dust and other impurities which become fixed in the woolly texture of a carpet.

THE EDUCATIONAL VALUE OF OUT-DOOR GAMES.—Organized play produces a most useful effect. It trains the boy to do correctly just what he is told to do, and, while his spontaneous action is encouraged, he is kept ever ready to act according to circumstances. Play is healthful; so is the alternation of mental work and active play. In mental action, the brain centers probably act much in stimulating one another; in play, the muscles are stimulated by the brain centers, and the purely mental action is diminished. Thus play is not merely muscular exercise, but a change in the kind of brain action, and probably of the action of the special centers.

Even if the fact were not well established, the physiologist would expect to find that moderate athletics and success in mental work are not divorced from one another. This is well illustrated in the list of scholarships recently gained by the boys of St. Paul's school; all the athletic leaders are named in the list. The tendency to self-contemplation, also, which is engendered by the modern system of competitive examinations, is to some extent counteracted by athletics. In the examination, the individual wins, not his class; in the cricket club, the eleven wins, though one individual may make the winning score.

It is sometimes said that athletics make good bodies to the neglect of mental culture. That may be true when too much time and attention are given to the river and the cricket-field; but it should be well understood that a highly organized game does exercise the brain as well as the muscles, though not in exactly the same way, nor probably in the same parts, as does so-called intellectual training. A just balance between play and work may be struck for the individual, by noting what duration of mental exercise can be borne without the signs of fatigue following. Recreation of the athletic kind is most useful in turning "the brain overpressed with thoughts" to other modes of action, and preventing it from continuously acting in mental modes producing a cloud of uncontrolled thoughts, to be followed by troubled sleep and dreams. Habits of bodily activity are often the best cure for sickly states of mind.—*British Medical Journal*.



SANITARY CARE OF CLOTHING.

BY S. ISADORE MINER.

THE care of the clothing has a much more intimate relation to the hygiene of dress than many suppose. But the same disregard of health obtains in this phase of the dress fallacy, as in weightier; though to be exact, it can scarcely be called disregard, since the idea of healthfulness never once enters into consideration. In fact, in our day, people think far more about their clothes than they do about themselves.

The careful person, the one who wishes to be esteemed as well dressed, sees that a wardrobe of commodious size is accessible, with shelves, and hooks, and that the garments to be hung up are provided with the necessary loops. Then every article of the outer clothing, as soon as taken off, is hung up or folded away out of the dust and the danger of crushing, and thus preserves its shape and freshness. Such persons avoid the general appearance of having slept in their clothes, and would go to greater lengths to present just the unruffled exterior that they do. Did they think it necessary, for this purpose, they would give their garments the benefit of frequent out-door airings, however troublesome; yet these airings are necessary, not for the sake of the garment, but for the sake of the wearer.

Garments during wear necessarily absorb more or less of the perspiration that is being constantly thrown off from the body; and these exhalations are, more or less, loaded with poisonous matters, which are retained in the clothing unless proper preventive measures are taken. To this end, all wearing apparel that is not subject to the general wash, should be given an occasional purification in the open air, especially when taken off to hang in the wardrobe or lie in wrappings for some time. This may be done by pinning the garments firmly to the drying-line, in such a manner as to get the beneficial inflation of a mild breeze, on a fair day. Occasionally, also, the whole contents of the closet should be literally turned out-of-doors, as these modern receptacles, dark and close, but usually open to the escaping affluvia of the sleep-

ing-room, become mere germ-breeders, unless precautions are taken for the entrance of sunlight and air.

The shoes, too, should share in the general overhauling, unless one chooses to try even a better way, which is vouched for as also being very economic, in the long run; and that is to possess two pairs of shoes for every-day wear. No portion of the body throws off so much moisture as do the feet, and no article of wear is so well adapted to retain moisture as is that made of leather. Consequently, the shoes, obtaining dampness from without as well as within, are seldom thoroughly dry, if the same pair is worn days in succession. None of our wearing apparel, do we think needs changing so frequently as do our hose, and yet our outer foot-covering is open to the same need, enhanced by external soil; and nothing can be more injurious to the general health than damp foot-wear. Besides, from a mercenary point of view, leather kept constantly in a soaked condition, however slight, is apt to rot, and give out prematurely. The purchase of proper foot-wear forms no inconsiderable item in dress expense, and this motive alone might lead many into the corrective,—the wearing of one pair of shoes three or four days, then changing for another, which, in the meantime, has been set to dry in an airy place, and then softened by the judicious application of a little fine oil. People with tender feet will also find in this practice a source of comfort. No two pairs of shoes press exactly the same, and this sensitive and much-abused portion of the anatomy will be found susceptible to the slightest change, and will experience sensible and grateful relief.

Our bedding, under which we pass one third of our time, and which is never exposed to the numerous chances of street infection, is religiously aired every morning; our clothing, in which the remaining two thirds of our time is spent, with its various outside risks,—why should that not be as scrupulously cared for?

TREATMENT FOR A TRAINED SKIRT.

WE quote from a late issue of the *Union Signal*, the following from the pen of Dr. Kate Lindsay, an acknowledged authority on the medical and social bearings of the dress question, and whose trenchant articles have often appeared in the columns of this department:—

"Dr. Lindsay was asked, in a recent lecture, which she would recommend, disinfection or a surgical operation for a long train which had been sweeping about the by-ways of a public building for weeks; to which she replied:—

"Both disinfection and a surgical operation would be required for a radical cure. A train which had swept the by-ways anywhere would be very dirty, being loaded with germs which might carry blood poisoning to some one. Washing would be necessary, then, to get rid of this danger; and to prevent a recurrence, it would be necessary to remove the train with a pair of shears. Almost any one could

do this, but a dressmaker's services might be required to prevent fraying.

"When a woman turns her dress into a street-sweeper or a carpet-sweeper, there should be some sanitary regulation to meet the case. She raises a cloud of dust which settles upon her underclothing and her person. This species of uncleanness affects both herself and others. Another thing, there is not a little strength wasted in dragging about a heavy, trained skirt. Grace of motion and freedom of action are incompatible with this unnecessary burden. It is well adapted to the affectation of listlessness and languor. But it is to be hoped that our civilization is advancing so rapidly that the time is not far distant when society women will dispense with this "caudal appendage" as entirely as have the noble army of women who have entered the ranks of workers. Improper dress has not a little influence in retarding the golden dawn of universal suffrage."

EXPRESSION IN WOMAN'S DRESS.

EDMUND RUSSELL, in his lecture on dress, gives some valuable hints in regard to woman's costume:—

"For a woman of light physique, delicate coloring, vitality, energy, and movement, any draping, clinging material—soft wool or lustrous silk—has a peculiar adaptation. Repose is an idea inseparable from size; let the stout woman's dress create that feeling,—material that will fall in rich heavy folds, unbroken lines, deep, soft color,—and she is at her best. The tight-fitting black silk or satin, her usual grand costume, is a great mistake. The lights reflected from a brilliant surface reveal the form; revealed form is vulgar, suggested form is poetic.

"A tall, angular woman wants something light and floating—a material that will follow every movement, multiplying lines and obliterating angles. Proper radiation of lines has everything to do with the grace and expression of a gown. The shoulders and hips are natural points of support. Let the drapery fall from these, and the result is a series of long, curving radiations that give life and beauty. With every change of position there is a new series of lines, all free to follow the swing and sway of movement. Little catches and fastenings are stiff and meaningless; they break the long sweep that alone gives ease and grace."

AN ENGLISH LADY'S VIEWS OF WOMAN'S DRESS.—

At the last meeting of the British Association for the Advancement of Science, Mrs. Carmichael Stopes read a paper regarding errors in women's dress, in which she divided the present faults of women's clothing into two classes:—

"1. The temporarily ridiculous or disadvantageous.
2. The permanently injurious. Among the first might be included all the modern forms of crinoline and dress-improver, tied-back skirts, tied-down arms and sleeves, over-long dresses, and over-heavy trimmings, and any absurd fashion that impeded the action, free-

dom, or development of women, or which outraged art. Of the second class, she mentioned first the inequalities and disproportions of clothing, and strongly denounced the use of high heels and tight stays. Fashion blinded the eyes of its votaries. Comparisons she had made of the notes taken by different corset-makers, enabled her to say that during the last twenty-five years the female waist had decreased in size by two inches. It was worthy of consideration whether women were justified in following fashion to an extent that not only injured their own health, but tended to lower the physique of a whole nation."

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.

"THE PALE STUDENT."

BY HELEN L. MANNING.

"O AUNTIE, I have found such a lovely poem in rummaging through your old books in the garret, this morning. Just listen!"

Aunt Eveline looked up from her cutting-table, where she was plying her shears vigorously in behalf of the Dorcas Society, of which she was president, secretary, executive committee, and seamstress, and fixed her keen yet kindly eyes upon pretty Beulah Morrison, as she entered the sewing-room, book in hand, and seating herself by the table, began to read:—

"I have seen the pale student bending above the unwritten volume, or pouring over the exhaustless tomes of nature, until the springs of life were dried up, and he died."

"Poor fool!" the base and soulless worldling cries,
'To waste his strength for naught, to blanch his cheek,
And bring grim death upon him in his prime.
Why did he not to pleasure give his days,
His nights to rest, and live while live he might?'—"

"There, that'll do. I don't want to hear any more. I'd better have burned the book, and made sure that its pernicious influence should not reach another generation of sentimental young people. I know more about that poem than you do, and for once the 'base and soulless worldling' is nearer right than the poet. Certainly he is right about giving the nights to rest, though to my mind, there are things which are worth more than what is called pleasure, to spend daylight about," and Aunt Eveline gave the shears an extra clash, by way of emphasis.

"But, Auntie, don't you think it is very pathetic and very interesting where it tells about the acquirement of wisdom being of the first value, regardless of the body? Do you remember—

"Let his lamp grow dim and flicker to extinction;
Let his cheek be pale as sculptured marble,
And his eye lose its bright luster,
Until his shrouded form is laid in dust;
Himself can never die?'"

"It reminds me so much of Professor Flanders," continued Beulah, "who spent the summer here a year

ago, studying geology for recreation. He knew Greek and Hebrew and Sanscrit and Choctaw, and the dear knows what, besides all the 'ologies and 'isms."

"Yes;" interrupted Aunt Eveline again, "he could pose for the 'pale student' anywhere; but the pity is that with all his learning, he is wholly ignorant of the most important knowledge of all, and that is how to care for and cultivate his own body. He hasn't as much muscle as a boy ten years old ought to have, and is hollow-chested and stoop-shouldered. I wasn't at all surprised to read in the papers, yesterday, that the college with which he is connected has granted him a leave of absence from professional duties, and sent him on an ocean voyage. Quite likely the next we read of him will be in his obituary. He might just as well have cultivated his muscle at the same time that he was spending so much time on his brains, and both brain and muscle would have been of better quality. It is high time this 'pale-student' fallacy was replaced by common sense."

"I didn't know that you could be so stirred up over a bit of poetry—blank verse at that!" laughed Beulah.

"I'm not half done yet!" exclaimed Aunt Eveline, energetically. "You couldn't well have found another poem to stir me up as this does. It was a favorite of my classmate, Elmer Gray, and I remember how proud I was one day of public exercise, when he declaimed it so grandly from beginning to end. Poor fellow! his 'pale-student' fancies helped to carry him to the grave before he could reach graduation honors."

Beulah searched her aunt's face to see if it gave sign of there being a romance connected with this friend, of whom she had never heard her speak before; but a face long disciplined in self-control, does not easily betray itself to a school-girl, though an older person might possibly have read more.

Aunt Eveline continued: "Then there was another gifted young man whom I knew, belonging to an older set, that was always repeating that poem and quoting from it; he is ending his days in an asylum for the insane. I don't say that the poem sent the one to a premature grave and the other to a mad-house, but I do say that it undoubtedly had a pernicious influence upon the lives of both."

"But, Aunt Eveline, Olive Arnett loves the poem, and was repeating parts of it to me the other day, and that was why I seized upon it this morning."

"Well, Olive Arnett is a shining example of what not to do in certain directions. Her bed-ridden condition is not very surprising, if sentiments like those called forth by the poem, have given bias to her actions."

