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GOOD HEALTH

A woman in a white, flowing robe stands in a landscape. She holds a red pitcher in her right hand and points towards the right with her left hand. The background features a large tree on the left, a waterfall on the right, and a distant cityscape under a cloudy sky. The entire scene is framed by a red border.

DECEMBER, 1902.

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- What Is Disease?
- Wholesome Sick Beds.
- Home Beautifiers.—*Illustrated.*
- The Great White Plague.
- Four Enemies of Health.
- Two Xmas Dinners.
- The Morals of the Family.
- The Elusive Art of Keeping Young.
- Editorial.

MENS SANA IN CORPORE SANO.

VOL. XXXVII.

Edited by J. H. KELLOGG, M. D.

NO. 12.

Packer's Tar Soap

FOR



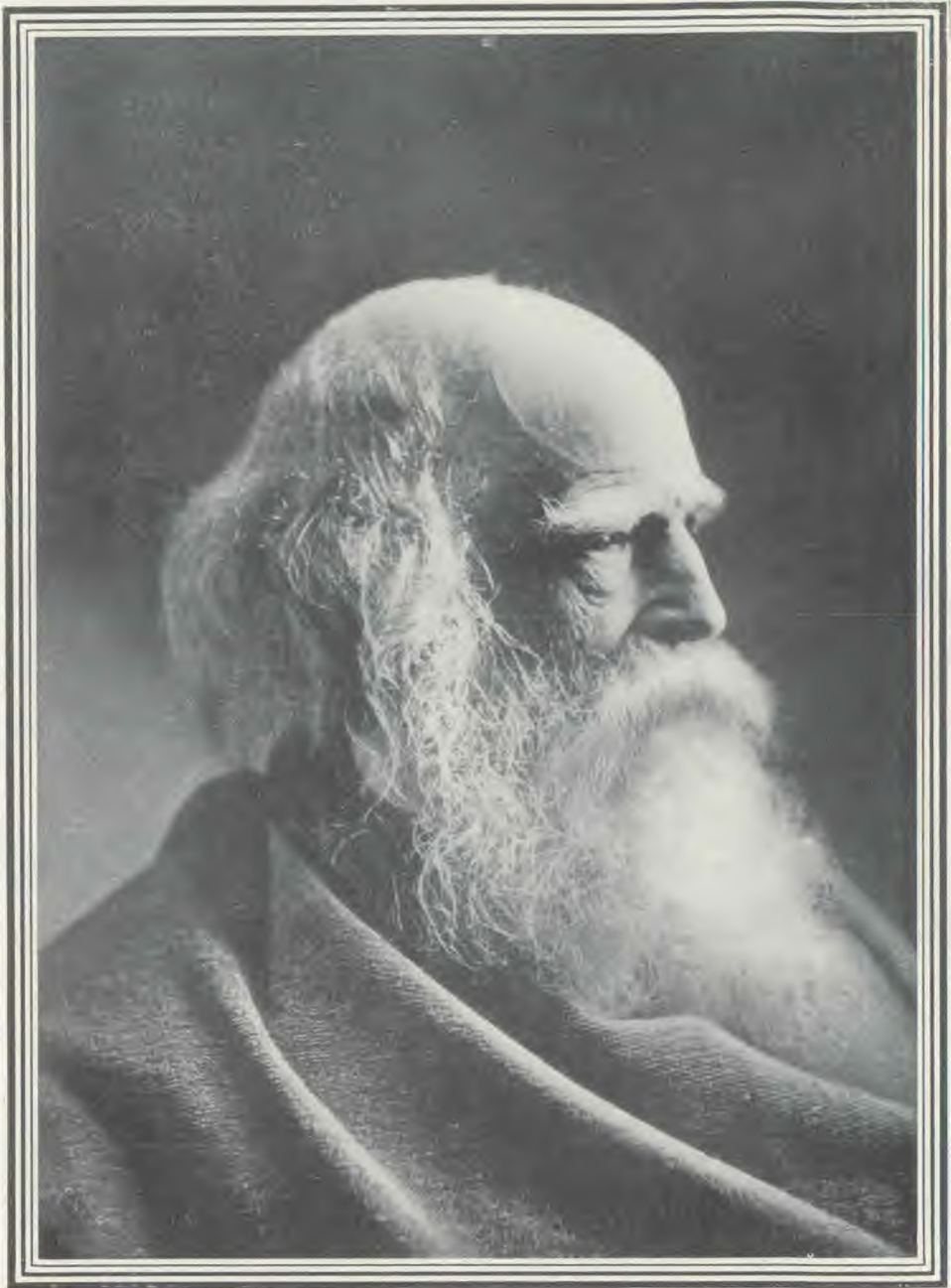
WINTER CHAPS

Chapped and irritated skin quickly relieved by
the cleansing, soothing and healing influence of

PACKER'S TAR SOAP

The Packer Manufacturing Company, 81 Fulton Street, New York





WILLIAM CULLEN BRYANT.

*Like the swell of some sweet tune,
Morning rises into noon,
May glides onward into June.*

*Childhood is the bough, where slumbered
Birds and blossoms, many-numbered:
Age, that bough with snows encumbered.*

*Gather then each flower that grows,
When the young heart overflows,
To embalm the tint of snows.*

GOOD HEALTH

FOR 1903



NUMBER of pages could be filled, telling about the feast of good things to be spread before the readers of GOOD HEALTH during 1903, but we shall content ourselves with only a partial account of these articles of surpassing interest.

The editor has prepared a series of articles on "Nature's Remedies," any one of which will be worth to the careful reader many times the price of a yearly subscription to GOOD HEALTH. These articles will treat on hydrotherapy, electropathy, dietetics, and other natural methods, in a common-sense manner, discarding the use of superfluous verbiage, and teaching plain facts and simple rules for the guidance of the laity.

One of the most timely articles will be an illustrated history of the Health-Food Movement which is occupying so prominent a place in public attention. The articles will be well illustrated, and are written by "one who knows."

A series of talks on dietetics will appear, telling about the use of fruits, fruit essences, and fruit sugars. These articles will be written by specialists, and will deal with the fruits grown both in tropical and temperate climates. Many questions will be discussed and originated which have not heretofore been made public.

A number of illustrated articles will appear during the year, dealing with the discovery and development by Vincent Priessnitz, the Silician peasant, of the so-called water cure. These will be particularly interesting and entertaining, as they are written by one who has taken pains to visit the home of Priessnitz in Silicia, in order to obtain the information at first hand.

GOOD HEALTH FOR 1903

Continued

Mrs. E. E. Kellogg will contribute helpful articles on Child Culture.

The important information contained in a series of articles dealing with the new cookery, illustrating the application of medical and physical science, will alone be worth the year's subscription price.

Beginning with January, 1903, a new department will be introduced under the caption of "The Longevity Club." This department will be devoted to the subject of longevity, and will give the experience of a number of centenarians. The facts which will be presented in this department have been obtained at great expense, and have required several years for their collection.

A revised translation of the life of Cornaro, the Italian nobleman whose health was broken down by reckless living, and who adopted, at middle age, a rational dietary, with the result that he lived to enjoy good health to a ripe old age, will prove more interesting than a romance. The translation we have secured was made by Prof. W. E. Axon, Manchester, England, an eminent linguist, who was for many years librarian of the famous Manchester library, and is the most complete and correct translation of this fascinating work which has ever appeared.

At almost any price, GOOD HEALTH is the best health magazine published; but at \$1 per year, it is within the reach of one and all. Subscribe now in time to receive the very first of the good things expected during the next twelve months.

Good Health Publishing Co.

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BATTLE CREEK, MICH.

GOOD HEALTH

A Journal of Hygiene

VOL. XXXVII

DECEMBER, 1902

NO. 12

WHAT IS DISEASE?

BY J. H. KELLOGG, M. D.

THE ancients believed disease to be a malign entity of some sort, an evil spirit, perhaps, which had taken possession of the body of the sufferer. Among savage and half-civilized tribes, this idea still prevails. The ancient method of treating disease, as well as that still in vogue among savages, was quite in harmony with their idea of the nature of sickness. They sought to drive the evil spirit out by making it uncomfortable, employing for this purpose violent means, such as whipping or beating the patient, compelling him to inhale the fumes of burning sulphur or other noxious vapors, or administering to him nauseous and disgusting decoctions of various sorts.

The savage idea seems to be: the more disgusting the medicine, the more powerful it is. This notion is not altogether confined to savages. It is a common practice in some city dispensaries which are largely patronized by the ignorant and superstitious, to administer drugs having a strong and unpleasant flavor as a means of inspiring the patient's confidence in the efficiency of the remedies given. Civilized men and women are by no means altogether free from superstitions relating to disease. Multitudes of men and women who are well educated and capable of reasoning intelligently upon almost every other subject, regard

disease as an affliction sent from heaven, or an opposite source, and to be gotten rid of only by the use of some magic, mysterious, or supernatural agency. This erroneous conception of the nature of disease is undoubtedly the foundation of the faith placed by so many in "magnetic healing," so-called "mind cure," "faith cure," and multitudes of highly vaunted but utterly worthless nostrums and trinkets, which are as utterly devoid of healing virtue as the fetich or the amulet of the African.

A correct idea of the nature of disease is essential to an understanding of the natural and the proper methods of treatment. The difference between disease and health is very great in appearance, but much less in fact, when one has a correct understanding of both. The body in a state of health may be compared to a ship sailing with full canvas before a strong, steady breeze. The body in a state of disease may be very aptly compared to a ship in a storm, contending with changeable, adverse winds, and high rolling waves. The water, the winds, and the ship are all the same in the steady breeze and in the storm, but the conditions and relations have changed. The symptoms or phenomena of disease are due to the same violent activities or processes which are present in health, but disturbed by the conditions

or causes which are the occasion of the disease. For example, it is natural for the stomach to expel its contents. Whatever is taken into it is passed along by the contraction of the muscular walls of the stomach. Irritating or other obnoxious substances, when taken into the stomach, may occasion such violent contractions of the organ as to expel the offending substances by the mouth, and thus vomiting is often accompanied by complete relief. So also offending substances in the bowels may be discharged by violent intestinal action or diarrhea. The muscular movements of the intestines are natural in health, and become intensified only in disease. In other cases, the vital actions may be too slow, or suspended altogether, as when the muscles are paralyzed, or when an organ becomes inactive through exhaustion or some structural change taking place in it.

Thus it appears that in disease we have to deal with a living, active body, subject to the same laws and principles which govern it during health. There is no suspension of these laws because of diseased conditions, and there are no essentially new principles brought into action. From this we may justly con-

clude that in the treatment of the sick, we do not have to deal with the body as though its processes were utterly new and foreign to its normal state, but rather to do for it the very same things we do for it in health, with such modifications as may be necessary because of exaggerated or deficient activities; just as a ship in a storm needs to be dealt with on precisely the same principles as a ship sailing under ordinary conditions. Sails may be furled to preserve them from being torn into shreds by a fierce wind, but new sails of an entirely different character are not required.

In disease, as in health, we must supply the body with those things needful for the maintenance of life, making in cases of disease such modifications as special conditions may require. The agencies which maintain health are the most powerful means which can be employed for the regaining of health lost; that is, for combating disease.

Experience has shown that air, water, sunlight, diet, exercise, and rest, the means which are the most essential for the preservation of life and health, are the most powerful of all means for the restoration of those who are sick.

WHOLESOME SICK BEDS.

BY MARY WOOD-ALLEN, M. D.

THE words, "wholesome sick beds," sound rather paradoxical, but the idea they intend to convey is the sanitary management of sick beds so that they will be of the greatest comfort and advantage to the invalid and the least danger to those who attend them.

In the discussion of this problem the bed itself claims our first attention. The old-style wooden bedstead, with its board slats, offered many harbors for undesir-

able lodgers, and its high and solid head- and foot-boards obstructed the free circulation of air. The most perfect bed for sick or well is the iron bedstead, with woven-wire mattress.

In hot weather, or if the patient has a high fever, a heavy comfortable spread over the wire cloth furnishes all the bed that is needed. In cold weather some other foundation is required.

Feather beds are never allowable.

They are too heating and too absorbent to be wholesome. And if they have been in the family for years, there is quite too much of the odor of antiquity about them to be desirable. Perhaps no bed is quite so sweet and wholesome as the old-fashioned tick, filled with clean rye straw or finely shredded corn husks. The filling can be burned after use, and the tick washed.

A hair mattress is comfortable, but rather heating, is absorbent, difficult to clean, and too expensive to be carelessly thrown away. The cheaper mattress of excelsior, or of husks with cotton top, can be made comfortable, and can be sacrificed after using, when health demands it. Whatever the mattress or bed, it needs to be covered with a heavy cotton pad, or comfort. Nothing is much more uncomfortable to delicate sensibilities than the feeling of the ticking through the sheet.

A rubber sheet may be spread either over or under this pad. Under it, if protection of the mattress from the emanations of the patient be all that is desired; over it, if there are dangers of soiling the bed from the discharges of the patient.

Nothing is more grateful to a feverish patient than a fresh, well-ironed, linen sheet and pillowcase. If these articles are cotton, they should be bleached and thoroughly ironed.

Blankets are better than quilts for warmth, both because they are lighter in weight and can be more easily washed. Just here a word as to the washing of blankets and quilts may be allowable. If rubbed in a tub the blankets are usually made hard and shrunken, while the cotton in the quilts is rolled up into lumps. Where a hose can be used, the most effective way of cleansing either quilts or blankets is to hang them by one edge on the line, pinning them fast

at short intervals, then turn the hose on them at close range. The force of the stream will dislodge the dirt and remove it. When thoroughly cleansed, let them hang and drip until dry, when they will be found to be as soft as when new, and not the least shrunken. When a hose is not obtainable, to hang them out in a heavy shower is a good method.

Feather pillows may be cleansed in the same way, if care is taken to shake them up often while drying, so that they do not become moldy. The most sanitary pillow is doubtless the one of woven wire, but this will often be unobtainable. Hair, cotton, or silk-floss can be used in pillows.

The bed should have about it no curtains to obstruct the circulation of air, and no valance to hide articles and tempt their being stowed away under the bed. The vessel used to receive the discharges from the patient, of whatever character, should never be allowed to stand in the room one moment uncovered.

An open urinal under the bed will saturate the mattress with its poisonous emanations, and should therefore be kept covered; or, better still, at once be emptied and cleansed and made ready for next using. Of course the bowel evacuations will never be allowed to stand a moment in the room, even if covered closely.

If the patient expectorates, it should be into a vessel kept for the purpose, and always closely covered, or into cloths, which are immediately burned. No handkerchiefs, contaminated with expectorations, should be tucked under the pillows or left about the bed in any way.

One source of uncleanness arises from the feeding of the patient. Food may be spilled on the bedding, or crumbs dropped, which, sifting down into the bed, make it uncomfortable. All this may be prevented by using a sheet, or

other large cloth, which can be spread under the patient's chin and over the whole upper part of the bed while the eating process is going on. If the patient can sit up in bed to eat, this cloth, which might be the half of an old sheet, can be pinned around the neck. After the meal is ended, this cloth can be carefully gathered up, and all crumbs with it, so saving the bed and the patient's feelings.

No articles of food or drink should be permitted to stay in the sick room. A table littered over with bottles of medicine, full and empty glasses, fruit, or other food, is an unpleasing sight, and unwholesome as well. A little stand with a bell upon it may be allowed, but trays of food or doses of medicine should be brought in when needed.

