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J. H. WAGGONER, EDITOR.

THE Rural Health Retreat advertises some valuable goods in this number of the JOURNAL.

THE object of this JOURNAL is to instruct in principles; for thorough instruction on health questions, send to Pacific Press for books.

OUR correspondent gives us some good thoughts on the subject of ventilation. Such remarks are always timely. Sometime we may add something on this important subject.

READ the accounts of cures wrought at the Rural Health Retreat. They are not magnified, but might be greatly multiplied. We have a number more than can be given in this paper.

AN Indiana paper says: "How does it look to see a professed saint stand up in meeting and tell how he loves the Lord, when his mouth is full of unclean tobacco? How?"

THE managers of the Rural Health Retreat have been making some very desirable improvements during the fall and present winter; and the work is still going on. They who visited the Retreat in years past, will be agreeably surprised to see it now.

## THOSE TWO PROFESSIONS.

WE shall never cease to associate together the two important professions of the physician and the minister, as necessarily associated in the same great work in behalf of suffering humanity. And we shall never cease to urge upon all, of both professions, and the people at large, that the physician and the minister ought to be aids to each other, and ought mutually to be examples to all with whom they have to associate. The best capital of both is the confidence of their people.

There are many physicians who understand this, and we have known careful and conscientious doctors to advise a family to employ another physician, when they found that the patient had more confidence in the other. And this confidence must not be merely in respect to his ability in his profession, but in his integrity as a man. He must deal in no subterfuges. An excellent doctor whom we knew in Illinois was once consulted about a boy who had the ague. The mother, an intelligent lady, had grown distrustful of the virtues of quinine. She expressed her desire that, if it could just as well be avoided, no quinine be given to him. "Bless you, madam," said the doctor, with the most obsequious air, "I should not think of giving him quinine. All he needs is a little tincture of Peruvian bark!" She said he did it so well that she had not a heart to say another word, but she never gave him her full confidence thereafter, as she had done before.

He must be correct in his habits. In a recent trip to an Eastern State, we were introduced to a physician, and in a conversation about him afterward it was remarked: "He is the best doctor in the place, when he is sober; but he will have his *sprees*." Who wishes to trust the life of a member of his household in the hands of a man whose mind may be muddled with liquor while he is making his prescriptions? Yet this is not an isolated case, by any means. We have known many such. We have known lives to be sacrificed because the only physician or surgeon available was too drunk to render assistance. And, we say it with regret, we have known such derelictions to be overlooked by his associates, who would have ruined his practice if they could, if he had consulted with one of another school, or saved a life by a method not considered strictly "professional."

It is not necessary to say that he ought to be scrupulously moral. That will go without saying, with all right minded people.

In regard to the minister, we need only speak of one particular in this connection; and that is that wherein he should be an assistant to the physician. He should be both a pattern and an instructor in right living in reference to physical law. The apostle closely connected physical and spiritual health. 3 John 2. In every case where the Saviour conferred any blessing, or forgave sin, he healed the suppliants of any disease with which they were afflicted. The Scriptures in many places recognize the value which our Maker places upon health; but we need not revelation to teach us that health is a blessing, and disease is an evil. Nor does it need argument to convince us that we can better answer the end of our being and glorify our Creator in good health and physical strength, than in weakness and sickness and misery. It would be a doubtful choice to send a nervous dyspeptic to cheer and comfort the afflicted; and no one would choose a weak consumptive to bear the burdens of an important mission.

But it is too often the case that ministers pay no attention whatever to the connection between physical, mental, and spiritual prosperity. They not only do not advise and counsel their people to observe correct habits of life,—habits which are conducive to health of body and clearness of mind,—but they do not feel under obligation to observe such habits themselves. Their members often spend more per year for tobacco than they

give to the cause of Christ, and yet pass without rebuke, because the pastors are tobacco-slaves themselves. They have never studied the laws of their being, and therefore they cannot give instruction where it is needed.

A man may be a drunkard without tasting liquor. A man may make a god of his appetite (Phil. 3: 19), and not be called an idolater, and have his name retained upon the church roll, or keep his position in the ministry. We have had ministers confess to us that they could not preach a sermon without their tobacco! A minister of strong natural physical development resigned an important charge because the labor was too taxing. But he was strong enough to take on his stomach a newly-baked mince pie in the evening. No wonder he felt too weak to labor. If he had lived on graham bread and vegetables and fruits, and each day sawed the wood the family used, he could have done all the work called for by his charge, and enjoyed it too. Were we to take upon our stomach a fraction of the dyspepsia-breeding compounds of an evening that he took, we should preach election, reprobation, and total depravity as our favorite themes. It is a pity, a great pity, that a man can be a tobacco-slave and a gorman-dizer and not lose caste as a Christian and a minister. Were it otherwise, the standard of Christianity would be higher, and we would not see so many urchins on the streets smoking vile tobacco, and hanging around questionable resorts.