"Why, I thought you admired her very much. I have heard you say there was hardly a young lady in town who had so wide an influence for good among the young people as she."

"I do greatly admire her self-abnegation in turning

away from her own sufferings to do all she possibly can to make the lives of others brighter and purer, and more like the great Pattern; but, remember, she does these things in spite of her afflictions, not because of them. If she had only realized that physical perfection and growth were second only in importance to soul development and growth, how much more symmetrical her life would have been! Hampered with physical infirmity, and yet such a power for good in the community,—if she were well and strong, would not her influence be increased a thousand fold?"

Aunt Eveline gathered up her work, and started for the sewing-machine, remarking as she went, more to herself than to Beulah, "When I take these flannels to the Rhodes children to-morrow, I'll stop and have a talk with Olive; it's not yet too late for her to learn much that she can teach. Even precept without practice is better than neither,—especially when the practice is impossible, but the evils resulting from the lack of it, well demonstrated."

THE HARTZ MOUNTAINS.

[SEE FRONTISPIECE.]

BY S. ISADORE MINER.

THEY are but seventy miles in length, and average hardly twenty-eight in width, these most northern mountains of Germany, and are considerably less in height than our own Catskill; yet so interwoven are they with the mystery and legend, song and story, of the German fatherland, that their importance is not to be calculated on a mere geographical basis. The inhabitants of the mountain fastnesses, were the last to relinquish the paganism that once pervaded the whole empire; and they still hold, to great extent, the traditions that have come to them from as far back as the time of Hermann, that mighty warrior who, entrenched in this rocky stronghold, so successfully defied the Roman legions, and secured the independence of Germany beyond the Rhine. And even by the peasants of the neighboring valleys, the deep dark gorges, scarcely a span's width, the lonely dells sheltered by sighing pine-trees, the yawning caverns and the beetling crags, were peopled by weird beings,—giants, fairies, and hideous goblins,—and made the scene of much of the current superstition. Strange stories were told concerning the fate of some belated traveler, or some skeptic overbold,—stories tongued with bated breath, and listened to with blanching cheek, while resinous pine knots crackled and flared in the fireplace, and winter tempests howled outside.

Rich in minerals and clothed by forests of valuable woods, for centuries the mountains have been inhabited by a sturdy race of miners and wood-choppers, possessors of all the virtues of honest ignorance. The shafts and galleries with which successive generations have actually honey-combed much of the Hartz range, were once supposed to be occupied by gnomes, a goblin race of miners, who as soon as the human workmen quit for the night, shouldered their picks and worked with fiendish zeal till morning, undermining tunnels and loosening huge masses of rock, that were to crush whole squads of hapless miners beneath their ponderous weight. The gnome was the miner's sole enemy, and at his door was laid all the calamities and misfortunes that befell the underground toiler while at work. Much credence was lent these superstitions by the method of mining. Wood being in abundance, at the close of the week's work the galleries were crowded with huge fires, which burned fiercely through their weekly holiday, and left the rock friable to the attack of the pick. The crackling of rock, the trickling of some subterranean stream through the new-formed fissures, imitated the sound of goblin picks in their ceaseless endeavor to at last drive out the invaders of this underground realm.

The traveler in the Hartz may still be pointed to incontestible evidence of the truth of many legends told him with all sincerity. Even the most incredulous will admit the accuracy of the hoof-print at the Maiden's Leap; why cannot he then admit the possibility of the incident the legend perpetuates? The tale is to the effect that a beautiful princess, much against her will, for she had trothed with a chivalrous knight, was given in marriage by her parents, to a giant of whom they lived in fear. Giants were plenty in those days, and were wont to be propitiated. On the day of the wedding, this particular giant made a great feast to celebrate his successful suit, at which the wise maiden succeeded in getting the giant and all his retinue so drunk that she escaped on her would-be spouse's coal-black charger. Finally coming to a deep, impassible gorge, she perceived her lover on the other side. The giant, by this time aware of her flight, followed on with all possible speed. As he appeared, the maiden was in despair; but a holy bishop who was conveniently by, so blessed the feet of her horse that he was enabled to clear the chasm at a single bound. Being a giant's horse, and the leap so tremendous, he lighted on the opposite cliff with such force that the print of his four feet was left in the rock. Time has obliterated the imprint of all but one of his hoofs, but that is there, sure enough, distinct and perfect, and two feet long! The giant also attempted the leap, but he fell,—down, down into the depth of the yawning chasm, where he was turned into a big black dog, and is still living, guarding the crown of the princess, which tumbled off in her terrible leap. But, alas! the dog and the crown they do not show us.

Then there is the curious phenomenon which has

formed foundation for the wierd legend of the "Specter of the Brocken." This singular spectacle is produced by the rising sun's projecting the shadow of everything on the Brocken, the highest peak of the Hartz, upon the mist that rises from the valley below. The mist must have reached a certain altitude, and there must be no clouds between it and the sun; otherwise the "apparition" does not appear. So clearly explained by the laws of optics as is now this phenomenon, it yet appeals sufficiently to the love of the supernatural, to win for the belief of the simple mountaineer the traveler's indulgent attention.

From a more practical point of view, the Hartz range is still an interesting feature. From its thickly wooded surface huge sticks of timber find their way to distant parts of the empire, while from far below their deep-bedded roots many a glistening ore is wrested—gold, silver, iron, and copper. Valuable earths, too, the mountains yield, such as arsenic and manganese, and granite, marble, slate, and alabaster. Fancy what must be the wealth of a range of such limited area, which can furnish homes and employment for 70,000 people, and pasturage in summer for countless numbers of cattle and sheep! The mountain alone is the site of over forty cities and numerous small villages.

No range of its size, too, can boast, as does the Hartz, of every phase of mountain scenery,—waterfalls and rills, rocky chasms bridged by arches thrown by nature, sequestered glades and craggy heights, sunny slopes and everlasting snows. Its beauties have formed themes for some of the grandest descriptions in German literature, among which Goethe, once for all, has immortalized the Brocken, by making it the scene of his *Walpurgisnacht* in "Faust."

A RECIPE FOR A DAY.

TAKE a little dash of water cold,
And a little leaven of prayer,
And a little bit of morning gold,
Dissolved in the morning air.

Add to your meal some merriment,
And a thought for kith and kin,

And then, as your prime ingredient,
A plenty of work throw in.

But spice it all with the essence of love,
And a little whiff of play;
Let a wise old book, and a glance above,
Complete the well-made day. —Amos R. Wells.

A TRADE association for women, which has the sympathy and support of Lady Sandhurst, has lately been formed in England, for the purpose of securing to working-women better hours and better wages.

A WOMAN who has personally interested herself in the lives of working-girls, and has studied the charac-

ters and circumstances of many thousands of them in this country, and knows whereof she speaks, asserts that not one of all she has met but has strong desires to reach a higher level, and could most profitably to society be helped up, as she is confident they would in every instance turn out good and earnest women who would in turn help others.

MODES OF SALUTATION OBSERVED IN VARIOUS NATIONS.

WHEN men salute each other in an amicable manner, it signifies little whether they move a particular part of the body, or practice a particular ceremony. In these actions there must exist different customs. Every nation imagines it employs the most reasonable ones; but all are equally simple, and none are to be treated as ridiculous.

This infinite number of ceremonies may be reduced to two kinds, to reverences or salutations, and to the touch of some part of the human body. To bend and prostrate one's self to express sentiments of respect, appears to be a natural motion, for terrified persons throw themselves on the earth when they adore invisible beings; and the affectionate touch of the person they salute is an expression of tenderness.

As nations decline from their ancient simplicity, much farce and grimace are introduced. Superstition, the manners of a people, and their situation, influence the modes of salutation; as may be observed from the instances we collect.

The first nations have no peculiar modes of salutation; they know no reverences or other compliments, or they despise and disdain them. The Greenlanders laugh when they see a European uncover his head, and bend his body before him whom he calls his superior.

The islanders, near the Philippines, take the hand or foot of him they salute, and with it they gently rub their faces. The Laplanders apply their noses strongly against that of the person they salute. Dampier says that at New Guinea they are satisfied to put on their heads the leaves of trees, which have ever passed for symbols of friendship and peace. This is at least a picturesque salute.

Other salutations are very incommodious and painful; it requires great practice to enable a man to be polite in an island situated in the Straits of the Sound. Houtman tells us they saluted him in this grotesque manner: They raised his left foot, which they passed gently over the right leg, and from thence over his face. The inhabitants of the Philippines use a most complex attitude; they bend their bodies very low, place their hands on their cheeks, and raise at the same time one foot in the air, with their knee bent.

An Ethiopian takes the robe of another, and ties it about his own waist, so that he leaves his friend half naked. This custom of undressing on these occasions, takes other forms. Sometimes men place themselves naked before the person whom they salute; it is to show their humility, and that they are unworthy of appearing in his presence.

Sometimes they only undress partially. The Japanese only take off a slipper; the people of Arracan, their sandals in the street, and their stockings in the house.

In the progress of time it appears servile to uncover one's self. The grandees of Spain claim the right of appearing covered before the king, to show that they are not so much subjected to him as is the rest of the nation; and we may remark that the English do not uncover their heads so much as do the other nations of Europe. Mr. Hobhouse observes that uncovering the head, with the Turks, is a mark of indecent familiarity; in their mosques, the Franks must keep their hats on. The Jewish custom of wearing their hats in their synagogues is, doubtless, the same oriental custom.

The negroes are lovers of ludicrous actions, and hence all their ceremonies seem farcical. The greater part pull their fingers until they crack. Snelgrave gives an odd representation of the embassy which the king of Dahomey sent to him. The ceremonies of salutation consisted in the most ridiculous contortions. When two negro monarchs visit, they embrace in snapping three times the middle finger.

Barbarous nations frequently imprint on their salutations the disposition of their characters. When the inhabitants of Carmena (says Athenæus) would show a peculiar mark of esteem, they breathed a vein, and presented for the beverage of their friend the blood as it issued. The Franks tore the hair from their heads, and presented it to the person they saluted. The slave cut his hair, and offered it to his master.

The Chinese are singularly affected in their personal civilities. They even calculate the number of their reverences. These are the most remarkable postures. The men move their hands in an affectionate manner, while they are joined together on the breast, and bow their heads a little. If they respect a person, they raise their hands joined, and then lower them to the earth, in bending the body. If two persons meet after a long separation, they both fall on their knees and bend the face to the earth, and this ceremony they repeat two or three times. All these forms are prescribed by the Chinese ritual, even to the number of bows, and whether to right or left; and every day odd decrees are issued, to which the Chinese religiously submit.

In a word, there is not a nation, observes the humorous Montaigne, even to the people who when they salute turn their backs on their friends, but that can be justified in their customs. — *Curiosities of Literature*.

WHAT WOMEN CAN DO.

A WOMAN has just been appointed to the chair of Greek in a Western college, succeeding to the position made vacant by her father's death. Early developing a remarkable precocity, she was carefully trained by him, and was made the companion of his studies. So rapid was her advancement that at sixteen she was able to fill the position of Greek tutor. She has before her the prospect of a long and useful life, as she is of sound health and robust physique.

Another woman, in New York, took up her father's real estate business when he died leaving a large family unprovided for, and has made remarkable success. She is a member of the New York Real Estate Exchange, and has recently effected two of the largest sales of suburban real estate ever made in that city by private parties.

Still another, upon the death of her husband, assumed the management of a marble and granite cutting business, in which she now employs eight workmen, giving every detail her personal superintendence.

There are over three million women and girls in the

United States engaged in other than household occupations, and sixty thousand of these are farmers. Women in various parts of the country have gone into the dairy business, and succeeded. Others drive milk-wagons, and do well. In many cities there are establishments where girls have been employed for many years in making wooden boxes, and other work of like character. It is even said that a young girl has learned the blacksmith's trade and can fit a horse with as fine a shoe, and do it as deftly, as any one.

In some sections, women are employed as shingle-packers. Women of an ingenious turn take very kindly to wood-turning and light carpentry, finding the work vastly agreeable, and much more remunerative than any within their former restricted limits. Mechanical drafting, too, is employment admirably suited to women. There are besides, in plenty, women printers, women book-binders, and even women pressmen. Women have also invaded the professions, becoming doctors, lawyers, clergymen, etc. At the present time there are not less than twenty-five hundred women physicians in the country. E. L. S.