The bed should stand at a distance from the wall, that the air may circulate freely, and also that the nurse may be able to get at the patient from all sides. The head of the bed should be so placed that the light will not fall into the patient's eyes. A screen can be placed so as to protect the patient from drafts, but should not so inclose the bed as to prevent free circulation.

If baths are to be given in bed, the rubber undersheet is a necessity. It may be removed after the bath if it is unpleasant to the patient.

All fomentation cloths or other appliances of the bath should be kept out of the room when not in actual use. Hot-water bags should not be allowed to remain in the bed after they have served their purpose. I have known hot-water bags to be lost for days, and to be found behind the bed on the floor in a heap of rags, papers, handkerchiefs, etc., which had slipped off the bed at different times and been left by the careless nurse. If the bed had not stood in a corner, or if the nurse had been watchful, this could not have happened.

A careful use of the carpet-sweeper under the bed each day is necessary to remove the fluff that accumulates in a few hours. A moist dust-cloth should be used daily on the exposed parts of the bedstead.

To protect the quilt, a wide piece of soft white muslin can be basted over the part next the face, letting it run down several inches on both sides of the quilt. This is easily detachable when soiled, and can be replaced by a clean piece as often as needful.

To insure perfect sanitary conditions, it would be well to have two sets of blankets and quilts; when one set is in use on the bed, have the other hanging on the line, to be sweetened and purified by the sun and air. These can be brought in in the afternoon, and so be ready for use the next morning. No one can measure the comfort and pleasure experienced by the patient in this daily appliance of fresh, sweet bed-clothing.

Nurse, friend, or visitor should never sit on the bed when talking to patient.

Fluids can be given to a recumbent patient more deftly and with less danger of soiling the bed, if a cup with a long spout be used. From this cup the patient can drink easily without spilling, and can have the comfort of feeding himself, which is not possible with a spoon.

One great desideratum in creating a wholesome sick bed is the circulation of pure air all around, over, and underneath the bed. The second great need is the creation of a healthful mental and moral atmosphere to surround and envelop the patient.

Groans and tears, forebodings and doleful prophecies, sighs and long faces, can counteract all the good effects of physical sanitation; while cheerful looks, smiles, hopeful words, and encouraging predictions, can make even unwholesome surroundings less hurtful.

HOME BEAUTIFIERS.

BY FRANCIS BARTON.

WHEN the cold days come, and the family is confined indoors more of the time, the thoughtful mother and homemaker looks about for simple means by which she can make her home more beautiful and attractive, and wise is that mother who rightly appreciates the influence such simple things as flowers and pictures have upon the family. The simple, the harmonious and beautiful, are conducive to the health of body, mind, and soul, while their converse tends to the opposite result.

Psychologists have long recognized the fact that the mind is influenced to a very large degree by surrounding objects. Beauty of any sort, whether it be of form, color, or sound, has a sanguine influence upon the mind, which in turn transmits the sense of harmony and well-being to the body, and nothing is more conducive to physical health than this same sense of perfect peace and contentment.

There are few physicians who have not had cause to wonder at the rapid recovery made by some sick one after having been given a change of environment. The pale, pinched city child grows plump and rosy in the country, or sometimes simply a change from a dark and unattractive room to one that is light and well appointed, will work wonders. And what is true of the sick is in this as in many things, true of the well.

In the warm season, when Nature offers her "bounty of beauty," and much of our leisure time, at least, is spent out of doors, the question of home decoration is not so vital as it becomes at this season of the year. Then flowers of an endless variety were abundant in field and garden, and it did not require much labor or forethought to bring them into requisition in beautifying any part of the home when desired.

During the winter, cut flowers are too expensive for ordinary use, and our minds naturally turn to potted plants. But the care of a large number of potted plants is really quite an additional burden to the already overbusy housekeeper. Then, a large number of them



kept in the windows of the living rooms obstruct the light, of which none too much enters, at best, during the short winter days. Those who have no facilities outside their living rooms should be content with the raising of a few choice and especially ornamental plants.

For winter blooming, the different varieties of the narcissus are the most satisfactory. The bulbs of these may be

started at home or bought ready rooted at the greenhouse.

In selecting bulbs, be careful to choose only those that are large and firm. They may be grown in water, gravel, or soil, and in any receptacle one chooses. One of the prettiest and most convenient devices of the sort I ever saw was a granite iron bowl, the size of a medium-sized chopping bowl, resting on and firmly

fastened to a tripod made of three broomsticks. The whole was enameled light green, and in it four Chinese-lily bulbs developed into a wonderful profusion of bloom. After they had finished blooming, they were removed, and the bowl filled with soil. In the center, one of the larger varieties of umbrella plants was set, and around this a number of small plants of that luxuriant trailer, commonly known as "Wandering Jew." In a few weeks these reached the floor, and had to be constantly trimmed back. It can easily be imagined that the whole produced a beautiful effect.

To grow bulbs in gravel, nearly fill a water-tight vessel with water and gravel, and place the bulbs firmly on the gravel. Set them away in a cool, dark place until they are well rooted. This will take some weeks, then bring them out into a warm, light room. After they are well rooted, their development is very rapid. If they are to be grown in



By courtesy of "Country Life in America."
NARCISSUS IN BLOOM.

soil, and this is perhaps the best way, simply plant them in rich soil in a good-sized receptacle, and follow the same plan regarding light and heat as when gravel is used, being careful not to allow the soil to get too dry, for these plants are water lovers.



taining water, and allowing them to stand for several hours."

Some of the smaller varieties, set in low pots for the purpose, make pretty center decorations for the dining table. The shops display a large variety of fern dishes into which the pots may set when in use, but

Many of the ferns make attractive plants for winter use. Of the larger varieties, the Boston fern is perhaps the best for ordinary use. A recent issue of *American Gardening* makes the following suggestions concerning their care:—

"It is a good practice in handling these ferns to have the ordinary pot placed inside of an ornamental jardinière, packing the space between the two with moss, which can always be kept damp. The drying out of the pots containing growing plants is one of the chief troubles in home floriculture. Surrounding this by the damp moss overcomes the difficulty, and it keeps the vessel moist. If the pot becomes really dry, there is danger that the ball of earth inside will lose its contact, and a thin air space be created between the soil and the inside of the pot. When water is given in such a case, it will run rapidly down the inside of the pot, and escape at the bottom, passing through without wetting the ball of soil. Amateurs will find it a very good practice to water their ferns by plunging the pots into a deep vessel con-

these are not necessary if one is ingenious. Small willow baskets, first lined with moss, and then filled with soil, in which small ferns, the curly-leaved variety of cress, or other pretty, delicate plant is growing, form pretty ornaments of this sort.

A globe of goldfish makes a very pretty and interesting addition to a living room. An ordinary-sized globe will accommodate three or four fish (about one quart of water being required for each fish) and a growing plant, with some shells and small stones or pebbles at the bottom.

"The water must be changed about once a week in cool, and twice in hot, weather. The globe and shells must be scoured and the plant rinsed. The fish must be fed on fish food, and must not have more than they will eat, as it makes the water cloudy. Goldfish repay what little trouble they cause. They are not especially suitable for children, as they do not thrive so well when tampered with. Let them live in their own way, and they will be happy."

THE GREAT WHITE PLAGUE.¹

BY DAVID PAULSON, M. D.

THE present death-rate from tuberculosis is so enormous that, compared with it, the plagues of the ancient times sink almost into insignificance. There are at present 1,200,000 persons suffering with it in this country. It sweeps away the very flower of our population, being responsible for about one third of all the deaths occurring among adults. The lungs are chiefly affected, although tuberculosis of the bowels, glands, and skin is no longer rare.

Neglected colds, severe attacks of pneumonia, and a weakened condition of the system, all furnish a fertile soil for the growth of this deadly germ. The lining membrane of the lungs, which is only one twentieth as thick as an ordinary sheet of writing paper, if spread out would cover several thousand square feet, all of which, in a healthful condition, is fully able to resist any disease microbe; but when we continually soil this delicate tissue with tobacco smoke, impure air, dust, and germ-laden air, then we are sowing for tuberculosis. Our overpopulated tenement districts, large factories, great stores, and dingy shops,—all are conditions that invite this cruel disease.

The enormous consumption of intoxicating liquor is battering down physical resistance, and is making it extremely easy for these death-dealing germs to secure an entrance; and it is well to bear in mind that alcohol is as deadly when dispensed by the druggist as when it is sold by a saloonkeeper.

Consumption is chiefly spread by failure to destroy the sputum of tubercular

patients. Expecterated matter can soon transform a healthy home into a haunted house that will tend to infect all who must live under its roof. Every particle of such sputum contains millions of consumptive germs; and when it dries, they will cling to dust atoms, which, when inhaled by a susceptible individual, are capable of producing this disease. Every drop of the sputum should be burned or thoroughly disinfected.

While tuberculosis is rarely inherited, yet the liability and readiness to contract this disease is very readily transmitted from parents to children.

The most essential element in treatment is prevention. Every one should carry out as far as possible the very measures that have been found the most successful to cure this disease. The German government is curing seventy thousand consumptives annually in their out-of-door hospitals. Wherever the out-of-door idea has been faithfully carried out, a large percentage of cures is always the result; consequently, that must be the best plan to adopt in preventing the onset of the disease. Work outdoors; open the bedroom windows in winter, and sleep in a tent in summer.

Build up bodily resistance by taking each day a short cold sponge bath, or a cold sheet rub, cold shower, or a cold full bath. Follow this by vigorous friction until the skin has a good glow. The same power that the body develops to react against the cold, it will use in coping against the disease.

An unwholesome and wretched dietary should be abandoned. The individual who has only time to swallow ten-minute meals is very much more likely to find time to perish from quick consumption

¹ Extracts from an address given at the Old Salem Chautauqua Assembly, August 19, 1902.

than the man who finds abundant time to thoroughly masticate a proper amount of good hygienic, nutritious food.

When a boat is sinking, passengers do not hesitate to toss overboard their most valuable baggage to lighten the vessel; so the man who knows that he is likely to be overwhelmed by tuberculosis in the near future, should not hesitate for one moment to abandon tobacco, tonics, tea, and coffee, and every other body-destroying habit.

Patients who have recently contracted consumption generally receive very encouraging benefit by living a mile further

up into the air. At this altitude the air contains so much less oxygen that the patient is compelled to expand his chest much more at each breath. If he had taken the pains of acquiring the habit of deep breathing at home, he would probably not have contracted the disease at all. Individuals go to famous springs, and receive considerable benefit from drinking large quantities of brackish, vile-smelling water, when, if they had remained at home, and drunk half as much good water from their own well, they would in most cases have received twice as much benefit.

WINTER.

(See *Frontispiece.*)

. . . When shrieked
The bleak November winds, and smote the woods,
And the brown fields were herbless, and the shades,
That met above the merry rivulet,
Were spoiled, I sought the woods, I loved them still,— they seemed
Like old companions in adversity.
Still there was beauty in my walks; the brook,
Bordered with sparkling frost-work, was as gay
As with its fringe of summer flowers. . . .

The pure keen air abroad,
Albeit it breathed no scent of herb, nor heard
Love-call of bird nor merry hum of bee,
Was not the air of death. Bright mosses crept
Over the spotted trunks, and close buds,
That lay along the boughs, instinct with life,
Patient, and waiting the soft breath of Spring,
Feared not the piercing spirit of the North. . . .

From his hollow tree,
The squirrel was abroad, gathering the nuts
Just fallen, that asked the winter cold and sway
Of winter blast, to shake them from their hold.
But Winter has yet brighter scenes,— he boasts
Splendors beyond what gorgeous Summer knows;
Or Autumn, with his many fruits, and woods
All flushed with many hues. . . .

Lodged in sunny cleft,
Where the cold breezes come not, blooms alone
The little wind-flower, whose just-opened eye
Is blue as the spring heaven it gazes at—
Startling the loiterer in the naked groves
With unexpected beauty, for the time
Of blossoms and green leaves is yet afar.
And ere it comes, the encountering winds shall oft
Muster their wrath again, and rapid clouds
Shade heaven, and bounding on the frozen earth
Shall fall their volleyed stores, rounded like hail,
And white like snow, and loud North again
Shall buffet the vexed forests in his rage.

— *William Cullen Bryant.*

THE ENEMIES OF HEALTH.

BY J. H. KELLOGG, M. D.

Indigestible Foods.

INDIGESTIBLE foods do great mischief, by compelling the stomach to do an unnatural and injurious amount of work. Liquid food passes out of the stomach within an hour after it is swallowed. Everything taken into the stomach should become liquid, and should be discharged from the stomach within three hours. Such woody substances as cabbage, celery, spinach, and such indigestible substances as pickles, salted foods, and rich pastry, often lie in the stomach for many hours without becoming perfectly liquefied. The result is great irritation of the stomach, fermentation, the formation of gases, gastric catarrh, catarrh of the bowels, loss of flesh, weakness, and a great variety of distressing ailments. Dilatation of the stomach is a common result of the use of these coarse and indigestible substances. If coarse vegetable substances are eaten, they should be thoroughly masticated and reduced to a soft pulp before being swallowed. Green olives, pickles, preserves, fried food, and similar indigestibles are quite unfit for food, and should be discarded from the dietary altogether. Ripe olives are excellent food. Care should be taken to remove the salt by soaking in water overnight. Cucumbers are harmless if cooked. Raw cucumbers and a few of the better vegetables, such as green peas, asparagus, and string beans, may be eaten by the majority of persons who have good digestion, provided great care is taken in mastication.

Ice cream is another indigestible food, which should be mentioned as altogether unwholesome. The use of ice cream and

the use of very cold foods at meals is objectionable, because they lower the temperature of the stomach, and suspend the digestive process.

Such chemical substances as soda, baking powder, and saleratus, and self-raising flours of various sorts, are altogether unwholesome, and are productive of dyspepsia in a very grave form, which is often difficult to remove.

Hasty Eating.

This is a very common dietetic fault, especially in America. The habit of drinking freely at meals encourages deficient mastication. An abundance of saliva is needed for the proper digestion of the food. This can be obtained only by prolonged mastication. The flow of saliva is greater when dry food is eaten than when the food is liquid, or eaten moist. Very little saliva is formed when food is taken in a fluid state. If the food is taken dry, and masticated until it is reduced to a soft pulp, prompt digestion is much more certain than when the food is taken soft or washed down with liquid of some sort. A dry diet, when one has become accustomed to it, unquestionably promotes endurance and vigorous nutrition.

Mr. Horace Fletcher, of Venice, has shown that the quantity of food required to maintain strength and weight is very much less when the food is thoroughly masticated than when it is hastily eaten.

Improper Cooking.

The concocting of indigestible masses by cooks and their assistants is unquestionably the source of a vast amount of disease and misery. Complex dishes, as well as those which are highly seasoned,

are extremely taxing to the stomach. A too great variety at a single meal is to be avoided. Frying, and the use of baking powder and other chemical substances, are slovenly practices. Cooking is a fine art, which is well deserving of more attention than it receives at the present time. Too much time is spent in the preparation of desserts, sweets, and dainties of various sorts, to the neglect of those matters of primary importance which relate to the preparation of a suitable quantity of easily digestible food, adapted to the needs of the body.