SOME may question our right to use the words, "action of medicines," as we do in this paper. But we speak to "the common people," in popular terms, which all will understand. When people contend about the shape and motion of the earth, we say, "the sun rises," and pass along.

BUT one phrase in popular use we discard as misleading. It is "the penalty of physical law." There is a world-wide difference between penalties and mere consequences. Physical laws have consequences; moral laws have penalties. Penalties are inflictions to meet the requirements of justice, and largely have respect to the intention of the actor. Consequences fall without any regard to justice or intention. Of course we admit that the violation of moral law has consequences aside from the penalties. The expression to which we object will be found in this paper, because we let the writer use her own words.

## DISEASES CHANGED BY MEDICINES.

It is frequently the case that "a disease changes," as the expression runs; that is, a person may have a certain disease, and in a short time the symptoms will entirely change, and another disease will make its appearance. Our observation is not, perhaps, extensive enough to entitle our opinion to be received as authority; but as far as it goes it is to the effect that these sudden changes of disease are largely due to the medicines given. An instance we have in our memory will be understood by every reader.

With a traveling companion, we once put up at a hotel in a village in northwestern Ohio. In the next room was a man prostrated with dysentery, and when the doctor visited him, we had opportunity to see what he administered. That evening we remarked to our companion that the poor man was destined to pass through a course of the fever. True enough; when the doctor examined him next morning, he found that his medicines had worked like a charm! the dysentery was subdued. "But," said the doctor, "there is an entire change of the symptoms; you have a high fever; I must now treat you for that."

The physician had administered a powerful astringent to check the overaction of the bowels, without making any provision for a healthy or necessary action, or any allowance for it. His course of treatment was about as rational as would be the course of an engineer, who, to check the speed of a locomotive, would run it against an immense rock. He would be sure to stop it, but he would also be sure to leave it a wreck.

The skillful, we may say, the thoughtful physician will not be guilty of such indiscretion as we have pointed out; but it is only one of many cases which we have known. That man might have been up and around the next day, under judicious treatment. And neither he nor his friends nor the doctor ever imagined that his days and nights of suffering, and his doctor's bill, should all have been charged to the doctor's account!

It is a great pity that people are compelled to suffer in this manner; but we do not know how it can be avoided unless they will become intelligent upon the subjects of diseases and their proper treatment. It may be inquired, If so many schooled physicians fail to understand the proper relations of the two, how shall the common people be expected to understand them? We confess

that the case looks forbidding, but it is not so difficult as is imagined. There are some plain principles of health which are within the comprehension of every one who has interest enough to inquire into them, which have a controlling influence on all these matters. See remarks in our first number on "Hygienic Treatment in Consumption." To understand these principles is of greater importance than to learn the minutæ of medical practice as laid down in the books. We would not underrate medical knowledge as taught in the schools; very much of it is invaluable. But, as we have before said, this knowledge is abused by many schooled practitioners for want of knowledge of the principles of hygiene. To call the attention of the people to these principles, and to incite them to study and to properly regard them, is the object of our JOURNAL. We feel assured that if all the directions and suggestions which we give, were followed in every household where the JOURNAL finds a place, a great and happy change in these households would be the result.

## WHAT IS THE OBJECT?

THERE'S an old saying that "Nothing succeeds like success." We suppose that, *in fact*, there are no exceptions to this saying. But exceptions are sometimes *made*, very much to the detriment of the facts. The readers of the JOURNAL must confess that our opportunities for observing the results of various methods of medical practice have been somewhat large. Amid all the changes of the last half-century, we doubt if greater have taken place in any business or profession than have been made in medical practice. How great these changes are, cannot be realized by any one who has not had the half-century in which to make his observations.

It is a great mistake of the young practitioner to suppose that that which he finds labeled "scientific" by the schools and his "society," will maintain its position as a reliable method. We confess to some surprise that changes so radical have taken place so rapidly, considering that the profession, as a general thing, intends to be conservative. And how is it accomplished? We know the *role* to a dot. Let some reputable practitioner have a difficult case; his authorities leave him in perplexity, or the accepted prescriptions do not have the desired effect; he resorts to experiment—a not unusual thing; the patient recovers. At the next meeting of the society, he reports the case, and his

experimental method is duly discussed; and after it has received the honor of being thoroughly discussed, any other practitioner would be excusable if he adopted the same method. But it would be exceedingly hazardous for any one to habitually follow this method, no matter how successful it might prove, without submitting it for consideration and discussion. It would lack the essential element of "regularity."

This leads us to classify the profession with respect to the objects they seem to have in view. As in all other avocations, we shall find many who engage in the practice for the sole purpose of making money. These selfish souls we will dismiss at once. Another class have before them, as the ruling motive, the curing of their patients, the amelioration of the sufferings of humanity. A third class are governed by the leading idea of maintaining the dignity and honor of the profession. But as these motives must necessarily more or less blend in all, it often takes close observation to determine to a certainty which is the ruling one. In other cases, the lines are so clearly drawn that we cannot be mistaken.