TEMPERANCE NOTES.

JOHN BRIGHT's first public speaking was for the cause of temperance.

A CIGARETTE prohibition bill has recently been passed by the State legislature of Kentucky.

THE paying membership of the N. W. C. T. U., has increased about \$5,500 during the past year.

It is stated that four-fifths of the five thousand bodies that are carried to the morgue in the city of New York, every year, are sent there by drunkenness.

THERE are now about 4,000 churches of all denominations in Great Britain, Mr. Spurgeon's Tabernacle among the number, which are using unfermented wine for sacramental purposes.

ACCORDING to an English resident, one half the people in the district of Balasore, India, now use opium. The opium license is given to the man who will pledge to sell the largest amount. What he cannot sell he gives away to children, thus creating in them the horrible appetite that quickly makes them profitable customers.

THERE are now five entire buildings and fourteen rooms along the line of the New York Central Railway, which are devoted to the use of the employees of the road, for rest, recreation, education, and religious instruction. There is not a drop of intoxicating liquor sold or drunk in any of them.

PARLIAMENT FIELD, a portion of Liverpool, England, is said to contain 168 streets, 10,300 houses, 50,000 population, and not a grog shop. Pauperism is almost unknown, and the death rate in this sober district is only from ten to fourteen, against twenty-five in the thousand in the drinking parish adjoining.

THE *Reformer*, of Glasgow, Scotland, in speaking of the administration of alcohol in hospitals, says: "It is seen that the faith in alcohol as an essential in the mitigation or cure of disease, is becoming a rapidly vanishing quantity. Medical men are far from being so enthusiastic in its favor as they once were. Alcohol is as much a mocker in disease as it is in social life. The physician who deems it essential, should justly be held as being mocked and deceived by it, and should be considered too much of a quack to be entrusted with the lives of patients."

POPULAR SCIENCE.

AN English navigator finds that the sea waves, in a gale, rise about forty-two feet high.

THE new bridge over the Frith of Forth, which took 4,500 workmen nearly seven years to build, and cost \$10,000,000, is now opened to public use. It is 150 feet high, and between one and two miles long.

NATURE'S paper-making resources seem inexhaustible. It is just now authoritatively stated that the leaves of the banana can be utilized for this purpose. This will undoubtedly create a new industry in countries where this product lives and thrives.

By the research of Dr. Julius Weissner, paper-making is proved to have originated in the East. By a careful microscopical examination of ancient Oriental parchments, he has discovered that linen rags were used for this purpose as early as the eighth and ninth centuries. The process of "claying," too, which has been thought a modern device among paper-makers, obtained at that period.

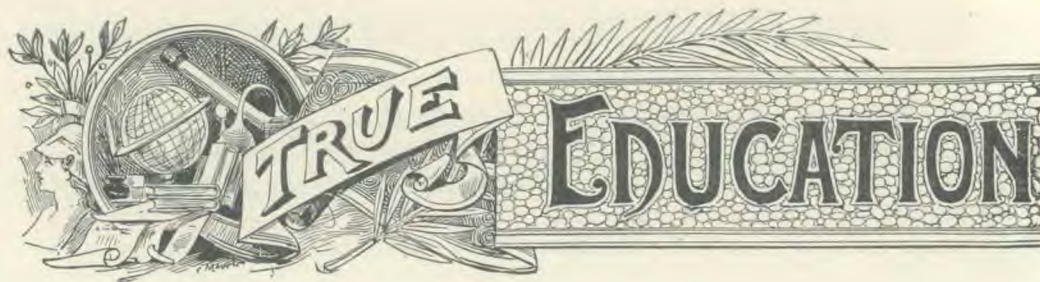
IN a recent work on Arabia, mention is made of a shrub indigenous to that country, whose seeds produce an effect similar to that of laughing-gas. Its seed-pods contain two or three black, bean-like seeds, of sweet taste, and of an opium flavor, whose odor is sickening and offensive. These seeds, pulverized, and taken in small doses, produce a peculiar effect, causing the individual to laugh, sing, dance, and indulge in all sorts of fantastic behavior, for an hour or more, when he falls into a deep sleep. When he wakes, he remembers nothing of what has transpired.

It has recently been discovered that the Egyptian temple contained an apparatus much the same as the "nickle-and-slot machine" of modern times. A certain sum of money dropped into the apparatus through the slot, caused a small quantity of "holy water" to flow out, after which the outlet was automatically closed until the next customer dropped into it a piece of money of proper size. This is certainly another illustration of the fact that there is nothing new under the sun. The writer when in Italy, a few years ago, purchased among other ancient Roman curiosities, a safety-pin involving exactly the same principle as that of modern times, although differently constructed. We moderns are by no means so much wiser than the ancients as we often imagine.

IN Brazil, South America, a large company is engaged in the distillation of parafine from peat. Peat is used in the manufacture of candles.

THE TEL EL AMARNA TABLETS.—The Egyptian explorations conducted by Professor Sayce, have resulted in the exhuming of an Assyrian library, 3,500 years old. The volumes of this most wonderful library are tablets of stone, and the annals of that country and time are inscribed upon them in the cuneiform syllabary. Bible critics have long assumed that up to King David's reign, writing was practically unknown; and it has therefore been urged by the pupils of the school of "higher criticism," that but little credence could be given to the earlier historical records of the Hebrews, from the fact that they could not have been transcribed until the lapse of time had mellowed them into little more than myths and traditions. But the Tel el Amarna tablets refute all these assumptions, and vindicate the Bible record, by proving conclusively, that at least a century before the Exodus, Canaan had its schools and scribes, and therefore its recorded history, with the curious wedge-shaped characters of the Babylonian syllabary as its expression.

CLIFF DWELLINGS IN MOROCCO.—Recent discoveries have shown that cliff dwellings are found in great numbers in Morocco, which are now, and probably have been, inhabited from the time of their first construction. These dwellings in all particulars are like those found in Arizona and New Mexico, on this continent. A New York paper speaks of them as follows: "It was not until last year that the Moors would permit any examination of the cliff dwellings which have long been known to exist some days' journey south-west of the city of Morocco. The strange city of the cave-dwellers is almost exactly like some of those in New Mexico and other territories, which archæologists have explored. The dwellings were dug out of the solid rock, and many of them are over two hundred feet above the bottom of the valley. The face of the cliff is, in places, perpendicular; and it is believed that the troglodytes could have reached their dwellings only with the aid of rope ladders. Some of the dwellings contain three rooms, the largest of which are about seventeen by nine feet, and the walls of the larger rooms are generally pierced by windows. Nothing is known as to who these cave-dwellers were."



BUSINESS INCOMPETENCE.

BY E. L. SHAW.

THE qualities that go toward the making of success in life, begin their development in early youth. These, modified by outward conditions, grow with our growth and strengthen with our strength, until they finally settle the question of what we shall be for all time. But in the minds of a certain class of young persons, there is no idea of growth associated with character; instead, they seem to regard character as a something lying ready-made to their hands, which they can at any time catch up and put on as they would a cloak or an overcoat, and have no more thought about it. When the trial comes, alas for all such illusions!

Parents and educators rarely take sufficient pains in training the young under their care, to habits of thoroughness in work or study. True, fathers and mothers are busy people, and life seems crowded too full to give the children the watchful care, the constant surveillance needed,—the unobtrusive, yet ceaseless putting forward of the principle that neither at home nor at school must there be any slipshod work. But better far that other cares should be dropped or ignored, than that the little child should be robbed of his birthright, the success in life which he was created to attain. The market will never be glutted with cardinal virtues; so industry, promptness, and reliability will always be at a premium.

The school boy or the school girl of ten years of age, gives us in miniature the man or the woman of the future. The habits of our school days, with the industry and faithfulness which then served us well, or the indolence which paralyzed our best intentions, follow us into the business world. The one means to us a position of influence and responsibility, and the other, the direst failure. A case in point is furnished by a New York paper, in the experience of a city firm with a type-writer girl whom they retained in their employ for an entire year, only to be obliged, at last, to dismiss her on account of incompetency. It was said that she "lacked the ground-work of elementary education," and the firm stated that they "should be

obliged to give up trying to educate her." They had pointed out her faults, and had kindly given her an opportunity to remedy the defects of her early education, by a half day's study and practice each day for a certain length of time; but as she had never formed at school any habits of persevering application, all their well-meant efforts were in vain. Seeing, finally, that the case was utterly hopeless, they discharged her. She had lost the time and money spent in learning short-hand, as well as the year spent in trying to make it available, and after all must try some other business.

This is, unfortunately, no isolated case. These failures are all around us, the results of careless work in school. It is pupils like this who fill the subordinate positions in the world, never getting higher in grade or salary, who, even after years of experience in one particular line, never seem to be able to rise in it.

A young man, who, leaving the public school at fifteen, has pulled himself up through successive stages, from an office-boy to a paying situation with a telephone company, and is still studying every spare moment, in preparation for other upward flights, said lately to a writer in the *Christian Union*:—

"I've been watching the boys who were in my class in school. Most of us had been promoted from class to class from the primary. The other day I saw one of them driving a garbage cart. Why! I could hardly believe my eyes. Another is in Yale College; another is a street-car driver; one is a house painter, but he looks very poor,—I do not believe he has work all the time. He always talks about my being 'lucky.' Another fellow just knocks about getting odd jobs. They are just the same now as they were in school. The fellows who are dragging now dragged through school. We all had the same chance, the same teachers. The fellows who were behind the class, and kept our class percentage down, are filling positions where wages are small, and the chances to get higher are next to none."

HINTS ON TEACHING OBEDIENCE.

BY PROF. G. H. BELL.

OBEDIENCE implies more than mere submission. To obey truly, is to comply cheerfully with the wishes of those who have a right to command. Real obedience springs from love and respect. A forced compliance may sometimes be necessary, but it is not obedience in the best sense,—not the obedience which the Bible contemplates.

Before the child can truly obey, he must see that the parent is far wiser than he, and that every requirement is made in love. This demands time and patience. How slow we ourselves are, as men and women, to learn the same great lesson with respect to our heavenly Parent. From this we should learn forbearance.

In order to lay the foundation of proper obedience, we should cultivate in ourselves a purely unselfish character,—one that is uniformly kind and considerate. Children will soon learn to admire and honor such a character, and to have faith in a love thus manifested. True, the child does not in every respect inherit the nature of angels, and will at times show anger and insolence that must be stoutly resisted; but it is better to wait till his anger cools before crowding him to an issue. We should remember how God deals with us.

Injudicious praise and over-indulgence will puff up the child in his own estimation, and cause him to show disrespect to others. It is impossible to teach such a child obedience, until these wrong tendencies have been corrected. The too common practice of making the little one a plaything for the family, is very pernicious. Amuse it, but do not seek to make it an object of amusement to you, further than its own quiet happiness can give you enjoyment. Do not teach it to show off its smart tricks before company. Such a course will destroy that modest, retiring spirit which is the charm of childhood as well as of woman-

hood. A great writer has compared this process to rubbing off the delicate bloom from grapes or plums; when once removed, it will never return. It gives the child a haughty spirit, making him feel that others ought to yield to his wishes, not he to theirs.

By all means avoid positive commands till the child can fully understand why he ought to obey them. The legal right to command is vested in the parent, the teacher, or the public officer; but the *moral* right to control is based upon broader principles,—pure motives, superior wisdom, and a reasonable certainty of benefiting those controlled. The mere assurance of words will never convince the child that you possess these qualifications: from infancy up, he must see in you the living embodiment of these principles. Only so far as he can see this, will he be able to render such obedience as God will require of him in maturer years, and thus the highest object of parental obedience be gained. True, the child must be restrained within certain limits (for the protection of others as well as for his own good), whether he admits the justice of the control or not.