Drinking at meals should generally be confined to the very smallest quantity. Hot drinks are relaxing and debilitating to the stomach, and hence should be discarded. Tea and coffee should be strictly forbidden, for they injure the nerves and destroy the digestion. This has been proved by actual experiment, as well as by the experience of thousands of physicians. There are few physicians of the present time who do not require their patients to abstain from the use of tea and coffee when they present symptoms of gastric disturbance. It is very easy to see that if the use of these beverages disturbs the stomach which is weak, they must be more or less disturbing to a strong stomach.

Wine, beer, and ale also interfere with digestion, producing fermentation and preventing the proper digestion of starch in the stomach. The popular idea that these substances are an aid to digestion is wholly without foundation.

Irregular Meals.

The two-meal-a-day system is the proper order of eating. The ancients practiced eating but twice a day. It is only in modern times that the practice of eating five, six, and even seven times a day has come into vogue. There is

really no excuse whatever for eating more than three times a day, and twice a day is better when ordinary food is taken at each meal. If one chooses to take a breakfast and supper consisting chiefly of fruit with the addition of well-browned crusts of bread, he may do so without serious injury. It is better, however, to take nothing but fruit at night. Two good meals, with an interval of seven hours between the beginning of the meals, is unquestionably the best plan. When but a very small amount of food can be taken, as in certain cases of illness, nutriment may be administered four or even five times daily. Food should be taken in a liquid form only, and not more frequently than once in three hours, unless the amount given at each time is very small indeed, not exceeding a spoonful or two.

In order that there should be normal action of the stomach and bowels, the food must be taken at regular times. The digestive function, like every vital process, is more or less rhythmical. The stomach is prepared for the taking of food at the times when it is accustomed to receive it, and food should be taken at that time.

Irregularity of the meals interferes seriously with the proper evacuation of the bowels, which naturally occurs soon after the morning meal. If the second or last meal of the day is omitted, the evacuation of the bowels is likely to fail the following day. This is due to the fact that the taking of food is a natural stimulus to the peristaltic action by which the contents of the bowels are moved along the canal. It is far better to omit a meal, however, than to take meals so near together that food is taken into the stomach before that which is already there has been digested and evacuated.

Two Christmas Dinners

Menu No. 1.

	Tomato Soup	
	Vermicelli on Toast	Celery
Green Peas	Baked Potatoes	Sweet Corn
	Parsley Omelet	
Lemon Custard		Fruit Crackers
Apples		Mixed Nuts
	Cereal Coffee	

Menu No. 2.

	Cream-of-Corn Soup, Croutons	
	Ripe Olives	Roasted Almonds
Croquettes of Chestnuts		Oyster Sauce
Egg Plant au Gratin		Stewed Tomatoes
Walnut Loaf	Mashed Potatoes	Celery Salad
	Compote of Peaches with Rice	
Assorted Fruits	Baked Apples	Nuts and Raisins
Cereal Coffee		Pineapple Nectar

RECIPES.

Tomato Soup.

Ingredients.—1 large or 3 small cans of tomatoes, 2 onions, 5 bay leaves, several outside stalks of celery, and 5 pints of water.

Method.—Put tomatoes through colander, add water, celery, onions, and bay leaves tied in a cloth. Salt to taste. Simmer (don't boil) one hour. Remove herbs and celery, thicken if preferred, add chopped parsley, and serve. This makes one and one-half gallons of soup.

Vermicelli on Toast.

Ingredients.— $\frac{1}{2}$ pound vermicelli, 1 pint rich milk or cream for sauce, zwieback, or thoroughly baked toast.

Method.—Break vermicelli into inch pieces, drop in boiling, salted water. Cook twenty minutes, or until soft. Turn into colander, drain, add cream sauce, and serve.

Cream Sauce.—Heat milk, thicken slightly with cornstarch or flour, and salt to taste.

Parsley Omelet.

Ingredients.—6 eggs, chopped parsley, olive oil.

Method.—Set the whites of three eggs on ice. Whip the remaining eggs a little, add pinch of salt to the chilled whites, beat till stiff, whip all together. Heat a little oil in a large-sized omelet pan, draining off surplus oil when hot. Pour in the beaten eggs; cook till set, taking care that the fire is not too hot. Sprinkle with chopped parsley, roll or fold. Sprinkle sparingly with salt. Garnish or sprinkle with parsley. Serve at once. This is sufficient for three medium-sized omelets.

Lemon Custard.

Ingredients.—2 cups sugar, 4 table-spoonfuls cornstarch, 4 lemons, 4 eggs, 3 cups boiling water.

Method.—Mix thoroughly the sugar and cornstarch; add the lemon juice. Add the boiling water, then the thoroughly beaten yolks of the eggs, and a piece of lemon peel. Cook ten minutes, stirring constantly. Take from fire, and whip in the stiffly beaten whites. Serve in sherbet glasses, or mold and serve with fruit sauce.

Cream-of-Corn Soup.

Ingredients.—3 cans corn, 1 quart rich milk or cream, 4 or 5 quarts water.

Method.—Turn corn into saucepan, add water, salt to taste, place on fire, stirring frequently to keep from burning. Simmer one hour, add milk, and simmer one quarter of an hour longer. Put through colander, pressing through as much as possible of the corn. Return to the fire, and thicken to the consistency of cream. A sprinkling of chopped parsley will improve the appearance. Serve with croutons (small cubes of bread thoroughly toasted). This makes one gallon of rich soup.

Croquettes of Chestnuts, Breaded.

Ingredients.— $\frac{1}{2}$ gallon chestnuts, 1 egg, $\frac{1}{2}$ pint water, bread crumbs or cracker meal.

Method.—Drop chestnuts into boiling water, boil fifteen minutes (most of the chestnuts will burst open), shell, put in water salted to taste, and simmer till soft, being careful not to burn. Drain and press through colander or ricer. If too stiff, moisten with a little cream. Whip egg and water together, roll the prepared chestnuts into cylinder or cone shapes, dip into the egg, bread; repeat; brown in quick oven.

Oyster Sauce.—Use part of the sauce left from the egg plant. This will have a decided oyster flavor.

Egg Plant au Gratin.

Ingredients.—2 medium-sized egg plants, bread crumbs or cracker dust, cream.

Method.—Peel egg plant, and cut into small dice. Place in saucepan, cover with hot water; salt, and simmer till tender. Drain (saving water for cream sauce), and turn the egg plant into a baking pan.

To one and one-half pints of the water, in which the egg plant was cooked, add half that quantity of cream, set on the fire, and thicken for cream sauce. This sauce will have an oyster flavor. Add a little of this sauce to the egg plant, stir until thoroughly mixed, smooth, and bake in medium oven until browned.

Save remainder of this sauce for chestnut croquettes, or use tomato sauce, made by tomato-soup recipe, if preferred.

Almond and Walnut Loaf.

Ingredients.—1 cup almonds, 1 cup English walnuts, 2 pounds split peas, 4 eggs, granola or bread crumbs.

Method.—Steam or boil peas till soft; put through colander or ricer. Salt to

taste; thin, if necessary, to the consistency of cream sauce, with nut cream or milk. Stir in the chopped nuts, putting in a few whole walnut kernels, stir in the eggs, add granola or bread crumbs till stiff. Add a little gluten to absorb moisture. If not convenient to use gluten, use six instead of four eggs. Oil bread tins, fill with the mixture, set in pan of water, and bake two hours in a moderate oven. Take out of water and bake fifteen minutes longer. Run knife around edges, invert on platter. Garnish with parsley.

Celery Salad.

Ingredients.—3 eggs, $\frac{1}{2}$ cup lemon juice, $\frac{1}{4}$ cup olive oil, cream, choice parts of celery.

Method.—Slice celery into little crescents, place in granite pan, sprinkle slightly with salt, and set on ice. Put lemon juice, eggs, and oil into double boiler, beat until well mixed, set on the fire. Stir till mixture thickens, taking

care that it does not become lumpy. If it thickens too fast, remove from fire, and whip till smooth. Take from fire and set in cold water, stirring till cool. When cool, thin with cream to the consistency desired. If not as acid as liked, add lemon juice. Pour over celery, toss, serve on lettuce leaf; garnish with sliced beets cut in ornamental designs.

Compote of Peaches with Rice.

Compote—a term used in cookery to signify something whole in a sauce, hence a compote of fruit is a fruit either whole or split, the stone or core removed, dropped into a boiling syrup, and cooked without breaking, cooled, and served with the syrup.

Take a can of peaches or pears, heat, sweeten to taste, drain, return to fire, flavor to taste, simmer to a syrup, or thicken with a little cornstarch rubbed in cold water. Serve in a ring of rice, placing two or three pieces of the fruit in the center. Pour sauce over the fruit.

VEGETABLE POETRY.

POTATOES came from far Virginia;
 Parsley was sent us from Sardinia;
 French beans, low growing on the earth,
 To distant India trace their birth;
 But scarlet-runners, gay and tall,
 That climb upon our garden wall—
 A cheerful sight to all around—
 In South America were found.
 The onion traveled here from Spain;
 The leek from Switzerland we gain,
 Garlic from Sicily obtains,
 Spinach in far Syria grows,
 Two hundred years ago or more
 Brazil the artichoke sent o'er,
 And Southern Europe's sea-coast shore
 Beetroot on us bestows.
 When 'Lizbeth was reigning here,
 Peas came from Holland, and were dear;
 The South of Europe lays its claim
 To beans, but some from Egypt came.
 The radishes, both thin and stout,
 Natives of China are, no doubt;
 But turnips, carrots, and sea-kale,
 With celery, so crisp and pale,
 Are products of our own fair land;
 And cabbages—a goodly tribe,
 Which abler pens might well describe—
 Are also ours, I understand.

—Goldthwaite's Magazine.

THE MORALS OF THE FAMILY.

BY KATE LINDSAY, M. D.

The Influence of Environment.

WHEN Lot chose the fertile plains in the Jordan valleys, and left to Abraham the more barren hills and mountains, he no doubt thought that he had made a very wise choice, for this world at least. A few years later we find him fleeing from the doomed city of Sodom, bereft of his wife and half his children, and without any of the great riches he had acquired during his stay in that wicked city.

Decay of morals means decay of physical stamina and depreciation of health. It is true now, as it was in the days of the psalmist, that the wicked do "not live out half their days." Children's mental powers will either be developed in the ways of righteousness, or they will run into the paths of evil. From the air they breathe, the water they drink, and the food they eat, as well as the sunshine and humidity of the atmosphere about them, the growing bodies must be built and repaired. A structure is either good or bad, perfect or defective, in construction, according to the material of which it is made. Living in a city tenement, amid the squalor and dirt of these congested centers of civilization, either kills the tender human plants in the first months or years of their existence, or produces weak and puny children, and makes weak, sickly, and helpless men and women, or worse still, criminals, paupers, drunkards, and mental defectives, who are at war with all that is good and true in the world, and from whom come anarchists and assassins, and a host of other criminals. They are what they have been made by heredity and early education.

Even in the country and in the most healthful climate, a home may be selected which, by its location, will blight the future of all the children born into it.

All are acquainted with the reputation of Switzerland as a health resort. Every year thousands flock to its sunny mountain sides to enjoy the bright sunshine, and the fresh air wafted from its frozen rivers, glaciers, and snow-capped mountains. Yet thousands of the Swiss people live in dark valleys, where the sunlight never comes, and where the air is damp and heavy. Because of these unhealthful surroundings, this hardy mountain race is rapidly degenerating, both physically and mentally.

When one selects a home where he is to spend perhaps a lifetime, and where children are to be born and raised, he should remember that the soil, the air, the sunshine, the dryness or dampness of the atmosphere where the home is located, also the amount of unrestricted out-of-door life the little ones can get, are to enter into the mind- and body-forming influence of the coming man or woman. It were vain to expect to raise fine stock, and not intelligently look after all the details of the care of these domestic animals when young. The fancy-stock raiser will tell you that he can never make a prize cow of a badly raised, stunted calf. Badly fed, stabled, and pastured the first year, it will always be inferior to the animal which has a good start. Even when the home is a rented one, the hygiene of the house and its location should be well looked to. If the house is built where surface water runs toward it, not from it, and the basement is damp and moldy, and especially if the sunlight is shut out by other buildings, or by too

many shade trees, it is a dangerous place to live in. In an epidemic of smallpox which I met with in New York City, more than three fourths of the cases were on the shady side of the street.

Next in importance is the water supply. If that is doubtful, as is the case with so many cities at the present time, all the water used for drinking and about the food, should at least be boiled.

We read that Lot's righteous soul was vexed every day with the wicked words and acts of the people of Sodom; but he did not seem to understand that his children, born amid such surroundings, would become like those they daily came in contact with, would think their thoughts, speak the words they were used to hearing daily from their babyhood up, and act like the comrades they daily associated with. Lot loved riches and the good things of this life, and while his education with Abraham on the mountains and plains, living in tents and breathing the pure, fresh air, had educated his conscience, and given to him a standard by which to measure right and wrong, his children were so morally depraved by their education and acquaintance with vice that they married into the families of the city, and ceased

to listen to the counsels of their father. His two married daughters evidently did not believe their father when he told them that the city was doomed. They chose to remain with their mocking husbands, and perished with all the other ungodly people, no doubt causing their mother to be lost also, for she must needs think of and long for her children.

Science has shed much light on the causes, not only of physical disease, but also of mental decay and crime. All our large cities have their moral plague spots, where criminals are born, and where paupers grow up to tax the generosity of the philanthropist, as well as to be plague spots from which deadly infectious diseases spread even to more favored localities. It may be that the well-born, well-raised man or woman may, like Lot, be able to live in such surroundings without losing his sense of right and wrong, but it is well-nigh impossible to rear a child there from babyhood and not have it a reflection of the evils of its surroundings. In such soil the germs of physical disease grow rank and vigorous, and threaten to cut short the life of the little one, even in early infancy. The soil also yields a crop of vice-producing microbes, which as surely threaten the moral and spiritual life with extinction.

WINTER TASKS.

Meanwhile we did our nightly chores,—
 Brought in the wood from out of doors,
 Littered the stalls, and from the mows
 Raked down the herd's-grass for the cows;
 Heard the horse whinnying for his corn;
 And, sharply clashing horn on horn,
 Impatient down the stanchion rows
 The cattle shake their walnut bows;
 While, peering from his earthly perch
 Upon the scaffold's pole of birch,
 The cock his crested helmet bent
 And down his querulous challenge sent.

—John G. Whittier, in "Snowbound."

THE ELUSIVE ART OF KEEPING YOUNG.

BY STILLETTA PEYTON BURKE.

IN a large, fluent, aimless sort of way, we all believe that to keep one's health is to keep one's youth, but the unthinking and heedless form a large majority of the population, and thousands of well-meaning people who would admit without discussion that "health is the first wealth," hurry and worry prematurely worn-out bodies into the grave every year.

Wealth-worship, fashion, social rivalry, and false ideas of enjoyment are the merciless tyrants which hold the whip-hand over millions of our fellow creatures, who go stumbling along life's highway, recklessly indifferent to their highest physical needs, to where happiness, enthroned in effigy, alas! awaits them. For will not happiness without health be ever a flimsy thing of tinsel and straw? But those calm souls, of open mind and clarified vision, who are earnestly searching for "the best things" of life, know to a glad certainty that there is, after all, nothing more worthy of attainment than health,—physical, intellectual, moral.