In very young children who are inclined to be stubborn, the attention may often be innocently diverted until the evil mood has subsided. It should ever be borne in mind that the baser passions, as well as the affections, are strengthened by exercise. Thus we see that it is the part of wisdom to avoid calling into exercise the undesirable qualities of the child's nature, and to quiet them when once aroused. It is sad, indeed, to see parents provoke contests which they cannot carry through without injustice and cruelty. It is very seldom necessary to break down a noble spirit in order to teach it obedience. It is much better to soften the disposition, and bring it where conscience can do its legitimate work.

Visitor.—“Well, Tommy, how are you getting on at school?”

Tommy (aged eight).—“First rate. I ain't doing so well as some of the boys, though. I can stand on my head, but I have to put my feet against the fence. But I can do it after I've been to school long enough.”

EDUCATION is growth, the development of our best possibilities from within outward; and it cannot be carried on as it should be, except in a school, just such a school as we all find ourselves in—this world of human beings by whom we are surrounded. The

beauty of belonging to this school is that we cannot learn anything in it by ourselves alone, but for and with our fellow-pupils, the wide world over. We can never expect promotion here, except by taking our place among the lowest, and sharing their difficulties until they are removed, and we all become graduates together for a higher school. Humility, Sympathy, Helpfulness, and Faith are the best teachers in this great university, and none of us are well educated who do not accept their training. The real satisfaction of living is, and must forever be, the education of all for each, and of each for all.—*Lucy Larcom.*

SOCIAL PURITY.

OUR SISTER'S KEEPER.

BY MRS. E. E. KELLOGG.

THE domestic-service problem is one which, in one way or another, concerns the majority of households; and while much is at present being written and said respecting the rights of both mistress and maid, there is one phase of the subject which all women who keep help ought seriously to consider, viz, What is our duty to the girls we employ in our household, in respect to purity and morality?

A very large proportion of those who go out to service in families, are young girls who are compelled, often at a very early age, before their characters are well formed, to enter the ranks of those who toil for their daily bread. Thrown thus upon their own resources, lacking home training and possessing a fondness for dress and excitement, they are often placed in positions fearfully open to temptation and sin. And in how few instances do their employers take an interest in their moral welfare! If the work allotted is properly performed, that is all about which any concern is felt; and for how many of these girls, when their tasks are done, is their only reception-room the street! It is indeed strange, as a recent writer has said, "that women who throw about their own daughters every protection,—women who realize fully what temptations may and do assail a young, ignorant girl who has no family protection,—will have girls in their households, ministering, or attempting to minister, to the wants of the family, and give them less care and protection than they give their pet dogs. There are women who give hours of time to hospitals, homes for the destitute, foundling asylums, 'sheltering arms' nurseries, prison reform, whose negligence of those of their own households adds to the number who must become inmates or beneficiaries of such institutes."

Every woman ought to realize that to a great degree she is her "sister's keeper," and that upon her shoulders rests much of the responsibility respecting the purity and moral character of the young girls employed in her household, many of whom know no other home save that of their employer, and have no

one but her to counsel and warn them of the dangers besetting their pathway. Says one who has given this subject much thought: "So many of us permit these girls, some of them very young, to go in and out of our homes, never concerning ourselves how or where they spend their time. Could we not by our influence save many of them from ruin? Girls are led off in so many ways in these days,—some by ignorance, which we might avert by a few plain talks about health and purity; some by a love of dress, which we may have encouraged by giving dress too much of our time and thought."

More than one young girl's ruin has been brought about by being sent out on errands at night, with no provision made for her protection, and no concern expressed as to how late she remained out. It is far easier to prevent evil than to rectify it after it is done. Let us save such girls before they have fallen. They are to become the centers of future homes, and it is a serious thing, indeed, to allow them to drift into marriage with no care, no training, as to the sacred responsibilities of life which are to rest upon their shoulders.

The "hired girl" needs the friendship and watch-care of a good and noble woman. Her position in a family where little heed is paid to her, save from the stand-point of her labor's value, cannot fail but be one of loneliness, and the temptation is great to spend her only time for recreation, the evening hours, in some questionable manner. The thoughtful mistress who realizes the dangers that are liable to beset her inexperienced helper, and with wise forethought forestalls her desire for recreation, by providing her with pure, healthful reading-matter, with pleasant home-like surroundings and suitable privileges, who takes a friendly, kindly interest in her welfare, and consults and advises with her, will hardly fail of seeing good resulting from her efforts.

It is the little influences scattered along the pathway of our daily lives which often yield us the most abundant harvest.

OBJECTIONABLE ADVERTISEMENTS.

BY S. ISADORE MINER.

PAPERS, as a rule, place altogether too light an estimate on the influence of their advertising columns, and more harm results from the perusal of them, especially to the young, than many editors imagine. The editor who is quick to repudiate any undercurrent of looseness in the letter-press of his paper, evidently sees no impropriety in freely throwing open its advertising facilities to those whose business it is to cater to depravity, and who are willing to pay a large price to reach the innocent, and by a gradual process of contamination, convert them also into customers. It is for the interest of these parasites of profligacy, that vice be extended; and the wily couching of expressions and innuendoes contained in these advertisements, in our most popular publications, is but a sample of their many devices. At first the youthful reader is ignorant of the import of much that thus appears in print, but some less guarded insinuation finally gives the key to the whole, and there suddenly flashes across him a consciousness of the meaning of things in which he is wholly unversed. Thus may be sown the first evil seed in a pure mind,—a seed that, unfortunately, is apt to germinate, and bear just the fruit the sower intended.

The results of vicious habits cannot be too strongly portrayed, and any attempt to under-color them, or to treat them with less seriousness than they deserve, cannot fail to do harm. The State imposes penalties for the violation of its laws, as much to deter others from committing crime as to punish the actual offender. These measures are protective, and any open endeavor to induce people to set them at naught, or to escape them, would be held as treason against the

State, and a peril to society, and would meet with its just deserts. So Nature has imposed penalties for the infraction of her laws, and he who in any way detracts from the gravity of the consequences incurred, making them seem of little importance, since they can be so easily remedied or avoided, is but the champion of vice and a foe to public morals. Yet this foul menace is not only unchallenged, but the public print, pre-eminently the educator of the people, sends these and other meretricious suggestions on their seductive errand into every home, and public sentiment has become so calloused that no offense is taken. It is a travesty on sincerity, often perpetrated, that religious newspapers will flaunt alongside their department of stirring appeals to the young, a column of significant hints how these same youth, of both sexes, may lead a life of sensual indulgence, and yet escape the terrible consequences of their sin.

A paper whose space can be bought for any such purpose, becomes in a manner sponsor for the wares advertised, and gives countenance to immorality. The idea insinuates itself, "This thing cannot be absolutely bad, or it would not be admitted here." If managements of family publications would but band together, and announce that their columns were not purchasable for the promotion of vice, villianous advertisers would be thrown upon their own resources, and their announcements, robbed of editorial sanction, would be recognized, in their true garb, as wolves, preying upon the very vitals of society. The public press, instead of aiding to set these traps for the unwary, should assume, in unvarying detail, its rightful position as censor of the people.

EIGHTY Japanese girls at Nagasaki, Japan, are banded together in a Y. W. C. T. U. that is said to be the strongest organization of the kind in the empire. They give special attention to social purity work, and are preparing a petition to the Government, against legal concubinage.

THE W. C. T. U. of Kansas City, Argentine, Armourdale, and Rosedale, Kan., have begun a vigorous crusade against the distribution of indecent pictures inclosed in cigarette packages. They have already, by united effort and by continued agitation, secured the passage of a law by the Kansas Legislature, prohibiting dealers from selling cigarettes to minors, and they propose seeing it enforced.

THERE are ten police matrons in Chicago, selected by the W. C. T. U. More than 11,000 women passed through the stations last year, and to each one the way was offered to a better life.

In the social purity work, it is the misjudgment of women, who professing devotion to the cause, take pains to draw the line of propriety just beyond the point on which they stand, and who shake their heads over any plans not yet generally indorsed, that wounds, beyond cure, the sensitive souls to whom it is given to see new duties and opportunities. The cowardly subjection of women to a false ideal of womanliness, makes even the bravest less courageous, the clearest-sighted less certain of her course.—*Sel.*

GOOD HEALTH

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

BATTLE CREEK, MICHIGAN.

A NEW DANGER FROM TOBACCO SMOKE.

ONE of the evil effects of the tobacco habit, is to so benumb the moral sensibilities of its victims, as to render them oblivious to the comfort and feelings of others. No man whose sense of propriety is not paralyzed, could maintain his peace of mind while making a public nuisance of himself, in leaving behind him in every room he enters, wherever he goes, the horrible boquet of the noxious weed; the use of which was learned from the naked savages who inhabited this Continent when discovered by Columbus, who recorded in his diary that he saw "the naked savages twisting huge leaves together, and smoking like devils." Many people are sickened even by the diluted poison which they are often compelled to inhale in stage-coaches, and in public assemblies, when obliged to sit in the vicinity of a tobacco sot, whose body, as well as clothing, is redolent with the fumes of this filthy weed. The majority of non-smokers, however, have regarded the compulsory inhalation of diluted tobacco-smoke as an inconvenience instead of an evil. Yet it now seems, from investigations recently made in Paris, and reported in a late number of the *Revue d'Hygiene*, of that city, that certain food substances, particularly meat, may absorb this poison from the air sufficiently to render them poisonous, and productive even of fatal consequences, when eaten. The following are some of the experiments made by M. Bourrier, inspector of meat for the city of Paris, which throw light upon numerous instances of meat poisoning which have heretofore been inexplicable:—

"Some thin slices of beef were exposed for a considerable time to the fumes of tobacco, and afterwards offered to a dog that had been deprived of food for twelve hours. The dog, after smelling the meat, refused to eat it. Some of the meat was then cut into small pieces, and concealed within bread. This the dog ate with avidity, but in twenty minutes

commenced to display the most distressing symptoms, and soon died in great agony. All sorts of meats, both raw and cooked, some grilled, roasted, and boiled, were exposed to tobacco smoke, and then given to animals, and in all cases produced symptoms of acute poisoning. Even the process of boiling could not extract the tobacco poison from the meat. Grease, and similar substances, have facilities of absorption in proportion with their fineness and fluidity. Thus the fats most readily influenced by tobacco smoke are, in their respective order, the fat of horse flesh, of pork, of veal, of beef, and finally of mutton. Hashed meat is, of course, more readily affected than large pieces; thus, a few puffs of smoke directly projected onto sausage-meat, will give it a characteristic and unpleasant taste.

"The juices of the meat are equally dangerous. The juice squeezed out of some veal perfectly saturated with tobacco smoke, was injected into a rabbit, and death resulted in a few moments. Fresh-killed meat is more readily impregnated, and stands in order of susceptibility as follows: pork, veal, rabbit, poultry, beef, mutton, horse flesh. The effect also varies considerably, according to the quality of the tobacco; and the end of a cigar or a pipe has the most injurious effect on any meat that may be exposed close to the smoker. A few jets of smoke from Belgium tobacco on a dish of raspberries, will suffice to entirely destroy the delicate flavor of the fruit, and render it uneatable. All these experiments would seem to denote that great care should be taken not to allow smoking where foods, especially moist foods, such as meats, fats, and certain fruits, are exposed."

We are repeating the experiments above referred to, for the purpose of verifying them, and in a few weeks will give our readers the results, in our *Good Health Scientific Supplement*.

EXCESSIVE TEA-DRINKING.

THE following paragraph from a recent number of the *British Medical Journal*, states some of the greatest dangers of tea-drinking so clearly that we quote it, although we cannot indorse, in a decided degree, that tea is harmless when taken simply for amusement, or to gratify the palate. At the risk of diverting the reader's attention from the main point of the paragraph, we may perhaps venture to correct the idea of the writer that the word *teetotaler* has any reference to tea. The first syllable of *teetotaler* does not refer to tea, the Chinese drug, but is simply an emphasis of the "t" of *total*. The word *teetotaler* was applied, as we understand, to the first total abstinence society organized in England, for the reason that they were *total* abstainers, and they supplied the *total* with two *t's*, to emphasize the difference between their organization and the moderation society which had previously existed.