The "millionaire in health" will be always panoplied with hopefulness; he will be intelligent enough to know that food is a soul-fashioner as well as a body-builder; that aspiration for the beautiful and true always carries with it divine uplift; that poise of mind forefends the wear and tear of life's inevitable friction, and that to live in strict but sweet accord with nature's laws, in even the homely matters of eating, drinking, working, and sleeping, is to get "into tune with the Infinite."

Incessant work and incessant worry sum up the history of countless men and

women, but it is the worry, infinitely more than the work, that takes the snap and vim out of their lives, and the freshness from their faces. We bring such wealth of anxiety to such poverty of performance! President Roosevelt's face shows fewer lines of care than that of the misguided woman who is rushing around breathlessly at a "special reduction sale." The most finished product of civilization is an intelligent, gracious, self-reliant, health-radiant woman. But she does not dwell largely either in your vicinity or mine. You will meet shoals of American women who are marvelously clever, and as many more who are regal in their independence of spirit, but she whose personality radiates health and hopefulness, and who carries about with her ever the "something sweet" of childhood, may be likened to the scarlet hood and gorgeous installation robes of an Oxford chancellor: she is visible but once or twice in the span of a lifetime.

Speaking in a general way, the American woman of the opening twentieth century is either wearing soul and body to a wire edge with her feverish activities, public and social, or she is drooping by the wayside, listless and indifferent, bowed down by the burden of family cares, or the more grievous one of ill health. The ambitious woman is keeping one hand nervously grasped over what she has attained, and stretches up the other eagerly for more. The overburdened woman has allowed health and womanly attractiveness to slip away from her through sheer hopelessness. And yet, with all this panting eagerness of the one for new power and privileges, and the joyless acceptance of life's burdens of the other, how natural it is for

each in her heart of hearts to cling to her youth.

Is there anything in any woman's "crown of sorrow" comparable in pitiless poignancy, to that thorn which springs up in the heart when, strive to detain it as she may, with sob or subterfuge, youth silently wings its way through the opening portal of middle age, to return no more forever. Yet, by refusing to live simply and rationally, and with that high individual courage which exalts physical well-being, no matter how madly the crowd may rush after other gods, woman, undiscerning, steadily pushes youth away from her with both hands.

A buoyant spirit is a coat of mail in the warfare of life. It throws up a burnished shield against opposing forces, and the stealthy shafts of Time, as well as the envenomed darts of Worry, fall back from its polished surface, bent and broken.

To be always hopeful is to be panoplied with strength. Nay, more. To be always hopeful is to have the charm of childhood, the spirit of youth, the gift of rejuvenation. This is a priceless possession,—this of a nature sloping toward the southern side. The man who has it is armored against discouragement, and knows not defeat. The woman upon whom it has been bestowed is always young, in spite of the calendar. These are they — these two of the sunny slope — who live joyfully and trustfully in the Now; giving a cheerful Godspeed to each departing day, and looking upon each to-morrow as a radiant-faced friend hurrying to their assistance.

Oh, these regrets for the past and forebodings for the future! What deadly power have they to carve and chisel and

stamp the insignia of age upon the face! This restless, worried world of ours needs, more than tongue can express, the strength and gladness which comes from rational living and the putting of bright, happy, positive thought in the place of negative fear and doubt. Every human being has the regal right to be hopeful and happy, just as much as the acorn has to become an oak, or the lily bulb to become a lily. It should be the simple flowering out of our natures.

Is it not time that the "dead-line-at-fifty" heresy should be relegated to oblivion? Need any man of mental alertness pass the "dead line" if he will measure up to his opportunities in the forward march of things, and steadfastly obey the rational rules of hygiene?

The young business man keeps naturally in touch with the new methods of doing things that revolutionize commercial life every few years in this electric age; but is not the older one who keeps right abreast with him easily his superior, by weight of his hard-earned experience? And as for the professional man at fifty, if he has jealously guarded his health, he is only just moving into the outer rim of the zenith of his power. For him there is always something new to be won, and a new way to win it, if the old one be obsolete. Lord Roberts, when commissioned by his government to lead the English forces against the Boers, had, according to the world's dictum, fought all his battles and won all his medals, but he had the mental acumen to fasten the elusive art of "keeping young." He knew how to eliminate old methods, if he could not illuminate them, and he plunged into the smoke and struggle in South Africa, to emerge with "the garter" in one

hand and a dukedom in the other. Coveted trophies were these, too, which men far younger and of brilliant promise were eager to win, but who, as military tacticians, disappeared beneath the surface of mediocrity on the advent of the rejuvenated "Bobs."

It is not the showiest equipment nor the most delusive cosmetic that makes

life worth living. It is what men and women think and know and do that make for success and lasting youth. What a precious possession is that mental alertness which stirs one to perceive changing conditions quickly, and to spring to meet them, whether they pertain to one's physical, social, mental, or spiritual advancement.

HEALTH WITHOUT CLOTHES.

UNDER this heading, Grace H. Potter tells, in the *Woman's Physical Development*, of a little lad who wears

ing at all. Then his mother decided that if clothing must be worn outdoors, it should at least not restrict the little body very much, and she devised a diminutive pair of trousers, with straps going over the shoulders, and a jaunty little Russian blouse with a conventional loose, low belt. As these garments are made of very thin blue linen, one may imagine



Courtesy of "Physical Development."
A REMARKABLE BABY.

no clothes, yet enjoys an unusual degree of health.

"This remarkable baby wore one small garment until he was three months old, and then that was discarded, and until he was ten months old he wore no cloth-



Courtesy of "Physical Development."
AT FOUR MONTHS.

they are not very weighty, and there is not a sign of underclothing. On his feet



Courtesy of "Physical Development."
HANGING BY HIS HANDS.

are the sheerest little white socks and slippers of soft, yielding kid. This is a dress-up costume. When playing outdoors at home, he wears only the tiny trousers. In the house he wears nothing. Although he likes to be taken for a walk, he seriously objects to having his feet covered. His lips quiver, and he wants to cry when his mother begins to put on the socks and slippers. He points to them in mute disapproval, and that not availing, he pleads, 'Mamma, mamma, please no!' He cannot understand why his feet need be hampered with such unnecessary articles.

"Perry has never known what it was to be in a room with closed windows. Even in the coldest winter weather he has played on the floor of his nursery with the breezes blowing about him. During about half the year he lies on his little bed naked all night long. In cold weather he is covered lightly. He greatly prefers being out of doors all day, and before he was a year old he had developed a masculine love of using a small rake, spade, and hoe.

"When he was three weeks old, his father began to give him light exercises, being very careful never to tire him, and



Courtesy of "Physical Development."
AT THREE MONTHS.

it was by a most gradual process that he was taught to hang by his hands from his father's fingers. He was lifted up, being grasped at the back of the neck; he was then held by the wrists and lifted, thus stretching well the muscles of the back and arms. When he was three months old, he was able to grasp a clothesline and hang by himself, kicking and crowing with glee. When lifted under the arms, he extends his body until he lies in a horizontal position in the air, with no support except the pressure under the arms from the hands of his father or mother holding him.

"In the morning he delights to stand on his father's chest, and bending at the waist and hips he leans over and touches with outstretched hands his own rosy toes. Then he likes to have his father grasp him by the large muscles of the back, under the shoulders. The strain of his weight comes entirely on these muscles, and his father holds him only a few seconds, but the little fellow laughs and begs to be taken up again when put down. The dumb-bells, the massage exerciser, the horizontal bar, and other ap-

paratus, are important playthings to him.

"His parents wished to keep him off his feet somewhat, lest he be bow-legged, but at eight months of age, despite their precautions, he learned to walk, and his legs are as straight as the fondest parents could wish. Last Christmas Perry was out in the yard at his Boston home, with only his little trousers on. He picked up snow in his small hands and rubbed it on his face with evident delight. Every morning he has a cold bath, and when he is active enough to need it, he has an extra bath or two during the day.

"Perry's diet has been that provided by nature from the time of his birth until about two months ago, when he was allowed to begin to eat a little of the simplest kind of food,—graham bread and milk, nuts ground very fine, and sweet fruits.

"He has never had a cold, or been sick in any way. He amuses himself by the hour, and a whole family of children, brought up as he is, would require less attention than one child cuddled in conventional clothing, and suffering from the conventional difficulties."

THE ONE-TALENT MAN.

While some with talents ten begun,
 He started out with only one.
 "With this," he said, "I'll do my best,
 And trust the Lord to do the rest."
 His trembling hand and tearful eye
 Gave forth a world of sympathy.
 When all alone with one distressed,
 He whispered words that calmed that breast;
 And little children learned to know,
 When grieved and troubled, where to go.
 He loved the birds, the flowers, the trees,
 And loving him, his friends loved these.
 His homely features lost each trace
 Of homeliness, and in his face
 There beamed a kind and tender light
 That made surrounding features bright.
 When illness came, he smiled at fears,
 And bade his friends to dry their tears.
 He said "Good-by," and all confess,
 He made of life a grand success.

—*Presbyterian Journal.*

GENERAL TOPICS.

Opinion of the Lancet-Clinic on the Flesh Diet.

The *Cincinnati Lancet-Clinic* says, in connection with the present high price of food, that there is one phase or feature of the condition of the people of the United States deserving of a little consideration; that is the fact that, as a nation, we consume entirely too much meat. While the writer does not believe in the tenets of so-called vegetarians, there is no doubt whatever in his mind that the people of the United States do consume an inordinate amount of meat, and the health of the people at large would be improved, and certainly not deteriorated, because of a consumption of a larger proportion of vegetable foods.

Other peoples than the American are very much more economic in their use of meat as an article of diet. Charles Dickens, when he visited the United States, said that the thing that surprised him most of all was that the laboring men of the United States had meat three times a day, and all that they could consume, and referred to the fact that a British workingman was satisfied with meat on his table once a week, and only those who were in affluent circumstances ever thought of having meat on the table more than once a day. The people of the Orient — Chinese, Japanese, and others — live largely upon a diet of rice, with a few vegetables, and it is only within the last decade that the millers of the United States have been able to introduce American flour in the East. It is a matter of congratulation on their part that they have, without much friction, been able to educate a few, and a very few, of the Orientals in a way that would induce them to use American flour as an article of diet.

The government of the United States has seen fit, from time to time, to employ persons to give instructions to Europeans in the use of Indian corn as an article of diet. A friend of the writer told him of the benevolence of the United States in sending cargoes of corn to the ports of Ireland at the time of the famine in 1848 and 1849. Those cargoes were unloaded on the wharves of Dublin and Cork, and the corn lay there and was allowed to literally decay because the people had no knowledge of grinding it into meal and cooking it for table use. The government of the United States has acted wisely since that experience, in providing instruction in the preparation of Indian corn as a food product for the nations of the world. There is no more wholesome article of diet than corn meal suitably prepared for table use, and it is much easier to procure good first-class corn meal than it is to obtain first-class wheat flour. Corn meal as an article of diet has a future before it that cannot be overestimated. It is a coming food for the peoples of the world. The exports of corn have continually increased within late years. This increase is destined to go on and on in the future.

Rice is one of the most wholesome of of the grains of the land. The rice-producing regions of the United States are scarcely touched in an agricultural way. This item of diet is deserving of the first consideration. With wheat flour, rice, and corn in reasonable abundance there is no fear of famine upon the people of the United States. Meats can be dispensed with to a greater extent than is now thought of, and certainly with much advantage to the consumer.

Symmetrical Development.

What do we mean when we say that one person has a good constitution, and another person a poor one? The constitution of an individual is precisely the same as the constitution of a wagon or other piece of machinery. A wagon with large, strong wheels and light carriage axles would stand up under a load proportioned only to the strength of the axles. The harmony of the parts must always be considered. So we may say that the constitution of the body depends upon the quality of the structure and the harmony of its parts. A good constitution is a bodily condition in which all the organs are intact, each well developed, strong, and harmoniously adjusted to each, other. The harmony of adjustment is of just as much importance as the integrity of the structure.

Did you ever consider the reason for uniformity of bodily growth; for instance, how the little finger always bears the same proportionate relation to the rest of the hand from infancy to maturity? Symmetrical development depends upon the proper action of the heart in its distribution through the blood vessels of the nutrient elements taken into the body. If through any defect or malformation a part gets too much blood, it grows too fast. We often see upon the streets a demonstration of this in the "run blossom" on the drunkard's nose. Alcohol has paralyzed the nerve which controls the blood vessels of the nose, and so that member gets too much blood. If the heart beats too slowly, there is always great irregularity in the circulation: too much blood is driven with too great force in one organ, and too little in another. If the heart is too strong, the blood is driven with too great force to all parts of the body, and this excessive

tension is liable to work great injury.

Suppose the lungs are weak, while the rest of the body is strongly built. The lungs cannot purify the blood fast enough to keep up with the waste incident to vigorous muscular action, and the individual is liable to die of consumption. Another may have splendid digestion, and be lacking in vigor of liver or kidneys. Such a one will be almost certain to overload his stomach, and thus put too great a tax on the weaker organs. In still another, the inequality of development may be in a weak, nervous system, while the muscular system may be strong and the bones large. The condition is becoming very common, for we live in an age of nervous diseases; but its effects upon the general health are much the same. Again, suppose a man is born with lungs large enough to last a century, and bones and muscles strong enough to last, with care, for two centuries, and yet with a heart capable of lasting only forty years. He will die when the forty years are up, unless he does something to make his heart stronger. Thus a one-sided development becomes a sort of physical predestination. This explains why many persons who are apparently feeble live on to be sixty or seventy years of age, while others apparently of ten times the vigor are taken off by a slight illness. The strength of a constitution is only the strength of the weakest organ.

It is plain, then, that this matter of balance is of great importance. A well-balanced constitution is exactly like "the deacon's one-hoss shay," it should wear equally, and go to pieces by a gradual and natural process. Those thus perfectly developed, instead of being snatched away by violent deaths, would fade slowly out of existence, quietly and painlessly, as if going to sleep. J. H. K.

The Gospel of Fresh Air.

The gospel of fresh air, the gospel of inhaling into the lungs the atmosphere untainted and uncontaminated by the exhalations of many breaths, with the exhalations of many living bodies — this is the gospel we need more than any other gospel in the world.

There is no other disobedience to the laws of God more common and more destructive to human happiness than the disobedience of shutting ourselves out from fresh air. We huddle ourselves together, and breathe over again air unfit for anything but lizards to breathe. And while we are doing this we talk about obeying God, living as God wishes us to live. We build churches in such a way as to make it impossible for sufficient quantities of fresh air to enter, to decently maintain respiration. Then we stack ourselves in these miserable, unventilated places, and prate about serving God.

When we enter, we are full of oxygen, full of the vigor of that life which God has given us as a free gift. When we come out of these wretched places which we call temples of God, we are exhausted, full of carbonic-acid gas, sick with each other's breaths, sallow and flabby with the vile exhalations of each other's bodies; and we call this serving God. The whooping boys on the street who refuse to go to church, the laggard and the stroller on the byways who are drinking in the atmosphere exactly as God intended us to breathe it — these we call sinners.