"It is a great misfortune that the popular name for a person who abstains from all alcoholic liquors is *teetotaler*; the term has fostered the idea that tea is a harmless beverage, and it is no doubt true that the moderate use of well-made and not very strong tea is less harmful than the habitual resort to any other

stimulant. When, however, tea-drinking ceases to be the amusement of the leisure moments of a busy afternoon, and is resorted to in large quantities and strong infusions as a means of stimulating the flagrant energies to accomplish the allotted task, then distinct danger commences. A break-down may ensue in more than one way; not infrequently the stimulus which tea in time fails to give, is sought in alcohol, and the atonic flatulent dyspepsia which the astringent decoction made by long drawing induces, helps to drive the victim to seek temporary relief in spirits, sal-volatile, or even *eau de Cologne*, which is at first dropped on sugar, and finally drunk out of a wine-glass. In other cases, by ladies especially, relief is sought from morphine, and in a predisposed person the morphine habit is established with extraordinary rapidity. It has been said that as long as a person takes stimulants simply for their taste, he is comparatively safe, but as soon as he begins to drink for the effect, then he is running into danger. This is perhaps to state the case for stimulants rather too favorably, but if the rule were adhered to, we should have fewer cases of educated people sliding into habits of secret intemperance, or into morphinomania."

MEDICAL FRAUDS.—IV.

Orificialists—Pockets and Papillæ.

ANOTHER structure peculiar to the rectum, which seems to have recently come to the knowledge of the rectal charlatan, or "orificialist," are some minute projections found just within the lower orifice of the bowel, called "papillæ." Each of these small points of mucous membrane contains a delicate nerve of touch, which is connected with the abdominal muscles in such a way that when in moving the bowels the mass touches these sensitive points, a reflex action of the abdominal muscles is set up, which powerfully reinforces the expulsive action, and thus secures prompt and complete evacuation of the bowels. This is indeed a very useful and beautiful arrangement for the perfect accomplishment of a natural function. Entirely ignoring the use of these normal structures, the "orificialist" carefully trims off the "papillæ," insisting that these natural structures are morbid growths of the most dangerous character, and must be amputated. By the terrible use of the terms "*pockets*" and "*papillæ*," the ingenious quack is able to make his victim believe that without a removal of these perfectly normal structures life would not be

worth living, and that he would have nothing to look forward to in this world but suffering, misery, and premature death.

Armed with his senseless, but to the uninformed, deceptive, gibberish, the "orificialist" is prepared to capture every victim that comes in his way, practically asserting that all chronic maladies are the result of some form of rectal irritation, and insisting that every "pile," "pocket," and "papilla" must be removed, in order to secure proper conditions for health. Who, if induced to believe his bold assertions, could possibly escape his net? If a man consults him for a malady of any description whatsoever, he looks him knowingly in the face, and says, "My dear sir, your symptoms indicate to me that you are suffering from 'pockets' and 'papillæ'." He makes an examination, straightway, and finds, sure enough, both "pockets" and "papillæ." A human being who has neither "pockets" or "papillæ," would certainly be a freak of nature, and so the charlatan has no difficulty in verifying his diagnosis, and has little difficulty in persuading his victim that the fifty dollars required for

the removal of these terrible "pockets" and "papillæ," will be well invested. Or, if he is a clergyman, or a person of influence in some profession, the wary quack very magnanimously proposes to do the operation at half price, knowing that he can more than compensate himself for the balance of his fee, by deftly using the case as an advertisement.

But the greed of the "orificialist" is not yet satisfied. After removing from the rectum, which has never given any evidence of the presence of disease, so large a portion of its natural mucous membrane that the normal glands by which it is lubricated are so diminished in number as to produce a state quite incompatible with health and comfort, after slitting up every "pocket," and trimming off every "papilla," and finding in this part of the body no more worlds to conquer, he proceeds to other neighboring orifices, and sets himself about the performance of sundry other absurd and useless operations. According to his own showing, as evidenced by a published lecture by Dr. Pratt, the father of "orificial surgery," the "orificialist" does not hesitate to produce actual disease in healthy organs, offering as his excuse for so doing the theory that chronic disease found in the body must be the result of some previous "orificial" irritation, even if it does not exist at the present time; and consequently the only way to remove certain diseases, is to reproduce the original "orificial" irritation, and thus by some miraculous metastasis, concentrate the disease at one point, and then by curing the existing malady at this spot, relieve the patient of his disease altogether. This theory may be very satisfying to a person uninformed in medical matters or deficient in common sense, and may be comforting to the consciences of the "orificial" charlatan; but to a person possessed of even a modicum of medical information, it is veriest nonsense, and savors of unmitigated knavery.

The reader will readily see that with so many strings to his bow, the "orificialist," is ready for anything and anybody. No one who comes within the range of his speculum can possibly escape. Some time since we undertook to test this matter, by sending a man enjoying good health to an "orificialist," for an examination. He returned, reporting that the "orificialist" found plenty of "piles" and "pockets," and considered him greatly in need of an operation, which he would perform for the modest sum of fifty dollars!

But, some will say, are not persons benefited by the operations performed by "orificialists" and "pile doctors," as well as by those performed by scientific physicians? In reply, we will say that we find no fault with the performance of proper operations, by

proper persons, and in the proper manner. But any person who professes to be a surgeon or a doctor, who contends that every hemorrhoid found in the rectum of a human being should be removed, whether a source of inconvenience or not, is certainly either ignorant of the first principles of surgery, and even physiology, or is unquestionably a knave; and furthermore, any such person who professes to believe that every "pocket" or "papilla" found, should be removed, is certainly a knave and a charlatan; and still further, any person who makes a pretense of believing that disease in any part of the body may be cured by creating a disease in a healthy uterus, or rectum, or other organ connected with the lower orifices of the body, is not only a knave, but a villain and a vampire of the lowest grade. How such men dare hold up their heads in decent society, is beyond our comprehension. We do not hesitate to denounce their work as not only of the meanest kind of meddlesomeness, but so dangerous to life and health that it is quite possible that some of these fellows will, ere long, find themselves so busily engaged as defendants in suits for malpractice, that they will be very happy to give their speculums a rest, and cease the contemptible business of slitting up the "pockets" of their patrons, for the purpose of lining their own.

There are many persons who claim to have been benefited by these "orificialists." Of these, there are several classes. Some, doubtless, have been successfully treated for troublesome hemorrhoids or fissures, or other real difficulties. The operations for the removal of these troubles are not difficult, and may in some instances be performed as well by a charlatan as by a scientific surgeon. There are others upon whom the "orificial surgery" operates as a mind cure. The "pile doctor" says to his patient, "I have discovered the root of your disease to be certain 'pockets' or 'papillæ' in the rectum. You can be entirely cured from all your maladies by removing the root out of which all your sufferings grow." The operation being performed, the patient expects to get well, as in any number of instances which might be cited, of cure by magnetism, by drinking magnetised water, by the wearing of magnetic belts or liver pads, by swallowing medicine possessing no other property than a bad taste, and by a thousand other means equally useless, and powerless for either good or evil, excepting through their appeals to the imagination. Thousands of persons have been cured by means of this sort. The mind-cure doctors are constantly performing cures, some of which are seemingly little short of miraculous. All of these are simply illustrations of the influence of the mind upon the body,

and as before remarked, many of those who profess to have been cured by "orificial surgery," have been benefited through the belief that a radical operation has been performed which has removed the cause of their difficulty.

There is still another class of persons, and probably this is the most numerous class of all, who, having been beguiled into the resort of "orificial surgery," and at first made to believe that they have been immensely benefited, but afterward finding out their error, are too proud to acknowledge it, and represent themselves improved, although still suffering from the same maladies which the "orificialist" has pretended to cure. This class of persons certainly show a lack of moral courage, and are guilty of gross injustice to their fellows, since they ought to be anxious to warn others by their unhappy experience. It is this unwillingness to expose one's gullibility, which constitutes the chief protection of the quack. He knows quite too well that the majority of persons, no matter how badly they may be taken in, will, through pride, be led to conceal the fact, and thus prevent the public exposure of his knavery. The writer has met scores of persons who, having been thus imposed upon by charlatans of various classes, are extremely anxious that this fact shall not come to the notice of their friends, and they thereby be made a laughing-stock.

It is sometimes said of the absurd remedies offered by quacks, "Oh, well, it will do no harm, if it does no good." But this certainly cannot be said of "orificial surgery." The measures of treatment involve great suffering, usually the use of an anesthetic, which is not altogether free from danger, and sometimes even serious risk to life and health. Two cases which have come to the knowledge of the writer, will illustrate this, it is hoped with sufficient emphasis to induce the reader to hesitate before placing himself in the hands of the unprincipled and ignorant men who are engaged in the practice of this so-called specialty, in various parts of the United States. A patient who had been for some time under scientific medical treatment, and had made substantial improvement as regards a number of chronic ailments from which she suffered, was induced by an ill-advised friend to place herself under the care of one of these "specialists," who, without the knowledge or consent of her husband, performed upon her an operation which he claimed was necessary to secure her recovery, intimidating her with the idea that unless the operation was performed she would become insane. Three days after the operation, which it was claimed consisted of the removal of some hemorrhoids, etc., the patient pronounced herself entirely well and greatly

benefited. A few days later, however, she began to appreciate that her old maladies were all in full course, and within a few weeks from the time the operation was performed, the patient was returned to her previous physician by her husband, greatly emaciated, with bowels completely inactive, no appetite, scarcely able to stand upon her feet, and with mind wholly unbalanced, so that a constant attendant was necessary. This patient presented, indeed, a pitiable spectacle, and furnishes a sad example of the mischief wrought by a new race of specialists. Under rational treatment, the patient had been improving, and would in a few weeks have acquired a comfortable degree of health. Now the prospect is that months will elapse before she will be restored to her right mind, if, indeed, she ever recovers from the shock to which her nervous system has been subjected.

Another case, no less striking, came to the knowledge of the writer, through a personal friend of the physician, who was knowing to the facts, and can vouch for their accuracy, as the circumstances here related transpired within his own personal knowledge. A young man, the sole support of a widowed mother, was stricken with consumption. By the greatest economy a small farm had been nearly paid for, a mortgage of \$300 still remaining unpaid. By the most scrupulous economy, \$500 had been saved, \$300 of which was to be used in the near future in clearing the farm from debt, which would leave \$200 to pay the costs of sickness, and the necessary expenses of a funeral, which, it was apparent to all, would occur at no distant date. An "orificialist," learning of the case, called upon the young man, and assuring him that his consumption could be readily cured by "thorough and oft-repeated dilatation and pruning of the rectum," guaranteed him a cure on the payment of \$500. The \$500 was paid, an operation was performed, and in a few days the poor sufferer, the anguish of whose last hours had been intensified by the criminal meddlesomeness of the "orificialist," was lying wrapped in his winding-sheet, while his widowed mother was left without a dollar in the house, or food for herself for a single meal. Through the kindness of friends, the young man was given a decent burial, but the poor woman was left with a mortgaged farm, which will doubtless pass out of her hands at an early date.

But we dare say our readers have had enough of "orificial surgery," and we will refrain from any further criticism of this form of quackery, for the present. Next month we will present, under the subject of "Medical Frauds," something less unsavory, but of equal interest.

THE Chinese are shown by statistics to be longer lived than any other nation, which fact is attributable to their abstemious habits, and their remarkable freedom from phthisis, or pulmonary consumption.

It has been observed that persons who have suffered from small-pox are more subject to consumption than others; consequently such persons should never be employed as nurses for those suffering from this disease.

HORSE BEEF IN ENGLAND. — According to the *British Medical Journal*, quite a business is done in that country in the shipment of worthless horses to Antwerp, where they are manufactured into "beef" and sausages, much of which is shipped back to England for consumption.

THE mind-cure doctors assert that the recent epidemic of *la grippe*, was simply an epidemic of thought produced by the medical fraternity, and extending through the medical propaganda. The same journal which makes the above assertion, gives the account of the resurrection of a dead cat by the small boy.

A NEW FOOD. — Dr. Du Jardin Beaumetz, of Paris, who has added so much to the science of medicine, has recently exhibited, at the Paris Academy of medicine, a new food substance, prepared from germs of wheat by a special process. This new food is said to consist of more than fifty per cent nitrogenous matter, which is more than double the amount contained in the best beef or mutton.