We build temples to shut out sun and air, hide ourselves within them until we make our skins yellow from want of oxygen, and our brains witless from a surfeit of carbonic-acid gas, and think when we are doing this that we are get-

ting religion. What we want is more of the gospel of ventilation. What we want to learn is that it is wicked to build a church or house in such a way that it cannot be properly ventilated. We want to learn that it is wicked to go to a church where we are obliged to breathe the products of respiration and combustion. The world must learn that such things are wicked. The preachers have got to learn this. The doctors have got to learn it. That juiceless, bilious college professor, skulking in the dark hole he calls his study, must learn it. He must learn that it is because he doesn't get sufficient oxygen into his blood, that his skin is becoming wrinkled and his hair dry and falling out. He thinks it is learning that does it. He thinks it is wisdom that makes the bald spot on his head, and turns his skin the color of parchment. But it isn't. It is a want of oxygen.

We hear a good deal about that fellow who doesn't know enough to come in when it rains. By and by we will begin to hear about that fellow who doesn't know enough to go out when it doesn't rain, to go out where he can get fresh air. A man might a great deal better stand out in a shower than to curl up in an unventilated room, with his tongue looking like a Turkish towel and both ears plugged with dry ear wax.—*Selected.*

Modern Clothing Too Thick.

An evil effect of modern clothing is that by its thickness it interferes with the excreting and respiratory action of the skin. The work of excretion is thus either thrown upon other organs already overtaxed or upon some tissue which the body selects as a possible medium for elimination. Thus it is likely that catarrh is always caused by the inac-

tivity of the skin. The matter thus left in the body through the inactivity of the skin seeks egress by means of the mucous membrane, which is merely a kind of internal skin, and thus we have catarrh. People need protection in cold weather, but they do not need their thick clothes in their warm houses. One of the hardest things to accomplish in our changeable climate is to remove winter-weight clothes at the proper time without the usual ensuing colds and other disorders. Unless exposed to all weathers in some outdoor employment, the better way is to wear light- or medium-weight undergarments and suits the year round, depending on heavy outside wraps to protect the system during outside exposure in cold or windy weather.—*The Healthy Home.*

The Cause of Decay of the Teeth.

The discovery is recently announced that decay of the teeth, like other forms of decay, is wholly dependent upon the action of microbes. The germs are always present in the mouth, and when sweet, starchy substances are retained upon the gums or between the teeth, they set up a sort of fermentation, which produces an acid capable of dissolving the enamel. Pure cultures of these microbes have been found capable of producing an acid which rapidly softens teeth exposed to its action. This discovery explains the deleterious effect of candies and other sweets upon the teeth. The teeth of children are often destroyed by the free use of sweets before the permanent teeth have fully made their appearance. As a consequence, the second set are defective, and also decay early. J. H. K.

Cold Feet and Indigestion.

Coldness of feet and limbs is almost invariably an evidence of indigestion.

The coldness is due not to the weakness of the heart or feebleness of circulation, as is generally supposed, but to the contraction of the small arteries, preventing blood from entering the parts. There is generally an irritation of the abdominal sympathetic nerve centers which control the circulation of the lower extremities. This difficulty is not to be removed by exercise or by any special application to the limbs, but by removal of the causes of irritation. This may be a prolapsed stomach or chronic indigestion. Hot and cold foot baths are valuable. These act, not simply on the feet and limbs, but by reflex action affect beneficially the abdominal sympathetic centers, which are in a diseased condition.

Rubbing of the feet and legs is also an excellent method of overcoming spasm of the blood vessels, thus preserving the normal circulation. The rubbing should be from the feet toward the body. The surface should be well lubricated with vaseline. To avoid irritation of the skin care should also be taken to clothe the limbs very warmly. In many cases this is necessary, even in the summer season.

J. H. K.

New Wearing Apparel and Hygiene.

The wearing, without previous washing and ironing, of underwear which is obtained fresh from the shops, or which has been stored away for several seasons in a damp place, favorable to the growth of pathogenic mold, causes an unusual amount of cutaneous disease during the spring and fall. Underwear and hosiery, besides numerous other forms of wearing apparel, are manufactured to a large extent in sweat shops, in the tenement districts of our cities, by foreigners, among whom contagious skin diseases

are endemic. In the manufacture these people come in intimate contact with the finished product without any restriction as to their physical condition. Everything new, if practical, should be freshly washed and ironed.—*Cincinnati Lancet Clinic*.

A Paste That Will Adhere to Anything.

Prof. Alex. Winchell is credited with the invention of a paste that will stick to anything. Take two ounces of clear gum arabic, one and one-half ounces of fine starch, and one-half ounce of white sugar. Pulverize the gum arabic, and dissolve in as much water as the laundress would use for the quantity of starch indicated. Add the starch and sugar to the gum solution, and cook the mixture in a vessel suspended in boiling water, until the starch becomes clear. The cement should be thick as tar, and kept so. It can be kept from spoiling by adding a lump of gum camphor or a small amount of oil of cloves. The cement is strong, and will stick perfectly to glazed surfaces, and is good to repair broken rocks, minerals, or fossils. The addition of a small amount of sulphate of aluminum will increase the effectiveness of the paste, besides helping to prevent decomposition.—*Am. Jour. of Surg. and Gyn.*

Keeping the Baby in a Stew.

Babies have troubles enough which are unavoidable, so that when the baby struggles with unnecessary trouble, it ought to have prompt sympathy. A great proportion of adult people, both men and women, are made very uncomfortable by certain forms of motion, such as that which is produced in a small boat on a heaving sea, or when swinging,

and some even by the motion of a rapidly moving railroad train. Yet the majority of babies are obliged to submit to an endless swinging and trotting, sick or well, full or empty, cheerful or ugly.

A child accustomed to a cradle may cry when the familiar motion is stopped, but a baby that never has known such motion is not only better off without it, but makes a fuss when the motion begins. The constant joggling and swinging, especially after full meals, and in certain ways, is just as likely to produce seasickness or similar discomfort as the similar motion would in an adult. Baby, however, is powerless to protest or to stop, for when he cries he is only joggled the harder.

It is a safe rule to carry an infant in arms as little as possible. Few people know how to handle him so that he lies in comfort. A good way is to put him in his little basket, which may be passed from hand to hand for inspection, if necessary, for the delectation of admiring friends.

A child should always be lifted with both hands and held lightly, but firmly, the entire length of the back, the head being carefully supported. It is a common and dangerous error to leave the back and the head unsupported. When the little one is not properly carried, the movement of the mother or nurse in walking, or indeed the sudden lurching of the baby itself, may seriously affect the head and spine.—*Exchange*.

Exercise for Women.

To the business woman physical culture is a blessing indeed. Often when night comes she is wearied to a point of exhaustion, and only those who have tried it can appreciate the wonderful value, in such a case, of ten minutes' vigorous exercise, followed by the re-

freshing bath. Not only are muscles made firm and full of strength again, but the nerves are steady and the eyes bright. That headache has disappeared as if by magic, and the erstwhile tired woman is alert and ready for a social evening or one spent in study.

Those who sit a great deal, and this includes ninety-nine out of one hundred women, regardless of station in life, are heirs to a train of ills that result from the torpid condition induced thereby. The blood circulates but slowly, digestion and elimination are sluggish, and the lungs fail to expand as they should. The muscles become flabby, allowing organs to crowd and press. The eyes are dull, and the skin sallow, if not actually disfigured by eruptions. But this condition is easily prevented and overcome when proper activity is provided.

The habit of daily exercise will work a transformation that is pleasing to the eye, as well as a gratification to one's sense of well-being. A few minutes each day given to exercise will induce a pair of strong, healthy, well-filled lungs, and plenty of oxygen means pure blood, rosy cheeks, and bright eyes; it will also bring about steady nerves, firm and symmetrical muscles, a splendid feeling of conscious health and vigor, and a happy disposition to look on the bright side of all things. A torpid liver has been responsible for many a tragedy, and unstrung nerves have broken up happy homes.

Aside from the consideration of health and consequent happiness, is that of an erect, well-formed, well-poised figure. Exercise will also restore that shapeless mass of flesh to its old-time girlish beauty of outline. It will reduce the abdomen and develop the chest, giving a figure both shapely and graceful. Make for yourself a "corset" of firm

muscles, interlacing to form a support that will far surpass any invention of man. The natural waist is round and slender. It may measure more in actual inches than the one for which tight lacing is responsible, but it will have the appearance of a more slender beauty because of its natural roundness, and there will be, in addition, an attractive suppleness that cannot be gained in any other way. This is not intended as an argument against the corset. But it is one in favor of exercise for the muscles of the waist, that they may be made firm and strong, adding to beauty as well as to health.

Make your exercise a habit. It will take only a few minutes each day, in the privacy of your own room, and in a short time the work will become a pleasure—as much a part of your routine as eating and sleeping. But do not make the mistake of overdoing in your enthusiasm. Exercise wisely and well, and you will be amply repaid by a rich store of health and strength, by an increased beauty and animation, by added years of useful living.—*Frederick W. Stone.*

An Admonition.

Heed and remember, O aspiring youth,
 "Success in error means defeat in truth."
 Better, by far, to linger at the base,
 If to achieve the height means soul-disgrace!

—*Susie M. Best, in December Success.*

Some Advantages of the Vegetarian Fare.

The *Buddhist Ray*, a sheet whose name indicates its locality, is responsible for the following:—

"The effect of fruit and vegetable diet is threefold: first, an aversion to stimulants; second, improved bodily condition; third, love of peace." A doctor who is called a specialist on food and

its effect, says: "Kidney diseases are aggravated by nitrogenous food. Fruit contains little nitrogen; when only a small amount of strength is expended in muscular exercise, more particularly after middle life, fruit is of great value."

That what they eat or drink affects their moral status, people are loth to believe, and so with little or no restraint they minister to perverted appetites. Gustavus B. Wilcox, in a lecture to young men, admonishes them to live plainly and frugally, adding that luxurious fare leads to tobacco, beer, wine, whisky, degeneration, death.

A man writes in a contemporary journal: "I naturally, or by heredity, had an appetite for liquor, but since I left off using meat, tobacco, tea, and coffee, and began to live largely on fruit and grains, I have little or no craving for intoxicants." Nervous invalids are urged by physicians to subject themselves to garden soil and sunshine, and a free use of ripe fruit plucked from the tree or vine. A noted physician says, "I know of remarkable recoveries from various diseases by means of pure air, cold water, and an abundance of fruit."

In a normal condition, the stomach will accept and digest a reasonable amount of fruit, but when weakened by excess or improper food, special treatment may be required, and except in a few cases, it will in time accept and be improved by a fruit diet. It has been shown by chemical analysis that apples, berries, and more especially stone fruits, furnish a rich, pure blood which nourishes strong muscles, clear brains, and, may we add,—clean hearts. A very pious deacon had an only son. By prayer and the use of the rod he had endeavored to train him to walk in the way he should go; but notwithstanding, Harry was a bad boy. The family

physician, who had observed the state of affairs, said one day: "Deacon, that boy of yours has bad blood in him; he has to be wicked or he'd burst. He has eaten too much fat pork, mince pie, and sausage. If you will let me put leeches back of his ears, and you'll feed him on apples and grapes, it will do him more good in a month than all your praying and whipping will do in a year." The deacon consented, and Harry, for a period, subsisted largely on mush and milk and fresh fruit. He became a very much better boy.

The effect of diet on disposition is not confined to the human family. A man in Philadelphia testifies that he has a bulldog which, from a pup, has been confined to a diet of cooked and uncooked grain. He has never manifested a belligerent or ferocious nature, but is uniformly kind and pleasant. We had a pet cat, who was very gentle, affectionate, tractable. One season, hordes of mice found shelter underneath the shocks of corn. They were an easy prey, were slaughtered in great numbers, and fed to Jerry. He grew nervous, ravenous, ferocious, and manifested pugilistic propensities. When his mistress sought to bestow the accustomed caress, he repeatedly lifted his pretty velvet paw and smote her in the face. As the store of mice diminished, as spring's buds and blossoms brought summer's fruitage, and a diet of asparagus, squash, and green corn, Jerry returned to his old love, and was again the amiable pet of his mistress.

"Nature is a better chemist than man; she has packed within envelopes of various forms and hues, exquisite sweets and essences, which in some subtle and mysterious manner minister to man's physical, mental, and, we believe, moral, nature.—*The Housekeeper.*

Hothouse Plants.

Refinement in matters of social life proceeds hand in hand with refinement in other lines as civilization advances. From the standpoint of the physician and of the anthropologist, it is a question whether the physical side of mankind is improving or degenerating.

The method of bringing up children, especially in the families of the well-to-do, is too often a serious menace to the child's health and development. Too much indoor life, too much supervision, too little freedom of motion and of will is undoubtedly the cause of the many weaklings seen in the families of the wealthy. Such children have the characteristics of hothouse plants.

The remedy is, of course, to do away with the surplus care and attention bestowed on the child, to let the child do more for itself, have more freedom, more fresh air, more play with other children. Foods and medicines are only temporary helps for child weakness.

Nature is its own best doctor, and in the end can take care of "hothouse children," if fond parents will only give her the chance.—*The Cincinnati Lancet-Clinic*.

The Saliva.

Those people who eat sloppy food quickly, and do not properly mix it with the saliva, fill the stomach with food unprepared for digestion. If a person eats porridge or pudding quickly, the saliva will change only about one per cent of the starch in these foods into sugar. But if he will chew them well, and not swallow any until it has been thoroughly mixed with the saliva, then ten per cent of the starch will be digested in the mouth, and thus much of the work of his stomach and bowels will be lessened.

Knowing the important uses of the saliva, my readers will understand the bad influence of tobacco. Tobacco increases the flow of saliva. Those who smoke or chew tobacco secrete more saliva than usual while doing so. If the saliva is spit out, as is done by most tobacco users, then the stomach is deprived of its soothing fluid, and the glands stimulated injuriously. But if the tobacco-laden saliva is swallowed, then the stomach is irritated and inflamed by the irritant tobacco juice, and gastric catarrh or indigestion may follow; and the poisonous nicotine taken into the blood will act more or less injuriously on every organ and tissue of the body.

If the blood contains much chalky matter, some of it will be contained in the saliva, and will form the fur or tartar often seen upon the teeth. It should be scraped off with a blunt blade. Very rarely one sees a little stone form in the salivary glands under the tongue; by the free use of ripe, raw fruits, salads, and tomatoes, it may be dissolved, and so painlessly got rid of.—*Dr. T. R. Allinson, in Human Nature*.

Chew Your Food.

One of the hardest lessons for the dyspeptic to learn, is the necessity for thorough and complete mastication. To obtain the best nutritive results from a given quantity of food it is imperative that it should be finely divided. Few people realize that digestion commences in the mouth—that the saliva is one of the most important fluids secreted by the system, and that food perfectly masticated, is half digested. Starch enters more or less into the composition of all food substances, except flesh; and as the saliva and the pancreatic juice are the only two fluids that act upon starch,

therefore if the first stage in the process is not accomplished in the mouth, it passes through the stomach without being acted upon, for the pancreatic juice joins the food only after it has passed out of the stomach, and is only capable of dealing with it partially. Hence, not only is its food value lost to the economy, but it becomes a source of irritation to the intestinal canal. Starch, in itself, is indigestible and valueless to the body, but when acted upon by the saliva, it is converted into sugar, and thus becomes a food. It has been demonstrated by experiments upon starchy foods, such as potatoes, that if mastication is perfect, the dissolving of the particles of starch is accomplished in half a minute. It may be mentioned here, that to partake of fluids while masticating, partially, if not wholly, arrests the digestive process by the dilution of the saliva and the reduction of its solvent power. Of course, the dissolving power of the saliva varies with the physical condition of the individual, a fact that emphasizes the necessity for thorough mastication wherever there is digestive incapacity. If children were taught that it is a physiological crime to bolt their food, and wash it down with draughts of liquids, there would be fewer dyspeptic martyrs, and the manufacturers of "digestive aids" would have to seek fresh fields and pastures new.—*Healthy Home*.

Looking for Boys.

Every boy should read the following from the *London Free Press*. If boys could only realize how true this is, they would not be slow in setting higher standards for themselves and their companions:—

"When we see the boys on the street and in public places, we often wonder

if they know that the business men are watching them. In every bank, store, or office there will soon be a place for a boy to fill. Those who have the management of the affairs of the business houses will select a boy in whom they have confidence. When they select one of the boys, they will not select him for his ability to swear, use slang, smoke cigarettes, or tap a beer keg. These men may have a few of these habits themselves, but they are looking for boys who are as near gentlemen in every sense of the word as they can find, and they are able to give the character of every boy in the city. They are not looking for rowdies, and when a boy applies for one of these places, and is refused, they may not tell him the reason why they do not want him, but the boy can depend upon it he has been rated according to his behavior. Boys cannot afford to adopt the habits and conversation of loafers and rowdies, if they ever want to be called to responsible positions."

Hurried, Worried, Wearied.

Probably nothing tires one as much as feeling hurried. When in the early morning the day's affairs press on one's attention beforehand, and there comes a wonder of how in the world everything is to be accomplished; when every interruption is received impatiently, and the clock is watched in distress as the moments flit past,—then the mind tires the body. We are wrong to drive ourselves with whip and spur in this way. Each of us is promised strength for the day, and we must not wear ourselves out. If only we keep cool and calm, we shall be less wearied when we reach the eventide. The children may be fractious, the servants trying, the friend we love may fail to visit us, the letter we expect may

not arrive; but if we can preserve our tranquillity of soul and demeanor, we shall get through everything creditably. — *The Dietetic and Hygienic Gazette*.

Hot Air as a Therapeutic Agent.

After calling attention to the early date at which hot-air treatment seems to have been found efficacious for some complaints, Wightman (*New York Med. Jour.*, Aug. 17, 1901) sums up its advantages thus: "Dry air is a valuable pain reliever, without any of the depressing effects common to drugs. In connection with constitutional and medicinal treatment, it is a positive curative agent. It is a stimulant to rapid repair and absorption. It is one of the most valuable eliminative agents the physician possesses. Where indicated, it possesses a sedative action on the nervous system obtainable by no other means." — *Therapeutic Gazette*.

Reforms in the Bedroom.

We will be a healthier and happier race when the double bed is banished. The light iron or brass bedstead, with a mattress that can be easily aired and kept clean, is the bed that ought to be generally used. The bed covering par excellence is a light-weight blanket that can be frequently washed and kept soft and white. Tucking the bedclothes tightly in is another popular error. The practice of making up a bed almost air-tight is as unhealthful as it is unclean.

The bed should not be placed against the wall, but should be accessible on both sides. The old fashion of placing the bed in an alcove, which cannot be ventilated so well as a large room, is considered to be an unhygienic one. An excellent reason why a bed should not be placed

against the wall is that the person who sleeps at the rear of the bed is likely to have his face, during sleep, so near the wall that his breath, striking the wall, will be rebreathed again.

So large a portion of existence is necessarily spent in sleep that the location of the bed, the covering and bedding, and the furniture of the bedroom should be the subjects of consideration and thought. As it is, too often this is the last room considered. In many families a good-sized closet, with no opening into the outer air, is considered good enough for a bedroom. Not only should the bedroom be thoroughly ventilated and exposed to the rays of the sun, but the bed clothing should be taken off and hung in the air and sun for several hours before the bed is made up.

Just live thy life in full content.
Do all thy best with what is sent.
Thou but receivest what was meant.
Just live thy life.

Just live thy life. Be not in fear.
The strength of wrong shall disappear,
And right is ever drawing near.
Just live thy life.

Just live thy life. Seem what thou art,
Nor from simplicity depart,
And peace shall come upon thy heart.
Just live thy life.

— J. L. Stockton, in *Boston Transcript*.

Candy Eating.

There are few abuses of the stomach so seriously and positively harmful as the very common one of candy eating. Many persons whose dietetic habits are, in the main, correct, indulge themselves in this pernicious and foolish practice. A correspondent in a Southern State writes us that not less than three fourths of the entire population of the town in which he resides are addicted to the practice of chewing taffy. He mentions that the taffy-chewers include several

doctors, and wishes to know our opinion of the practice. We do not know of any way in which the doctors could do themselves so much harm, or set a much worse example, unless they should substitute tobacco for taffy. The growing consumption of confectionery and sweets of all sorts is unquestionably one chief cause of the increasing prevalence of the dyspepsia for which Americans are acquiring a world-wide fame. J. H. K.

The Cruelties of Fashion.

"Evil is wrought for want of thought." Most women would recoil in horror if accused of torturing birds, and dooming young birds to perish from want of food, yet the egret can be shot only at its breeding place, when building its nest or rearing its young.

At this time the birds hover round their nests, so that their capture is easy. The plume hunters shoot them down without mercy, and the young birds, unable to look after themselves, are left to die of hunger in their nests, simply to adorn a woman's hat.

The fashion in feathers is as pitiless as ever, and millions of beautiful birds are slaughtered every year to please the vanity of women. Nor is it only in feathers that fashion is cruel. The fur trade is as bad. No cruelty is too great for the seal hunters, who have been, over and over again, described as "inconceivable savages."

Gangs of men on the beach entice the seals from the water, and drive them inland, panting and helpless. Then, when the end of their journey is reached, the poor creatures are formed into long columns, three or four abreast, and made to pass between men armed with heavy clubs. As they pass, their skulls are crushed in, and what the

scene is like may be imagined from the statement of a soldier who once witnessed the slaughter of a drove of sea lions, which were driven and killed in the same way. "This is the first thing I have ever seen or heard," he says, "which realizes my youthful conception of the torments of the condemned."

Even your purse may be made of shell burned by fire from the back of a living tortoise. The shell which has of late come into fashion for the manufacture of combs, hairpins, purses, and trinkets of all kinds for the dressing-table, comes chiefly from the Maldive Islands and Straits Settlements, and the process by which it is obtained is incredibly cruel.

In his "Naturalist's Voyage Round the World," Darwin tells us that, in the Chicago Archipelago, the natives take the shell from the back of the living turtle, by burning charcoal or boiling water. The heat causes the shell to curl upward, and it is then forced off with a knife, and flattened between boards. As often as not the tortoise lives through this fearful torture, and is driven back into the sea to replace itself. Then, when the shell has grown again, the tortoise is treated again in the same cruel way.

Such is the price of vanity. The seal is skinned alive, the tortoise is scalded alive, the egret is left to perish of hunger—for what? That a woman may wear a pretty hat, a costly coat, a particular comb. The day will come when women will be ashamed to be instruments of torture and deck themselves with vanities which cost so much suffering. The day will come when we shall be ashamed to be amused by performances in which men and women play fast and loose with life. Prize fights have long since ceased to attract respect-

able, honest folk, and some day the same folk will be ashamed to find themselves witnessing fools' games in lions' dens, or dangerous performances on the trapeze. In that day, too, women will decorate themselves no more with murderous millinery. It is all part of the same religion; it should be part of our common humanity.—*A. M.*

A New Salad.

A lady who is widely known as a charming entertainer and an original cook, frequently serves a salad which has the merit both of being delicious and her own invention. She scoops the pulp from ripe, plump tomatoes, and fills with cubes of pineapple. The fruit may be used either fresh and unsweetened, or be drained from a can of home-made preserves. Over it is put a spoonful of a creamy, boiled dressing. The sweetness and pleasant tang of the pineapple seem to provide just the necessary complement of flavor lacking in the tomato. Sliced tomato may be used instead of a tomato cup, and a small spoonful of the pineapple be laid on the top slices.—*Exchange.*

The Value of a Crust of Bread.

It is gratifying to know that some of the world's greatest men have been the sworn foes of waste, and have looked sharply after their own expenditures. Lord Bacon held that, when it is necessary to economize, it is better to look after petty savings than to descend to petty gettings. Washington scrutinized the smallest outgoings of his household, determined to avoid every bit of needless waste. Carlyle, whose early struggles with "those twin gaolers of the human soul: low birth and an iron fortune," early taught him the value of

economy, was a determined saver. Among the incidents exemplifying this trait, a friend of his relates that, one day, as the great Scotchman approached a street crossing, he suddenly stopped, and, stooping down, picked something out of the mud, at the risk of being run over by one of the many carriages in the street. Brushing off the mud with his hands, he placed the substance on a clean spot on the curbstone. "That," said he, in a tone which his friend says was as sweet and in words as beautiful as he ever heard, "is only a crust of bread. Yet I was taught by my mother never to waste,—and, above all else, bread, more precious than gold, the substance that is the same to the body that the mind is to the soul. I am sure that the little sparrows, or a hungry dog, will derive nourishment from that bit of bread."—*William Mathews, in Success.*

Self-Applied Massage.

It is really astonishing what a little judicious rubbing of the right kind in the right place will accomplish. So true is this that a humorous physician has said that a man who understood personal massage might practically become his own doctor. Some practical massage hints for spare moments will, perhaps, be of interest.

Do you have cold feet and chilblains? If you can spend a few moments out of doors in the morning, raise one hand to the level of the head, grasp its fingers between the fingers and thumb of the other hand, and slowly and firmly squeeze the blood out from finger tips to wrist. Do this every morning to your hands, and every night to your feet, repeatedly. Your hands and feet will be warm, and you will not have chilblains.

Probably half the people either have, or claim to have, liver troubles. You can turn a spare five minutes to excellent account by giving your liver a lift. Just place one hand heavily on the right side at the lower border of the ribs, and rub it down slowly four or five inches. Do this a dozen times, and you will empty the overfull liver of its superabundant contents. This relieves the liver, cures heartburn, and remedies cramps by removing the acidity from the stomach.

The food of a dyspeptic remains too long in his stomach fermenting and becoming acid, and causing inflammation. Try the plan of helping your stomach get rid of its contents. Place one hand at the extreme edge of the left side, immediately under the ribs, slightly overlapping them. Then work it around to the right by pressing the fingers as hard as you can, and drawing the hands extended in front. Then swing to the right, and then to the left, and repeat the process. Practice this daily before meals, and you will never have cause to complain that reasonable food "sets like lead" on your stomach.

Here is a suggestion for full-blooded people: When you are waiting for the fellow who does not keep his appointment, place your hand at the back of your neck, where the hair joins it, and rub downward. You will thus empty the glands, and prevent their swelling and turning into boils. Or, put your fingers on the neck at the angle of the jaw, and draw them smartly downward over the course of the jugular vein. This will remove the used-up blood from the brain, make that organ feel light and clear, and help you to keep cool when you are tempted to say unpleasant words of the fellow who keeps you waiting.

If you have a tendency to varicose veins, when you sit down, elevate your feet. The blood will flow out of the turgid veins, and give you great relief. By friction from the heel upward, you can encourage the return of the blood to the heart, as well as give tone to the feeble veins.

Some people are unfortunate in a tendency to contract a red nose. This is because the blood enters the nose and does not return from it. All you have to do to remedy the matter is the regular performance of this little feat: Grasp the tip of the nose between a thumb and finger, and massage upward to the root. This operation empties the nose of used-up blood, and allows fresh blood to flow in. A cold in the head is not half so likely to seize you.

Another good suggestion, which is not exactly in the line of massage, is to give the eyes a rest. When talking, listening to music, or thinking, close your eyes. You have to use them anyway ten times as much as your grandfather did his.

Massage of the head will do more to keep the hair healthy and prevent it from falling out than any amount of hair tonics and other preparations. Give your head a good rubbing with the fingers every night, and do not wear your hat more than you are positively obliged to. If this is done habitually from youth, you will not be likely to be bald.—
Exchange.

A CREED.

IN fellowship of living things,
 In kindred claims of man and beast,
 In common courtesy that brings
 Help from the greater to the least,
 In love that all life shall receive,
 Lord, I believe.

—Ellen Glasgow.

EDITORIAL.

THE RELIGIOUS PRESS AND PATENT MEDICINES.

THE religious paper, even to a larger extent than the ordinary newspaper, is utilized by the manufacturers of patent medicines as a means of bringing their noisome wares to the attention of the public. In the columns of almost any religious journal may be found a larger variety of nostrum advertisements than in any other class of periodicals.

Why is this? Is it because the patent-medicine vender hopes by the publication of his advertisement in the columns of a religious journal, to receive a sort of benediction from the character and reputation of the paper in which his advertisement appears; or is the true reason disclosed in an argument said to have been offered by the editor of a religious journal, who, in soliciting the patronage of an advertising firm, was asked if his subscribers were the most gullible class of people anywhere to be found?

We believe the reason just suggested to be a true one. The readers of a religious paper have a right to have confidence in the editor and in the publisher, and naturally believe that these religious people will not allow the columns of their journal to be made the medium through which unscrupulous schemers may prey upon the unwary public.

There are, however, some religious journals which exclude patent-medicine advertisements of all sorts, and announce to their readers that they will reimburse any one who is imposed upon by any advertisement appearing in their columns. A religious paper ought not to be a public billboard upon which any knave who desires may post anything he pleases which is not absolutely obscene, providing he pays for the

privilege. As long as the religious press admit the advertisements of men who are simply human sharks, preying upon the credulity of those who place confidence in them, it cannot be expected that the general newspaper press will adopt a better standard of ethics in relation to their advertising columns.

Religious papers ought to be called upon to reform their morals in this particular. Shall the editor and publishers of a religious paper be allowed to offer as an excuse that material of this character is confined to the advertising columns? A religious paper should be religious from the first page to the last. Lying and swindling are certainly as unreligious as profanity and obscenity, and a lie in the business department or in the space devoted to advertising is just as much a lie as though it occupied a prominent place in the editorial department, and is just as wicked.

Whether acknowledged by themselves or not, it is nevertheless a fact that a certain degree of moral responsibility rests upon the editors and publishers for the character of the advertisements admitted to their papers. Would it not be well for the subscribers of religious papers to take this matter up, and appeal by letter or otherwise to the editors and publishers in behalf of a reform?

Intemperance is a moral monster, which is destroying thousands annually. Tobacco is a gigantic evil, the mischievous consequences of which are scarcely yet half appreciated. The manufacture, sale, and use of patent medicine is an evil scarcely less in magnitude, although as yet the eyes of the public are apparently closed to its subtle influence.

J. PIERPONT MORGAN'S EATING HABITS.

THE average man knows at least enough about dietetics to recognize that there is a distinct relation between food and working capacity, either muscular or mental. The wood-chopper, the ditch-digger, the bank cashier, the lawyer, each knows perfectly that substantial food is required to enable him to perform his duties in an efficient and satisfactory manner.

Unfortunately, however, wrong ideas are almost universal in relation to the kind of food which produces the largest results in brain and muscular energy. Most people, for example, are laboring under the erroneous supposition that, of all foods, meat or the flesh of animals of some sort is the most easily digested, the most quickly assimilated, and the most readily converted into brain and muscular tissue, and hence is the most important of all the sources of energy.