TREPHINING FOR EPILEPSY. — This operation, lately brought to the attention of the profession by the brilliant results in cases undertaken by Mr. Horsley, of England, is growing in favor with the best surgeons, although few have as yet undertaken to perform the operation. In a recent case, a person had been subject to epilepsy for several years, in the most aggravated form, as the result of an accident. He was entirely relieved by the operation.

SIR JOHN HAWKSHAW, of England, declares that railroad traveling is safer than eating, since, in England, more people annually lose their lives as the result of choking themselves through hasty eating than from railroad accidents. If to this number we should add those who lay the foundation for chronic disease by improper eating, the disproportion in favor of the railroads, which kill only one passenger for every four millions of miles of travel, would be vastly increased.

THE German Government, finding that it has medical colleges enough to supply doctors for the country, has prohibited the organization of any more. It might be fortunate for this country if a similar measure could be enacted here.

CONDENSED-MILK FRAUDS. — A recent investigation of the various brands of condensed milk, made by an eminent New York analyst, Dr. Kent, resulted in showing that all but one had been more or less skimmed before being prepared for preservation, in the process of manufacture. The average deficiency of cream mounted to nearly twenty-five per cent.

MICROBES AND WARTS. — It is the fashion, nowadays, to find in microbes the cause of almost every ailment to which the human body is subject. One of the latest announcements in this line of investigation, is the discovery that microbes are the cause of warts. It seems quite probable that this discovery will be confirmed, as it has long been suspected that warts are more or less contagious.

ACCORDING to the London *Lancet*, Dr. Placzek has just discovered that the cool spray is an excellent means of lowering the temperature of a patient suffering from a fever. This method has been employed by the hydropaths, and also by many scientific physicians, as a means of lowering temperature, for more than a generation. Our Polish physician seems to be behind the times.

THE statistics gathered by the United States Sanitary Commission, which were based upon the examination of a quarter of a million of soldiers, show that young men do not, on the average, attain full physical maturity until they arrive at the age of twenty-eight years. Prof. Scheiller, of Harvard, asserts, as the result of his observations, that young men do not attain to the full measure of their mental faculties before twenty-five years of age.

NAPHTHA. — In several large rubber factories in Germany, it has recently been observed that the faces of many of the girls, on leaving the factory at night, were full and swollen, and that they were not able to walk steadily. An examination showed that the girls had acquired the habit of producing intoxication by surreptitious inhalation of naphtha fumes. This is another illustration of the intoxicating character of naphtha, which is closely allied to common alcohol, being first in the series of the numerous members of the alcohol family.

A BACKYARD PRESCRIPTION.—A practical country doctor was once asked by a patient whose premises were in a sadly unsanitary condition, what would be the best disinfectant to provide for hot weather. The doctor promised a prescription, if the patient would get it filled, and use it. This being agreed to, it was written out as follows:—

"Rake 1, shovel 1, wheelbarrow 1. Directions: Use vigorously every twenty-four hours until relieved. This prescription always works well."

CANCER AND VEGETARIANISM.—M. Verneuil and M. Reclus have been making extensive observations respecting the prevalence of cancer, and find that there is marked immunity from the disease among vegetable feeders, or at any rate, that persons who subsist upon a non-flesh diet are much less subject to the disease than those who use flesh largely. These observations are confirmed by Dr. Trisk, who found no symptoms of cancer in between two and three hundred specimen of monkeys examined, although it is well known that this disease prevails among the lower animals as well as among human beings.

THE MICROBE OF OLD AGE.—According to a French medical journal, an Italian physician, Dr. Malinconico, "has made a greater discovery than the famous elixir of youth, of Brown-Séguard. The journals announce, very seriously, that Dr. Malinconico is about to discover the *microbe of old age*. This microbe is transmitted, according to the Italian savant, by inheritance, invades with age the entire human organism, ravages and destroys it, producing old age and finally death. Dr. Malinconico hopes that he will be able to discover the means to combat, and finally to destroy, this terrible microbe, which will prevent men growing old." What next in the way of microbes?

FILTERS AND GERMS.—Dr. Currier, of New York City, has been producing an elaborate series of experiments respecting the efficiency of filters in the purification of water. According to Dr. Currier, harmful bacteria pass through carbon filters, and water containing germs, passed through sponge filters, is found to contain more germs than before, when the filter has been used more than twenty-four hours. Such filters, examined by Dr. Currier, contained as many as 3200 microbes or germs to the cubic centimeter of water. A centimeter is equal to two fifths of an inch. Ordinary unfiltered water was found to contain about 432 germs to the cubic centimeter.

THE DEATH-RATE OF NURSES.—A striking evidence of the contagiousness of consumption, is found in the fact that the nurses of consumptive patients are nine times more subject to this disease than are ordinary individuals. This is contrary to the theory formerly held, but is the result of a careful investigation on this subject, recently made by a German physician, Professor Cornet. Nurses of consumptive patients should carefully protect themselves, by avoiding every possible means of receiving the germs into the system. Every particle of sputa should be received in paper cups, or other receptacles which can be burned, or in which the sputa can be subjected to the action of powerful disinfectants, like corrosive sublimate or boiling water.

A MAN was recently arrested in Chicago, for thrashing one of his fellow-passengers in a street-car because he would not cease smoking when requested to do so. The police justice before whom he was brought for trial, discharged him without punishment, in commenting upon which a leading Chicago journal makes the following remarks, with which we quite agree: "It is therefore settled, so far as a police-court decision can settle anything, that a man who persists in smoking on a car where there is a woman, may be thrashed by her escort, if he is strong enough, and can expect no redress. This kind of law may shock the supreme court, but there is considerable horse sense in it. No man has a right to make a nuisance of himself in a public conveyance, and a company should not tolerate it."

DEATH FROM PUTRID MEAT.—An English gentleman, Mr. Plimsoll, has recently called attention to the fact that putrid meat which has been in barrels for years, among old army stores, and has been discarded and sold for soap-grease, is often scraped, pared, put into fresh brine, and sold as food for sailors, branded, "Best Navy Supplies." A ship recently arrived in San Francisco which had been provisioned with this putrid meat. Twelve of the sailors, out of a crew of twenty-five, had died, and of the remainder, only three were able to stand upright, the rest being obliged to crawl about on their hands and knees. Of the thirteen survivors, one died after removal to a hospital. The rest revived when proper food was given them. Another vessel which arrived in San Francisco recently, had lost eight of its crew from the same cause. There is nothing more poisonous than putrid meat, and yet there are persons whose tastes have become so depraved that they have an actual preference for meat that has a putrid flavor.

DOMESTIC MEDICINE



ART IN SICK-ROOMS.

A SICK-ROOM should always be as agreeable to the eye of the patient as it can be made, and every effort should be carried out to prevent monotony. The furniture should be light, easily movable, and of a cheerful color; all dark hangings and somber coverings, when there, should be replaced by white, or light blue, or gray colored fabrics, and the walls should be of gray or light green color. Papers of flaring colors, and papers which have for a pattern a number of rings and circles of flowers of one design, are extremely bad.

I remember an instance in which the paper of a wall had for its pattern a series of circles like so many sunflowers; that paper produced in a nervous patient a sense of giddiness which led to nausea, and had a very bad effect indeed. I thought at first that the complaint made against this paper by the patient was rather absurd; but when I tried for myself the experiment of looking for a few minutes at the rings of the pattern, I actually became, against my will, subject to giddiness also, and to a sense of nausea which was most unpleasant. The fact led me at once to tear up a prescription I had written as a sedative for stomachic disturbance, and to order, instead, a screen which should shut off the sight of the objectionable

wall, and which proved, in fact, an effective remedy.

I remember another instance in which the walls of the room were covered with a pattern of the *fleur-de-lis*, the shading of which, by some curious twistings, caused each flower to resemble a death's head. The patient, in the night, detecting this singular extravagance of art, half asleep and half awake, fancied himself in a sort of crypt of skulls, which caused him a sleeplessness that lasted until the morning, and led to a bad day.

The walls of a sick-room should be quite plain, and of a gray or light green color; but there is no objection to cheerful pictures, if they are now and then changed in position, and are pleasant to the mind of the invalid, without becoming wearisome. Flowers in the sick-room are always good so long as they are bright and fresh, but they should be frequently changed, and it is sound practice to remove them during the night. Flowers which have a sickly odor, lilies, for example, should be excluded, however charming they may be to the eye. As a rule, living flowers are better than dead. Dried leaves, like *pot-pourri*, are bad for the sick-room; they gather dust, and the stale odor they emit impairs the purity of the air.—*W. B. Richardson, M. D.*

FOR CHAFING SHOES.—An excellent remedy for shoes that chafe the feet, will be found in a mixture consisting of eighty-five parts pulverized soap-stone, fifteen parts starch, and four parts salicylic acid.

THE HARMFUL USE OF SODA.—Soda, *saleratus*, and other alkalies have from time immemorial been used as household remedies for "acid sour stomach," or heart-burn, and similar digestive disturbances. We have long contended that this practice is harmful, arguing that since the pepsin of the gastric juice is active only when in an acid medium, the taking of considerable quantities of alkali into the stomach, is

certain to neutralize the acid of the gastric juice, as well as the other acids present, and produce an effectual stopping of the digestive processes carried on in the stomach. Dr. Bourget, of France, has recently been making experiments which demonstrate, beyond room for doubt, the error of taking alkali while the digestive process is in progress. A much more rational remedy would be a small dose of hydrochloric acid, which, by accelerating the activity of the mucous membrane of the stomach, prevents the formation of lactic and acetic acid. The Professor shows that the use of pepsin is of little value, the conclusion at which we arrived years ago.

EFFECTS OF UNHEALTHFUL SURROUNDINGS.

A MEDICAL writer has recently called attention to the fact that nose-bleed, and maladies of various sorts, sometimes arise from a bad state of the body, induced by insanitary conditions. The following is an account of two cases which seem to favor this theory:—

"A little girl, aged nine, was brought to me, owing to severe attacks of epistaxis, which had been going on for three days. The child looked ill. I examined her, found her tonsils enlarged, and she had some mucous matter sticking about in the fauces. The glands on the side of the neck were hard and swollen. I was well acquainted with the little patient and her family. I very soon came to the conclusion that the illness was due to what, with your permission, I will call 'malsany.'

"In a couple of days, the mother reported that the bleeding was not stopped; that it came on while she was in bed, as well as when she was up sitting by the fire. She had given up playing, only walked out towards the other end of the row of houses in which she lived, did not care for her food, but was always drinking.

"A few doors off from her mother's house, in the same row, is a pump, placed at the side of a garden plat, and which is still used by many of the occupants of those houses. Soakage from garden plats was apt

to find its way into the well. The water was very hard, of course, but the people all liked the taste of it.

"I asked my little patient, at the second visit, if she went to the old pump for water, and she replied: 'Yes, often; I like it better than I do the tap water.' I told her to discontinue this practice at once, and on no account to drink any water except that taken from the tap. As soon as this was done, the bleeding from the nose ceased, and the child rapidly recovered in other respects.

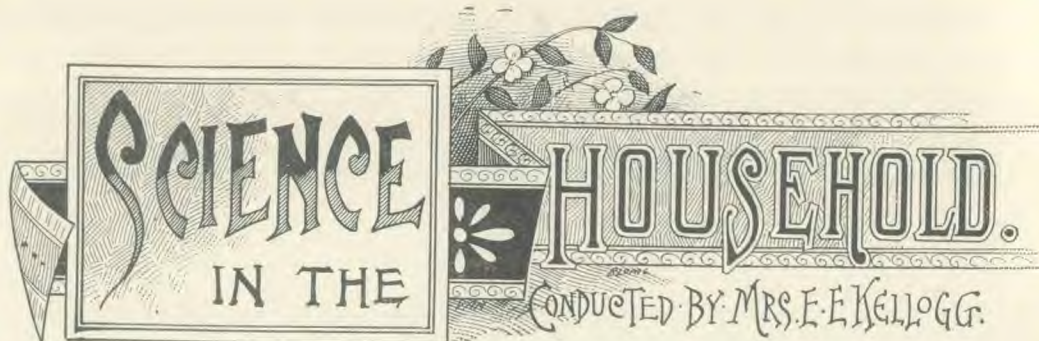
"A few years ago I had a very severe case of epistaxis, in the house next to that where the child just mentioned lives; it happened to a man aged seventy, and it lasted a great many days. Astringent injections, and all the recognized applications, gave very imperfect results. He partook of the water, and that freely, from the pump just referred to.