Two classes of facts altogether disprove this view. First, scientific experiments show that meats are by no means the most nutritious of foods. Cereals and nuts contain for equal weights nearly three times as much nutrient material, and are, on the whole, more easily digested than flesh foods. Eggs offer nutrient material of exactly the same sort as meats, only in a more digestible and equally concentrated form. A pound of rice affords three and a half times as much nutriment as a pound of beefsteak. Rice digests in an hour and a half; whereas beefsteak requires three and

a half hours. From these facts it appears that a given amount of nourishment in the form of rice can be introduced into the body with one seventh the amount of energy required to digest the same amount of meat.

A second class of evidence which cannot be gainsaid is the experience of men who perform an enormous amount of mental and physical labor. Isaac Newton, while working out one of his greatest mathematical feats, subsisted upon a simple diet of bread and water. Milton did a large part of the work on "Paradise Lost" while living in Italy on a simple vegetarian diet. Professor Newman, the famous professor of literature in the University of London, for many years before his death subsisted upon a strictly non-flesh dietary. King William I, of Germany, who died at the advanced age of more than ninety years, abstained wholly from flesh foods during the last ten years of his life. Karl Mann, the champion pedestrian of the world, has been for more than six years a strict abstainer from flesh foods, and when walking, takes only the very simplest of foods, usually grains and nuts in very moderate quantity.

According to a recent newspaper report, J. Pierpont Morgan is equally simple in his habits of life. At a recent banquet given him in London, he drank only a glass of water, ate a couple of soft-boiled eggs, and barely tasted one or two other dishes.

SIMPLE FARE AND HARD WORK.

Nor long ago a young German arrived at one of our great Eastern colleges with only a few dollars in his pocket, but a splendid mental equipment and plenty of determination. He hired a room in an attic, and arranged to prepare his own food, which consisted of cereals, beans, brown bread, and water. On this simple fare he is enabled to do the hardest kind of work. He is acting as tutor in German,

in addition to carrying the regular studies of his course. He stands among the highest in his classes, and is steadily improving in health and activity, evidently not suffering in the slightest degree for his abstemiousness. The actual cost of his food is forty-five cents a week, or a little more than six cents a day.

He believes that regularity is the one essential in maintaining health and accom-

plishing results. Every day is mapped out for him, and he knows just how he is going to spend each hour. His regular time for going to bed is nine o'clock. In the morning he gets up at three and begins to study, breaking off in time to get breakfast and go to a nine-o'clock recitation. Thus the whole day is spent. He walks long distances every day, in all kinds of weather. Some nights he does not get to bed until after eleven. But that makes no difference with his rising hour. Day in and day out it is always 3 A. M.

When a student in a Western college more than thirty years ago, the writer



BENNO H. A. GROTH.

of good mental and physical ability, and it is hoped that his future career may demonstrate the value of his simple and abstemious habits of life.

adopted a similar plan, and lived well for three months at an average cost of forty-two cents per week, without suffering any loss of strength or vigor. An enormous amount of energy is wasted in the digestion of unnecessary and unwholesome food, and vast sums of money are needlessly expended in the purchase of useless and harmful dietetic luxuries.

The accompanying cut of the young German referred to shows him to be a man

LISTERINE

The best antiseptic for both internal and external use

ITS exceedingly agreeable properties, and the readiness with which it disinfects offensive lochial discharges, has won for **Listerine** a first place in the lying-in room as a general cleansing, prophylactic or antiseptic agent.

It is an excellent and very effective means of conveying to the innermost recesses and folds of the mucous membranes, that mild and efficient mineral antiseptic, boracic acid, which it holds in perfect solution; and whilst there is no possibility of poisonous effect through the absorption of **Listerine**, its power to neutralize the products of putrefaction (thus preventing septic absorption) has been most satisfactorily determined.

Listerine is prepared only by the Lambert Pharmacal Co., Saint Louis, and should be purchased in the original package—to insure the genuine. Descriptive literature upon application.

ANSWERS TO CORRESPONDENTS.

Hot-water Drinking—Hemorrhoids.—

J. R. S., Buffalo: "1. Is the continued use of hot water, taken internally, injurious? 2. Cold or cool water produces catarrhal conditions. How may one avoid this? 3. Patient has weak digestion, inactive liver, is constipated, sleeps very little, does not use tea, coffee, meat, or condiments, and is suffering from severe attack of hemorrhoids, or piles. Prescribe diet and treatment."

Ans.—1. One or two glasses of hot water may be taken with advantage an hour before eating, in case of gastric catarrh, especially where mucus accumulates in the stomach. Half a glass of hot water, taken half an hour before eating, is also very beneficial in case of hyperpepsia.

2. Cold water, in such a case, should be taken in small quantity, and should be sipped very slowly every ten or fifteen minutes. A fomentation over the stomach and liver, applied morning and night, followed by a heating compress, will be found beneficial. The heating compress consists of a towel wrung out of cold water, wrapped around the body, and covered with dry flannel and mackintosh. The bowels should be moved every other day by an enema consisting of three or four pints of water at a temperature of 75°. The enema should be taken half an hour after breakfast. The quantity may be gradually lessened as the bowels acquire a better tone. Avoid eating fruits and vegetables at the same meal. In such a case, it is better to avoid vegetables altogether. A moist abdominal bandage applied after a fomentation, should be worn until the next fomentation is applied. The wearing of the bandage during the night will aid in securing sleep.

3. A competent surgeon should be consulted, as an operation may be required. The diet should consist chiefly of fruits both fresh and stewed. Avoid cane sugar; sweet fruits, malt honey, or ordinary honey may be used instead. Eat dry food, masticating it very thoroughly, and taking two meals a day.

Nervousness.—Mrs. C. H., South Dakota, wishes an outline of treatment for nervousness. Patient is troubled with soreness in right side, numbness and aching in limbs; aching all over upon waking in morning, peculiar feeling in back of neck, soreness of cords in sides of neck, twitching and jerking of muscles, especially when lying down, choking sensation in throat, numb headache which impairs vision and befogs mind, great depression of spirit at times, constipated condition of bowels, loss of appetite, lack of interest and ambition.

Ans.—1. This is clearly a case of neurasthenia. The patient should have a thorough course of treatment in a properly conducted sanitarium. The following treatment will be found helpful: Adopt a strictly hygienic diet, avoiding meats, butter, rich gravies, cane sugar, condiments, tea and coffee, pickles, and all other unwholesome foods; use, instead, an abundance of fresh and stewed fruits. Well-baked bread, zwieback, granose cakes, toasted wheat flakes, and other dextrinized health foods. Substitute nuts, or such nut products as protose, for meats of all sorts. Use cocoanut cream or nuttolene in place of butter. Eat two meals a day. Live outdoors as much as possible. A short cold bath of some sort should be taken twice a day; a cold towel rub may be taken, but a cold mitten friction is preferable.

Dizziness—Throbbing Pain in Head.—

J. P. M., Iowa: "1. Am troubled frequently with dizziness. At times have severe pain in stomach, which passes to left side. Pain is quite severe for two or three days; then passes away. Is this pain the cause of the dizziness? 2. Have severe throbbing pain in side and back of head. Give cause and treatment. Take a cold bath every morning, and live on diet of granola, graham, oatmeal, and fruit crackers, nuts, raw fruits."

Ans. 1. The dizziness is very likely due to some disturbance of the sympathetic nerve, or is connected with some gastric disorder.

2. This is a sympathetic-nerve headache. A fomentation over the stomach, followed by a heating compress, may be employed with advantage at night. The heating compress should be worn all night. A fomentation to the upper part of the spine may also be applied with advantage. Massage, plenty of exercise in the fresh air, and a careful dietary, will be found helpful. Further information is needed; you should have an examination by a competent physician. This symptom may be due to the beginning of a serious disorder.

Cottolene—Whole-wheat Flour—Unfermented Breads—Acid and Starch Combinations—Breakfast Menu.—C. R. L., Massachusetts: "1. Is cottolene wholesome? 2. Why may not one use whole-wheat flour for cake and pie? 3. Are unfermented breads wholesome to eat while hot? 4. Do you consider combinations of acid and starch, such as lemon pie, macaroni with tomato sauce, etc., a hindrance to digestion? 5. When partaking of a breakfast of fruits and grains, or any other easily digested foods, I get very hungry before dinner-time. What foods would you suggest?"

Ans.—1. It is no more to be recommended than other forms of separated or non-emulsified fats.

2. Cake and pie are unnecessary. If they must be used, whole-wheat flour would certainly be preferable to superfine flour.

3. Unfermented breads fresh from the oven are certainly much less objectionable than fermented breads, for the reason that they contain no yeast, and are generally more thoroughly baked than the other. It is far better to take breads only in a dry, crispy condition, as this encourages thorough mastication.

4. Persons suffering from hyperpepsia have difficulty in digesting such combinations, although ordinary stomachs may be able to deal with them without inconvenience.

5. Add protose, cocoanut cream, or a good handful of nuts of some sort, such as pecans.

Granose — Granola — Purées.—Miss L. E. W., Connecticut: "1. Can a person live on granose alone, or granose and fruit? 2. Is granola healthful if eaten dry? 3. May persons suffering with hypopepsia eat bean or pease purée? 4. May such purées be eaten with fruit?"

Ans. 1. Yes; but for a perfect diet, a reasonable amount of fats should be added. The addition of three or four ounces of nut butter or a couple of ounces of cocoanut cream will be sufficient to furnish the proper amount of this element. Grains and fruits are deficient in fat.

2. Yes.

3. Yes, if no inconvenience is experienced.

4. Yes, in ordinary cases.

Food Values — Neuralgia.—H. J., Paris: "1. How can one calculate the food value of any substance? 2. Give effective remedy for neuralgia in the head."

Ans. 1. The food value of a substance must be determined by chemical analysis and by actual experiment. The results of these analyses and experiments are embodied in tables which must be consulted for correct information.

2. Neuralgia in the head is generally due to disordered digestion. Removal of the cause by correct diet and other measures, is essential for a cure. Temporary relief may sometimes be effected by a fomentation over the painful part. Constipation must be relieved by a daily cool enema. In many



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**NO WIRE NO BURSTING
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Successfully used in the treatment of DISEASES OF THE NOSE, THROAT, CHEST AND MOUTH.—INFLAMMATORY AND CONTAGIOUS DISEASES OF THE ALIMENTARY CANAL.—DISEASES OF THE GENITO-URINARY ORGANS. WOMEN'S DISEASES.—OPEN SORES.—PURULENT DISEASES OF THE EAR.—SKIN DISEASES, Etc.

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cases the bowels may be perfectly regulated by an enema of two or three pints of cold water administered every other day soon after breakfast.

Muscular Twitching of Face — Catarrh.— B. C. C., Indiana: "1. What is cause and remedy for muscular twitching of face, particularly of eyelids. Trouble dates from birth. Have consulted competent oculist and physician, but received no benefit from their treatments. 2. Prescribe treatment for catarrhal trouble causing constant discharge from the nose."

Ans.—1. The trouble is "convulsive kick." It is not always curable.

2. The general bodily health must be built up. The mucous membrane of the nose should be treated with an atomizer, and a pocket vaporizer should be used several times daily.

Nut Diet.—A subscriber, deciding to adopt a natural-food diet, and unable to eat nuts more than once a day because of weak stomach, desires information as to the best kind of nuts for one doing constant mental work.

Ans.—The nut products prepared by the Sanitas Nut Food Company, particularly protose or malted nuts. Pecans, almonds, and filberts are the best raw nuts.

Burning Sensation of Skin.—A reader, Iowa, is troubled with burning and itching of skin on face, ears, and hands, upon leaving the house on a frosty morning. A cold bath has the same effect upon the body, and brings out an eruption similar in appearance to hives.

Ans.—This difficulty is due to excessive stimulation of the skin by contact with cold air or cold water. Relief may be obtained by the application of vaseline before the exposure occurs.

Cold Bath — Weak Back.—J. N. T., New Orleans, desires (1) to know which is preferable at this time of the year, from a health standpoint, a cold sponge bath or alternate hot and cold; (2) a remedy for weak back, indicated by pain in lower spine upon awakening in the morning.

Ans.—1. The cold bath is generally preferable to the alternate bath or a general application. When the skin is cold, however, a hot application should precede the cold, so as to insure a good reaction.

2. This pain is not necessarily evidence of a weak back. It may be the result of a strain of the muscles or nerves, or may be due to position. A

fomentation applied in the morning, followed by rubbing with cold water, will be found helpful. A moist abdominal bandage may be worn during the night with advantage.

Nervousness — Catarrh.—J. A. S., Michigan: "1. Would you advise following treatment for constant headache and nervousness? Have been so troubled for about twelve years. Take cold morning shower, and hot fomentations at stomach and spine every night. Drink cold water every hour in day, and use granose, nuts, and bananas for breakfast and supper. 2. Prescribe treatment for catarrhal trouble."

Ans.—The treatment suggested ought to be found beneficial.

2. Take a general cold bath daily. The cold bath should be followed by a vigorous rubbing and active exercise in the open air, fifteen to twenty minutes daily. You should live out of doors as much as possible. Avoid cane sugar, animal fats, and all other unwholesome articles of diet. If the case is one of nasal catarrh, the nasal passages must be cleansed by the use of an atomizer charged with a solution of soda, and afterward the pocket vaporizer should be used very freely to disinfect the diseased surfaces.

Asthma.—B. N., Michigan, wishes outline of treatment for asthma which seems to affect bronchial tubes. Patient has attacks of severe coughing if she moves around in cold air in morning.

Ans.—The whole surface of the body should be bathed in cool water daily, and afterward thoroughly rubbed, so as to secure a good reaction. The chest pack should be applied at night. It consists of a towel wrung dry out of cold water, laid across the chest, and covered with mackintosh and several thicknesses of flannel, so as to encourage the accumulation of heat, and to obtain a poultice effect. The diet should be fruits, grains, and nut preparations. Meats, fats, condiments, tea, coffee, and other indigestibles should be wholly avoided. In some cases a change of climate is necessary. A fomentation should be applied over the chest for five minutes followed with the application of a towel wrung dry out of cold water, and covered with flannel. For general treatment, a hot bath of eight minutes' duration, to be followed by a wet-sheet rub for two minutes to tone the skin.

Acidity of Stomach.—B. H., California, is troubled with gas in the stomach after every meal. No constipation, sleeps well, but does not feel rested in the morning, cannot eat graham bread, mush, or fruit; uses neither liquor nor tobacco, takes cold sponge in morning, but feels blue and

nervous most of the time. Diet: soft-boiled eggs, toast, cocoa. Prescribe treatment and diet."

Ans.—For diet employ granose, granola, toasted wheat flakes, whole-wheat wafers, graham biscuit, gluten biscuit, home-made zwieback, protose, malt honey, baked sweet apples, prunes purée, stewed raisins. Nuts may be employed also if well masticated. Cocoa should be discarded, as it contains uric acid or a substance closely allied to it.

Rheumatism.—M. McC., [Manitoba, is troubled with rheumatism, attacks of chills and fever, followed by sweating, and severe pain in and around lungs, the latter accompanied by cough. Temperature 102° to 103°. Hot foot baths ease lungs, but start rheumatism. Appetite and digestion poor. Physician compels meat eating, but patient finds her sufferings increased by it. Is case curable? Prescribe diet and treatment.