"The old man was exposed to another 'malsanic' influence at the same time, and that in his own dwelling. Under the stairs, in his cellar, he had a quantity of turnips stored, and some potatoes as well. The slow decay and drying smell from these penetrated his house, and was powerful about the door of his bedroom. His friends cleaned out the cellar, and the bleeding soon ceased; and he has remained in good health since."—*J. Meredith, M. D., in British Medical Journal.*

WRINKLES.—The inquiry, "How can wrinkles be removed?" is often made of physicians. A recently discovered and excellent remedy is massage, applied in connection with some unguent, as the finest vaseline or lanoline. By the daily employment of this simple means, in the hands of a skillful manipulator, wrinkles can often be almost entirely removed.

ACNE.—This disease is often a source of great affliction, especially when it affects the face. It appears chiefly in two forms, the irritable and the indolent. In irritable acne, there is redness and great irritability of the skin. In the indolent form, the skin is coarse, presenting black-heads, often greasy, and here and there are nodulus formed by accumulations of secretions in obstructed glands. The two forms require different treatment. In the treatment of acne, the most important means is diet. The patient should avoid all stimulating diet, and the food should be such as will agree with the stomach. Great care should be taken to keep the digestive organs in good order. It is of special importance that the bowels

should be evacuated daily. If they are not fully emptied otherwise, it should be done by an enema. The employment of the form of enema called "flushing of the bowels," is of great value in cases where the bowels are sluggish, with a tendency to the accumulation of fecal matters in the colon. This treatment consists of taking an enema in the knee-chest position. The amount of water should be about three quarts. By this means the entire colon may be thoroughly evacuated. There are other measures of treatment, consisting in the application of lotions. A lotion composed of one part carbonate of bismuth, one part oxide of zinc, and eight or ten of water, is an excellent one. But, really, lotions accomplish but little in cases of this sort. In the ordinary forms of this disease, lotions are not needed. The skin of the affected part should be carefully rubbed, and the accumulations in the glands extracted by a gentle pressure between the fingers, or by an instrument for the purpose. A sponge does very well. The skin should be kept clean, by shampooing it with fine soap. These measures will be found very effective.



HELPS FOR THE INEXPERIENCED—4.

THE fluids usually employed for cooking foods by boiling and stewing, are water and milk. Water is best suited for the cooking of most foods, but for rice, macaroni, hominy, and farina, milk, or at least part milk, is preferable. In using milk for cooking purposes, it should be remembered that, being more dense than water, when heated less steam escapes, and consequently it becomes hot sooner than does water. Milk boils at 196° , while 212° is the boiling point for water. Then, too, milk being thicker than water, when it is used alone for cooking grains, a little larger quantity of fluid will be required than when water is used.

Milk can be most easily and safely heated for cooking purposes, in a double boiler. If such an article is not among the kitchen utensils, a substitute may be improvised, by placing the dish containing the milk to be heated, inside another dish of larger size, partially filled with water.

Milk is sufficiently hot for cooking purposes when the entire surface is covered with air bubbles, although not actually boiling. For use as a hot beverage, milk

should not be allowed to boil, but only to become so heated that a wrinkled skin begins forming upon the surface.

For soups, gruels, and gravies, where a fluid is used for the foundation or base of the food, milk should be used in preference to water, because of its own food value. For bread-making purposes, either water or milk may be used for the liquid needed. As to their comparative merits for this purpose, authorities differ. It is generally thought that bread prepared with water is of better keeping quality, and possesses more of the natural sweetness of the grain from which it is made; while milk bread is claimed to be more nutritious, and more tender and moist. It is also a general opinion that bread made with water is cheaper; but if we take into consideration the fact that, to make the same amount of bread, more flour is required when water is used than when milk is used, we think there will be found very little difference in the cost.

Milk, for use in making leavened bread, should first be scalded, or sterilized, and then cooled, before using.

THE RENOVATING SEASON.

BY E. L. SHAW.

RENOVATION, out of doors and in, is the natural law of early springtime, and the good housekeeper does but follow nature's precedent, in unison with the new and bustling activities that waken into life at this season. As winter, with its shut-in existence, becomes a thing of the past, and the new *regime* of open doors and sunshine draws on, it is but natural that there should be a sort of making ready in the household, a sort of aggregated adjustment of ourselves and our belongings to the new conditions. This adjustment we term house-cleaning, and it may be made a perfect "reign of terror" in the home, or a season

of comparative comfort, according as it is wisely or unwisely managed. There is a large amount of hard, back-breaking work involved in it, which women, unaided, should never attempt to do; let this be shifted where it properly belongs, onto the broad and stalwart shoulders of men. Never "scrimp" in the matter of help. This is the first essential to success. The second is the choosing of fine weather, and the third is the gathering together of the best labor-saving inventions in this direction, that can be obtained.

The order, too, in which the rooms are taken, has more to do with the getting on with the work than

many people suppose. Hap-hazard work is always hard work. The cellar should be first cleaned, and emptied of every germ-breeder; the walls newly white-washed, and the floor cemented (if not already so), or repaired, if broken. Next should come the attic; afterward cleaning the rooms downward. It is highly important that the attic should have special attention. Every useless bit of rubbish should be cleared out, and all carpets and woolens, with the contents of all trunks and boxes, should be taken out-of-doors, well beaten, and hung upon the line to air for hours. All old hats, old boots and shoes, and like articles, should quickly be hurried down the back stairs to the bonfire of unsavory accumulations supposed to be burning in the backyard.

The upstairs rooms should be cleaned next, taking the stairs the last thing. Then come the bedrooms and closets downstairs, the sitting-room, dining-room, and parlor. The kitchen, with its various closets, cupboards, and out-of-the-way places, can be taken by itself, but should be carefully gone through at an early day, and all sinks and drains thoroughly cleansed and disinfected.

The house-cleaning season would cease to be the terror of the household, as well as the bugbear of the housekeeper herself, were a few common-sense rules formulated at the outset, and carefully adhered to. The leading one ought to be that no more work should be attempted in one day than can be done comfortably, leaving a few hours' margin for rest and recuperation. No woman upon whom a household depends, can afford to work all day long, for consecutive days, at house-cleaning. Remember the old adage, "Push your work, but do not let your work push you."

Some housekeepers thoughtlessly tear up every

room in the house, even to the family living-rooms, at one time, and as nothing can be settled for days to come, the family comfort is all torn up also, for days and nights together. A lady who had managed in this way had friends come unexpectedly. There was not a carpet down, nor a bed or stove up, in the entire house, — even the gasoline stove had been sent away for repairs, — and not a chair to sit upon, while every table was piled full, even the dining table being filled with the contents of the pantry. And as no supply of cooked food had been prepared, the outlook for both hostess and guests was dreary enough. An attempt at a welcome was made, and a cold, bare meal was served in a rude fashion; but everything was so unpleasant that the guests, instead of paying their intended visit of a couple of days, escaped as soon as they could. The mortification which the housekeeper experienced upon this occasion, taught her that it would be much better to so contrive in future that the family living-rooms, at least, should be kept mostly in a habitable condition.

On taking up carpets, if rag or ingrain, send them to be cleaned at steam cleaning works, whenever practicable, as their employees take them away in the dust, and bring them back ready to put down again. It is always well to wash the floors with hot soap-suds, into which a small quantity of carbolic acid has been thrown, as this kills all vermin; but self-wringing mops should in such case be used, as the hands should not be put into it. Neither matting nor willow-ware should be touched with soap. Use only warm salt and water.

Use paint freely at house-cleaning time. There is nothing like it for "keeping things up" about the house and grounds. It will also destroy insects, and sweeten things generally.

CLEAN your plaster casts by making some cold starch, and dipping them into it, brushing them when dry.

GIVE your oil-cloths a light coat of varnish when putting them down, renewing the varnish each time before they get dingy. This care will keep them bright, and they will also last much longer.

PAPER bags in which many articles are sent from the grocers, should be saved for use when blacking a stove. The hand can be slipped into one of these, and the brush handled just as well, and the hands will not be soiled.

THE luster of morocco leather may be restored by varnishing it over with the white of an egg, which should be applied with a sponge.

THE softening effects of carbonate of soda in hard water, is greatly increased if a half hour is allowed to elapse before the water is used. This gives time for the separation of the lime and the magnesia.

WHEN packing away furs, they should be sprinkled liberally with camphor gum, and inclosed in paper bags, which should be pasted up. Plush cloaks may be treated in the same manner, or sewed up carefully in a sheet.

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.]

POSITION OF HEAD DURING SLEEP—HOMINY VS. INDIAN MEAL.—E. M., Ont., requests information on the following points: "1. For a thin, anæmic person, troubled with constant sleeplessness, is it better to sleep with the head high or low? 2. What is the difference between hominy and ordinary yellow Indian meal, as regards the proportion of fatty elements and the time required for digestion?"

Ans.—1. Such a person as the one described should sleep with the head low. By this means, the blood will gravitate toward it, and the brain will be better nourished. The half-fed Italian beggar boys may often be seen in the vicinity of Naples sleeping on a steep sunny hillside, with their heads toward the foot of the hill. 2. Indian meal contains a larger amount of fat producing elements, but is less easy of digestion, than hominy.

LIMBERGER CHEESE.—Mrs. A. B. T., Mich., asks: "Is there any truth in the claim made that Limberger cheese is very healthful and nutritious, the most easily digested food, retained by the stomach when all else is rejected, and a remedy for kidney troubles?"

Ans.—No. The use of such an article as Limberger cheese is as unnatural as the use of carrion or decomposing food of any sort. We quite agree with the sentiment of the Spanish officer, who, when offered a portion of Limberger cheese by a German table-mate, coolly declined; whereupon the Teuton inquired, "Do you think it unhealthful to eat Limberger?" to which the Spaniard replied, "No; but I think it an unnatural crime." We know of no condition of either health or disease in which a decaying substance like Limberger is preferable to food which has not undergone decomposition.

REMEDY FOR CONSTIPATION—HONEY.—Mrs. F. D. S., Mich., says: "1. I saw a recipe, given by a physician, for constipation,—a mixture of honey, washed sulphur, and cream tartar. Is it of any value as such? and is it not the same as that used by many for purifying the blood? 2. What do you think of honey as an article of diet?"

Ans.—1. We cannot recommend the remedy above mentioned. It has no value as a blood purifier. The best means of relieving constipation, is to ascertain the cause, and remove it. By proper regulation of diet, and the employment of various simple means, most cases of this annoying malady may be very readily cured. 2. Honey is not to be recommended

as an article of diet. It may be taken in small quantities as a relish, but should never be eaten as food. The same is true of sweets of all sorts. As a matter of fact, sweets are of no value except as an aid to the appetite, and are generally abused when used for this purpose.

COLIC AND CONSTIPATION.—Mrs. J. B. W., Iowa, sends the following: "What can be done for a child one and a half years old, unweaned, who is troubled with colic and constipation? Had colic constantly until six months old. Use enemas for constipation, but am told that it will surely bring on piles. Wish to wean child, but can find no food that does not bring back the attacks of colic. Have used warm packs, hot flannels, and a diet of oatmeal, mealy potatoes, cow's milk, etc., without success."

Ans.—Potatoes and diluted cow's milk we should expect to be sufficient means of producing colic in a case of the sort named. We would recommend for the little patient a diet of Sanitarium Infant's Food, which we have known to afford relief in many similar cases. Directions for using come with the food.

SKIN DISEASE.—J. H. B., Can., is afflicted with a skin disease, the nature of which he does not know. It generally confines itself to his arms and legs, with the exception of his scalp, where it appears in spots, and forms dandruff. The disease makes its appearance as a small spot, which grows larger, and is covered with dry, white scales, which if removed, reveals the skin red and inflamed. What is the nature of the disease, and what its remedy?

Ans.—The description of the disease is not sufficiently accurate to enable us to make a positive diagnosis, but we consider it probable that the patient is suffering from dry tetter, or psoriasis. As we are not certain respecting the malady, we recommend the gentleman to consult a good skin specialist, as we should not like to take the responsibility of prescribing a remedy without the opportunity of making a personal examination of the case.

SUDDEN DIZZINESS—FOUL BREATH, ETC.—A correspondent inquires: 1. "What is the cause of sudden weakness and dizziness, the heart at the same time beating unusually hard and fast? Sometimes a sharp pain is felt in the region of the heart, and respiration is shortened. 2. What is the cause of the breath of children who are apparently in good health, smell-

ing badly? Usually worse in the morning. 3. Do you think that a child's drinking milk on a warm day, from cows that had been running, and were somewhat heated, would do serious injury, the child being eighteen months old? 4. How long does milk, when taken alone, remain in the stomach before passing from the same? 5. What is the cause of dark circles appearing from time to time under the eyes of children, especially those of two to six years of age?"

Ans.—1. Such cases are usually due to some reflex disturbance of the heart, the origin of which is usually a disordered stomach. 2. Such a child probably has either nasal catarrh or constipation of the bowels; either condition may cause an offensive breath. 3. Yes. 4. From one to two hours. 5. Usually caused by indigestion or evil habits.

WHOLE WHEAT—COUGH REMEDY.—Mrs. D. W., Oregon, asks: 1. "What is whole wheat, and how can it be obtained? 2. For three years I have had a hacking cough, gradually getting worse, which comes on after retiring at night, if I lie on my right side. Otherwise I seem perfectly healthy. Can you suggest a remedy?"

Ans.—1. Whole wheat consists of the whole wheat grain which has been carefully cleaned preparatory to grinding, but not ground. 2. We know of no better remedy for a cough than hot water slowly sipped. For persons who are troubled with night cough, a glass of water taken just before retiring, will often afford relief for the night, or a glassful slowly sipped when a paroxysm of coughing is impending, will often give prompt relief. In some cases it is also well to employ a moist pack over the throat or chest, to be worn during the night,—a towel wrung out of water, so dry that it will not drip, and applied to the chest. It should be covered with soft folds of dry flannel, and the whole protected by oiled muslin or oiled silk, to prevent evaporation.

FIBROID TUMORS—MEAT EATERS AND CANCER.—E. O. R., Mass., wishes to know if fibroid tumors can be removed, and if meat-eaters are more liable to cancer than are vegetarians.

Ans.—1. Fibroid tumors of the internal organs may be removed by surgical operations. When the internal organs are affected, these tumors can usually be cured by the application of electrolysis, a method which was originated by Dr. Apostoli, of Paris. In the employment of this measure of treatment in two or three hundred cases of fibroid tumors of the internal organs, we have rarely failed to secure very good results. 2. Observations among the vegetarian population of

India, seem to indicate that cancer is much less frequent among vegetarians than among those addicted to the use of flesh foods. If there is any truth in the recently announced discovery that cancer is due to microbes, and hence must be regarded as a parasitic disease, the fact that the above statement is disputed, would be explained by the frequent occurrence of cancer in various lower animals, especially in domestic animals, a fact which has been established in numerous instances.

ITCHING PILES.—C. D., D. C., wishes to learn the cause and a cure for itching piles.

Ans.—There is no "panacea for piles"; indeed, the only radical remedy for this disease, is an operation by means of which the morbid growth is removed. There are several methods of operation. The method employed by the traveling "pile doctor," is usually that of injection with carbolic acid, by means of a hypodermic syringe. This method sometimes works very satisfactorily, but often fails to cure, and sometimes results in dangerous inflammation. Only very recently, a gentleman who had had this method applied by Mr. Brinkerhoff, and repeated more than a dozen times, but without effecting a cure, came to us for the employment of more effective measures. Exactly what shall be done in any particular case, cannot be determined without a careful investigation. There are various palliative measures which afford relief in cases of this sort, the most valuable and the least harmful of which are suppositories containing some astringent remedy, such as hamamelis, alum, tannin, or something of this sort. Astringent lotions, such as distilled extract of witch-hazel, or decoctions of oak bark, golden seal, etc., may also be applied with advantage. We have in many instances found, upon examination of patients who presented themselves for relief of "itching piles," that there were no morbid growths of any sort whatever, but that the itching supposed to be due to "piles," was the result of an eczematous eruption about the region of the lower orifice of the bowels. When this state of things exists, relief may generally be obtained by the thorough application of hot water, two or three times daily. Zinc ointment, to which naphthol has been added in proportion of one dram to the ounce of the ointment, affords relief in many cases. In other cases, the application of a powder is better. This is particularly true in cases in which there is considerable moisture about the parts. A powder composed of equal parts of starch and boric acid, with one eighth part of naphthol added to the mixture, is then very useful.

PUBLISHERS' PAGE.

THE Good Health Publishing Company are issuing a new series of tracts in the interest of the social purity work. The first four tracts of the series are just out of press. Their respective titles are as follows: "Novels," and "Wild Oats," by Dr. Kellogg; "A Word to Mothers," by Mrs. Kellogg; and "The Training of Girls," by Dr. Kate Lindsay. A number of other tracts are in preparation. Several of those which will shortly appear are from the pen of Mrs. E. G. White, whose strong and earnest words on this subject, written years ago, were chiefly instrumental in laying the foundation for the work in this direction which has been undertaken by the American Health and Temperance Association. The tracts are beautifully printed, on nice paper, the proper size to slip into an envelope, and it is believed will be very widely circulated. A more extended notice will appear in our next number.

* *

THE Good Health Publishing Company has recently established a number of State Agencies for their subscription books, and for GOOD HEALTH. The names and addresses of the persons in charge of these agencies are as follows:—

M. A. Aultman, Colorado Springs, Col.
J. B. Beckner, Pleasant Hill, Mo.
J. L. Rumery, Allegan, Mich.
G. H. Baber, 26 and 28 College Place, Chicago, Ill.
M. E. McMeans, 175 Central Ave., Indianapolis, Ind.
W. T. Henton, Sioux Falls, Dak.
W. L. Bird, Smithland, Ia.
C. L. Kellogg, South Lancaster, Mass.
Frank Thorp, Hanford, Tulare Co., Cal.
B. F. Colby, West Charleston, Vr.

Active, energetic agents are desired to push the sale of the various works published by the Good Health Publishing Company, in all parts of the country. Persons residing in the States represented by the above-named agents, should correspond with the proper State agents respecting terms, territory, etc. The work will be carried forward in a thoroughly systematic manner, and the new and novel plans which have been perfected for introducing the work, will insure a degree of success which could hardly be attained by publications of a different character.

* *

THE Sanitarium Health and Temperance School will soon graduate a score or more of persons who are prepared to enter the field as lecturers on health and temperance topics, leaders of canvassing companies, teachers of cooking-schools, and to take charge of the various branches of the health and temperance missionary work. All of these persons have plans laid with reference to their future labor, but there is an excellent opportunity for those who are interested in this line of philanthropic work, who may not have had an opportunity to attend the Training-School at the Sanitarium, to acquire a knowledge of the principles of health and temperance, and the best methods of promulgating them, by associating themselves with these trained workers, in the capacity of assistants. It is desired to organize a health and temperance missionary campaign in each of the principal States in the Union, to begin at an early date, and continue during the coming summer and fall. All who are interested in work of this kind should at once correspond with the Field Secretary of the American Health and Temperance Association, Eld. W. H. Wakeham, Battle Creek, Mich., or the Secretary of the Association, Mrs. Clara E. L. Jones, Battle Creek, Mich.

* *

THE Health and Temperance Missionary School which has been in session at the Sanitarium for nearly four months, will

close about the time this number of the journal reaches our subscribers. The regular daily attendance at the class has averaged about one hundred. Of this number, probably a score are prepared to enter the field at once as health and temperance missionary workers, and it certainly has been gratifying to us that the interest and enthusiasm on the part of the members of the class, has steadily grown from the commencement until the present time; and it is hoped that those who enter the field as workers, will carry with them a sufficient degree of enthusiasm to create a lively interest on the part of all who come within the sphere of their influence. Arrangements are being made for cooking-schools to be held in a dozen different States during the coming season, especially in connection with large public gatherings, camp-meetings, religious congregations of various sorts, conventions, etc. This is one of the most practical means of getting health and temperance principles before the people, and a large number of laborers are wanted to engage in this and other branches of the work. The names of those who will complete the course in a few days from the present writing, and will then be prepared to enter the field in various capacities, as lecturers, teachers, instructors of cooking-schools, etc., are as follows:—

A. A. John, A. O. Burrill, Leon Tiche, Paul Roth, W. H. Wakeham, Laura Bee, Ella Neal, Kate Nuding, Eva Wick, Mrs. Nellie Baber, Mary Bird, Miss E. Bucknum, May Stowe, Mrs. F. Wildanger, Ernest Stevens.

* *

A SMALL corps of health and temperance missionary workers, who have for the last three months been engaged in introducing GOOD HEALTH, and other health literature, and carrying on cooking-classes, in Bay City, Michigan, have recently returned, and report having had a very successful and interesting time. The corps consisted of Mr. Fred Wildanger and wife, Mr. Ernest Stevens, and Miss Evora Bucknum, the leader of the company. The work resulted in three hundred subscriptions to GOOD HEALTH, the instruction of more than two hundred persons in healthful cookery, and the introduction of health principles into between three and four hundred families. The workers have returned to spend a month in the Health and Temperance Missionary Training-Class, after which they will return, with increased forces, and spend several weeks more in sowing the seeds of sanitary reform in Bay City and vicinity. We understand a great interest in the work has been manifested by many of the leading people in that city, although at first considerable curiosity existed to ascertain the underlying motive of the effort. Quackery and frauds of every description have so long borrowed the livery of Heaven to serve the Devil in, by wearing a cloak of philanthropy to hide the most mercenary and unworthy purposes, that it seems difficult for the public to believe that such a thing as genuine disinterested philanthropy still exists. Nevertheless, philanthropy and enthusiasm for the principles of sanitary and temperance reform, is the real foundation of the health and temperance missionary work which is being carried forward under the auspices of the International Health and Temperance Association; and we are glad to know that the workers who have been laboring recently in Bay City, have succeeded in convincing a large number of people of the genuineness and worth of the enterprise with which they are connected. The work of the International Health and Temperance Association is wholly unsectarian and unpartisan. It is a purely humanitarian work, and one which will bear the closest investigation, and is worthy the most cordial support.

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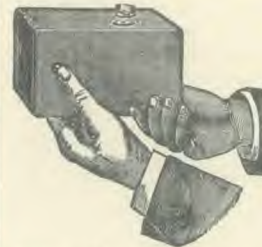


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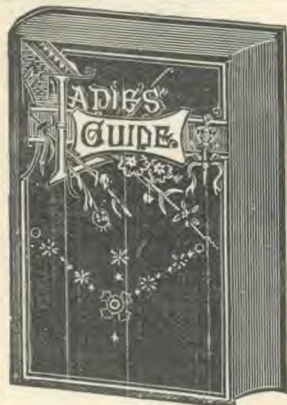
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GOOD HEALTH

SCIENTIFIC SUPPLEMENT.

FOR years the managers of GOOD HEALTH have contemplated the addition of certain features to the journal, which are evidently needed, but which the limited space has not heretofore permitted. The subject of practical hygiene has grown immensely since this journal was started, twenty-five years ago, and the almost daily discoveries and new developments in this line of knowledge, render it extremely difficult to present within the limits of a thirty-two page magazine anything more than a meager representation of the progress being made in this direction. There are also some subjects of a more strictly medical character, especially in the department of nursing, a consideration of which would scarcely seem to be appropriate in a journal devoted to hygiene, and intended for family reading, and yet are most worthy of attention. There are also many scientific questions which might not interest every reader, but which are of such practical importance, nevertheless, that they should be widely discussed. It is now proposed to publish in connection with GOOD HEALTH, a supplement to be known as "THE GOOD HEALTH SCIENTIFIC SUPPLEMENT," which will possess the following features:—

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