Ans.—There is a strong suspicion of other trouble than rheumatism. In this case, possibly it may be pulmonary tuberculosis in its incipient form. The diet should consist of dextrinized cereals, fruits, the free use of water, and nuts in

moderate amount. A chest pack may be applied with advantage. A hot sweating bath followed by careful cooling by means of the cold mitten friction will be found helpful. A fomentation may be applied to the joints. A heating compress should be applied two or three times a day during the intervals.

Swelling of Knee.—R. L., Wisconsin: "Boy, fourteen years of age, slightly sprained his knee one week before a severe attack of measles. During illness, knee swelled. Swelling does not disappear, and a small, hard lump has formed on inside of knee, which is very tender and sore. Prescribe treatment."

Ans.—Apply over the affected part applications consisting of hot and cold baths applied in alternation, changing every fifteen seconds, for about ten minutes. Apply this two or three times a day, and a heating compress during the intervals. The heating compress consists of a towel wrung dry out of cold water, wrapped about the part, and covered with mackintosh and several thicknesses of flannel, to retain the heat. The application should become well warmed up in a few minutes.

Dr. Deimel Underwear

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need never fear typhoid; its high solvent power will eliminate uric acid from the blood, thus preventing rheumatism, and in many cases

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Representatives wanted everywhere; send for terms.

Dyspepsia.—F. D. P., New York: "For over ten years, have suffered distress after eating. In morning have coated tongue and bad taste in mouth. Almost constant headache, sometimes dizzy, tired-out feeling, and am sensitive to cold. Prescribe diet and treatment."

Ans.—This patient is suffering from slowed digestion. We would recommend that the morning meal consist only of fruits, with the addition of a handful of nuts, a little protose or some other nut product. If bread is taken, it should be taken in small amount, say one granose biscuit well toasted. For dinner, a more hearty meal may be taken, consisting of pease or beans purée, in addition to the articles above mentioned; also a large allowance of bread and nut products with malt honey, cocoanut cream, and other health foods. The interval between breakfast and dinner should be about seven hours. The treatment should consist of a fomentation over the stomach twice a day, with a heating compress applied during the intervals, a short cold bath every morning, and a six- or eight-mile walk in the open air daily.

Constipation—Pain in Back.—J. W. M., Texas, is troubled with constipation and a severe pain in small of back just above the hips. Outline treatment and diet.

Ans.—1. A sitz bath at 75° for ten minutes twice a day. The parts immersed in water should be rubbed continuously during the bath. The feet should be kept in hot water, and a blanket should be thrown about the body during the bath. At the end of the bath cold water may be dashed over the whole surface of the body, after which the surface should be well rubbed, and vigorous exercise should be taken for fifteen to twenty minutes. A towel wrung out of cold water and covered with mackintosh and several thicknesses of flannel may be applied across the lower part of the back. The diet should consist of fruits, well-dextrinized grains, nuts, and nut products. The following foods are beneficial in constipation: malt honey, protose, acid fruits, granose, granola, cocoanut cream, nut-tolene, and nuts of all sorts.

Poor Digestion.—F. M. B., Washington: "What special diet or treatment would you recommend for one whose food does not fully digest, and who finds it necessary to use an enema of hot water about five or six times a month. Diet: Granola and fruit juices, grains, fruits, vegetables. 2. Is coarse hominy desirable as a breakfast food for people sixty years old?"

Ans.—1. The diet appears to be deficient in fat. A larger amount of fat would encourage the bowels. Malt honey may be added with advantage. Both of these foods are laxatives.

2. No; dextrinized cereals are preferable.

Foul Breath—Nervousness.—A. Y., Cleveland: "1. Give remedy for foul breath coming from nose. 2. A six-year-old child has a habit of sucking her lips and plucking the bedquilts while asleep. Give cause and remedy."

Ans.—1. Cleanse the nose with an atomizer and an alkaline solution consisting of two teaspoonfuls of soda to a pint of water. Afterward employ a pocket vaporizer, which may be used almost constantly until the foul odor disappears.

2. These habits must be broken off by more treatment.

Scanty Menstruation.—Mrs. T. K., Iowa, wishes advice concerning fifteen-year-old girl who is troubled with scanty and irregular menstruation. It is one year, eight months, since its first appearance. Has recurred only six times since. Do you consider this a serious case?

Ans.—No. There must be an improvement of the general health by vigorous outdoor exercise, wholesome food, and the daily cold bath, thus promoting the establishment of normal functions.

Facial Neuralgia.—A. M. A., Minnesota, desires remedy for facial neuralgia.

Ans.—Temporary relief may be obtained in many cases by the application of hot-water bags to the affected part. If there is a disordered state of the stomach, it may be relieved by a fomentation over the stomach followed by a heating compress.

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2. Adopt a dry dietary. Apply a fomentation to the stomach morning and night, wearing a heating compress over the stomach constantly during the intervals. Masticate the food very thoroughly. Avoid the use of meats, butter, and other fats, and all other unwholesome foods. Increase the general vigor of the body by outdoor exercise.



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Mat holds five gallons.

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NOTES

from the

Literary Editor's Desk

There has come to us recently a copy of a little paper called **The Hygienic Caterer**, which announces that it is "devoted to the best interests of correct dietary." Edited by D. D. Fitch, 305 St. Charles St., New Orleans, La.

All those interested in the "Spiritual Conditions of the Coal Miners," the "Neglected Indians of Central Brazil," the "Crisis in China," the "Progress of American Indians," or the "Romance of Missions on the Frontier," should read **The Missionary Review of the World** for November.

THE Arena for November is pre-eminently a "reform" number. Eltweed Pomeroy, M. A., contributes the first of a series of three articles on "Needed Political Reforms;" Duane Mowry, LL. B., presents "Some Thoughts on Public Reforms," and Alice Rollins Crane discusses "Desirable Reforms in Motherhood," and proves herself a close student of her sex.

President William De Witt Hyde, of Bowdoin College, opens the November **Atlantic** with an impressive discussion of "The New Ethics"—the moral laws and safeguards of our race, the spirit of which all laws are but the symbolic impression.

The magazine contains other valuable sociologic and economic essays, notably "A Quarter Century of Labor Strikes," the first of an interesting and timely series of papers on trades-unions, by Ambrose P. Winston.

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Suspension Bridge	AM 3.40	7.05	PM 1.55	PM 8.35	AM 3.40		
Buffalo		8.30	3.05	9.50			
Philadelphia	PM 3.47	PM 7.24	AM 7.28	AM 8.56	PM 3.47		
New York	4.45	8.40	8.30	9.45	4.45		
Toronto		AM 7.40		PM 7.40			
Montreal		PM 6.00	7.30	AM 7.30			
Boston		AM 8.10	†PM 7.06	†PM 7.06			
Portland		AM 7.30	†PM 6.15	PM 6.15			
WEST		8	5	7	9	11	75
Portland	†AM 8.15	AM 7.00	AM 7.00				
Boston	† 11.39	7.30	7.30				
Montreal	PM 10.30	AM 9.00	AM 9.00				
Toronto	AM 7.35	PM 4.50	PM 11.20				
New York	PM 5.40	8.55	AM 9.25				
Philadelphia	6.30	8.45					
Buffalo	AM 5.55	1.00	PM 10.05				
Suspension Bridge	7.05	2.00	11.15				
Hamilton							
London							
Port Huron	PM 12.00	9.00	AM 4.05	†AM 6.50	PM 3.50		
Flint	PM 1.25	11.07	5.31	8.54	5.54		
Bay City		9.00					
Saginaw	†PM 12.15	9.35					
Detroit	†AM 11.30	10.00		7.00	4.00		
Durand	PM 1.58	AM 12.05	6.00	9.30	6.30		
Lansing	2.33	12.54	6.44	10.50	7.53		
Battle Creek	3.55	2.18	8.10	PM 12.30			
South Bend	5.40	4.12	10.03	3.01	9.30	†AM 7.15	
Valparaiso	7.00	5.29	11.14	4.41		PM 4.45	
Chicago	8.45	7.20	PM 12.50	† 7.00			

Nos. 4-6-8-Daily
Nos. 10-76-Daily ex't Sunday

Nos. 3-5-7-Daily
Nos. 9-11-75-Daily ex't Sunday

† Daily except Sunday. W. C. CUNLIFFE, Agent, Battle Creek.

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**Antiseptic
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- 54 Farrar St., Detroit, Mich.
- 755 Market St., San Francisco, Cal.
- 317 W. Third St., Los Angeles, Cal.
- 607 Locust St., Des Moines, Iowa.
- Hygeia Dining Rooms, 58th St. and Drexel Ave., Chicago, Ill.
- Hygienic Cafe, 118 Monona Ave., Madison, Wis.
- 145 So. 15th St., Lincoln, Neb.
- Portland, Ore.
- Vegetarian Cafe, 1635 Champa St., Denver, Colo.
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The Lines of the Mexican Central Railway pass through 15 of the 27 States of the Republic. Eight million of the thirteen million inhabitants of Mexico are settled contiguous to them.

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There are only five cities of over 35,000 inhabitants in the Republic of Mexico that are not reached by the Mexican Central Line.

The following ten cities are reached only by the Mexican Central Railway.

Chihuahua, 30,098 inhabitants; Parral, 16,382; Zacatecas, 34,438; Guanajuato, 40,580; Leon, 63,263; Guadalajara, 101,208; Queretaro, 38,016; Zamora, 12,533; Aguascalientes, 37,816; Irapuato 19,640.

It also reaches the cities of Torreón, 13,845; San Luis Potosí, 60,858; Tampico, (Mexican Gulf Port) 16,313; Celaya, 25,565; Pachuca, 37,487; City of Mexico, 368,777.

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HULLED-WHEAT WAFERS are crisp and dainty. Why not put them on the table instead of crackers and biscuit not so nutritious and wholesome? For sample, write to the makers.

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It is an excellent remedy for PEK-SPIRING FEET and is especially adapted—

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Delightful After Shaving.

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- ST. HELENA SANITARIUM, Sanitarium, Napa Co., Cal.
- NEBRASKA SANITARIUM, College View (Lincoln), Neb.
- PORTLAND SANITARIUM, 1st and Montgomery Sts., Portland, Ore.
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- DETROIT BRANCH SANITARIUM, 54 Farrar St., Detroit, Mich.
- LOS ANGELES SANITARIUM, 315 W. 3d St., Los Angeles, Cal.
- INSTITUTE OF PHYSIOLOGICAL THERAPEUTICS, 1809 Wallace St., Philadelphia, Pa.
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- CALCUTTA SANITARIUM, 51 Park St., Calcutta, India.
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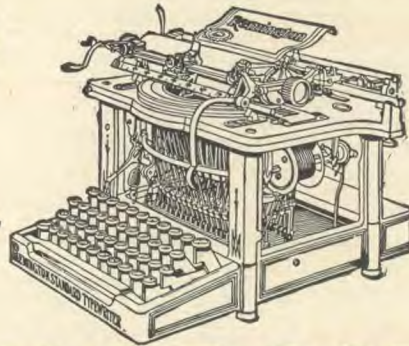
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Which delivers the sheet PRINTED SIDE UP OR DOWN, as may be desired, we put on all our presses with the exception of the "Job and News" and the smaller sized "Pony." This adds but little to the cost of the press to the purchaser, and is a great convenience.

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There are thousands, too, who do not call themselves invalids, yet who drag themselves through life without enjoying the proper health that should belong to every man. These unfortunates, through lack of vitality, become the victims of every petty ill that waylays them.

Medicines will not help. Food is what the body needs to build up the weakened organism to health and strength — such a food as Malted Nuts.

Malted Nuts

is a highly concentrated food presented for use in the form of a granular powder.

It combines all the necessary food elements in proper proportion. It can be rightly called a perfect food.

It is readily digestible — even by the most feeble stomachs.

It is predigested. When taken into the system, it is promptly transformed into rich blood and healthy tissue. Read the accompanying letter; it tells what Malted Nuts recently did for one sufferer.

What One Man Has to Say for Malted Nuts

UNION STOCK YARDS,
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Notwithstanding that you are strangers to me, I, out of pure gratitude, inform you of these facts, and it will be my lifelong duty to preach to those unfortunate human beings who suffer like I have, the great merits of your product.

Praying for your success, I remain,
Yours respectfully,

Dict. H. W.

Herman Werthemier.

If you are interested in this remarkable food, send 6 cents in stamps, and receive a sample of Malted Nuts by return mail.

Made Only By

Makers of
Nut Foods and
Choice Cereal Products
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Battle Creek Sanitarium.

SANITAS NUT FOOD CO., Ltd.

Battle Creek, Michigan.



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 DRY CELL 20th CENTURY BATTERY..... 5.00
 DOUBLE DRY CELL PERFECTION BATTERY..... 8.00

Two sponge electrodes, foot-plate, etc., will be sent with each battery. Also a book giving full directions for applying the currents.

For Physicians and others, who desire an extra large and very fine battery, we make the

Double Dry Cell Dial Battery, Price \$12.00

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A High Grade Battery
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At the Right Price.

These batteries are operated by dry cells of the very best quality. They are neat, always ready for use, and operated at a very small cost, as the cell will last for several months. When exhausted, any person can put new cells in the machine in a few seconds. We will ship any of our Batteries, C. O. D., with privilege of examination, expressage prepaid, to any place in the United States. Our catalogue G describes all our Faradic Batteries and instruments. Send for it.

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About the flour you use. Flour enters more largely into the diet of the people than any other single article of food.

SEAL OF MINNESOTA FLOUR

Is made from wheat grown in the "Big Woods" region of Minnesota. For ages the soil in this region has been enriched by decaying leaves and vegetable matter. The flour made from this wheat is, therefore, particularly **rich in gluten, phosphates,** and the **health-giving, and life-sustaining qualities** now so generally sought after.

It is guaranteed to be **absolutely pure** and **free from all adulteration.**

We want you to be particular about your flour. We want you to use a flour that is always **uniform in quality,** always **pure and wholesome,** always **guaranteed to make perfect bread** with ordinary care.

We want you to use

SEAL OF MINNESOTA FLOUR

Ask your grocer for it. If he does not keep it, write us, and we shall see that you are supplied.

NEW PRAGUE FLOURING MILL COMPANY, NEW PRAGUE, MINN.

BATTLE CREEK SANITARIUM



EAST HALL.

ALTHOUGH two of the main buildings of the Battle Creek Sanitarium were recently destroyed by fire, four large buildings (here shown) and more than twenty small cottages still remain. These have been fitted up for emergency work, and all of the skilled and faithful physicians and nurses, who have heretofore made the work of the institution so effectual, are still at their posts of duty, making it possible for the sick to avail themselves of the advantages that the institution offers, among which are Swedish movements, massage, and special dietaries, bacteriological and chemical laboratories for special research. Incurable and offensive patients not received. For circulars, address—



COLLEGE HALL.



WEST HALL.



SOUTH HALL.

Battle Creek Sanitarium, Battle Creek, Michigan



Baths of Every Description, Including the Electric-Light Bath
Massage and Manual Swedish Movements.

Electricity in Every Form.

Medicated Air Rooms for the treatment of Diseases of the Lungs.

Classified Dietary.

Laboratory of Hygiene for Bacteriological, Chemical, and Microscopical investigation.

THE COLORADO SANITARIUM, - Boulder, Colo.

The Colorado Sanitarium



Twenty-nine miles northwest of the city of Denver is a well-equipped and well-regulated institution for the treatment of all chronic disorders. Buildings with all modern conveniences, including steam-heating, electric lights, elevators, gymnasium.