With the last-named class there is the most scrupulous regard to professional courtesy, as long as their fellows walk by the rules. "Old Blymer" must be buried, and by no means be resuscitated, if the "old doctors" pronounce him dead. An eminent practitioner in London was once arraigned for disgracing the profession by taking his fee in silver instead of gold! His answer was conclusive: "I took silver because I could not get gold; and I took all the man had. Do you call that disgracing the profession?" One of this class, with whom we were well acquainted, when asked if a certain medicine might not help his case, said, in a rather absent-minded manner, "Probably it would, but it is against my principle to give it." The fact was that it belonged to the *materia* of another school! The medicine in question was "regular," according to the accepted authorities, but it was irregular according to his standard; and the patient might die (as he did) before the doctor would save his life by a violation of his principle!

We think our readers will all agree with us that, in this school of practice, there is something that succeeds better than success! We do not use the words, "this school," as designating any of the different *pathies*, but as representing that class of M. D.'s who hold *dignity* above *usefulness*, and prefer a *rule* to *the right*.

Unhesitatingly we confess our preference for the second class we mentioned. They do not have to assert their dignity in words; they show it in their lives—the dignity of worth. Conscientiously alive to the welfare of humanity, they will relieve suffering by the best, or most available means they can adopt, without regard to the school with which it originated. With them things are called by honest names, according to their merits. That which proves itself to be good is called good. And we are pleased to know that we do not have to go outside of the "old school," or of "regular practice," to find this class. It is supposed that the "old school" is composed entirely of conservatives, who never change; but that is a great mistake. The "regulars" are not all old fogies by any means. In our remarks in regard to changes in practice, we have had reference entirely to the school of allopathy—the only one with which we were associated, and the one of which our observations were almost entirely made.

Medical practice, as everything else, is progressive. Science has not been asleep since the days of Esculapius. There are those who, to-day, watch their associates with a jealous eye, ready to report everything that seems to be irregular; and yet they cannot for their lives tell why they are not following the regular *regime* of the last generation, that of calomel and blood letting, or whose lead they followed away from that practice. And they may awake some morning in great surprise to find the methods they now denounce accepted in general practice.

We give an instance in this paper, under the head "Diseases Changed by Medicines," where the physician gave the medicine according to a rule he had learned. But every one must admit that the rule was radically wrong, or else badly misapplied. We claim that he had been badly schooled; for we do not think that any authority within his reach at that time would have condemned his method. But it seemed to us that common sense and fair judgment of the action of medicines would have taught any one that the method was wrong, even if it was indorsed by all the schools in the world.

The medical profession is a noble profession. Let it never be belittled by the narrow-mindedness of men; and let not selfishness rule amongst its disciples. The past proves that it will march onward to the fulfillment of its destiny, and they who would check its progress will be crushed or left behind.

## PREVENTABLE FATALITY.

THE number of people is not small who impute every death to "the providence of God." The student may kill himself by close application to study, without taking any exercise; the man of business bolts his indigestible food in haste, and pores over his ledger early and late, scarcely ever feeling the life-giving warmth of the sun; the wife and mother shuts herself in a dark, hot room, and is fed only on the richest pastry, because she is weakly and her appetite is so poor; and the stomach of the child is made the receptacle of unsuitable food and soothing syrups—otherwise opium; and when exhausted nature gives way under these long-continued abuses, Providence has to bear the blame. For ourselves, we believe there is double wickedness in these transactions; first, in the murders committed, and secondly, in ascribing them to the providence of God.

To these blinded people who thus slander divine Providence, the words of an English authority will sound very strange: "Where there is death from typhoid, somebody ought to be hanged." This is not a random speech. The really intelligent physician will not have the second case of typhoid in the same house without tearing up something. To show the necessity of thoroughly searching for causes, we will relate two instances which fell under our notice:—

1. A family in Wisconsin lost a child by typhoid fever. The house was well built; the cellar was clean; the drainage was perfect; the water was known to be excellent. A second child died, and the doctor renewed his search. But affliction continued, and he insisted upon an examination of the well. The water was drawn by an endless-chain pump. This being removed, it was found that a balsam tree, standing some forty or fifty feet away, had sent its roots to the well and down to the water, and that they had formed a complete network over its surface. But the roots which grew over the water, away from the earth, had died, and thus there was a network of decaying roots in the well. These being removed, the water became pure. And this proves that certain trees, such as balsams, silver maples, and willows, should never be planted within many rods of wells or drains.

2. A man built a house in California, and carried the waste water from the kitchen sink, under the floor, in an open wooden trough. Typhoid attacked the family residing in the house; and after

the loss of two lives, the floor was torn up, and it was found that there were deposited in this trough particles of vegetables, such as would be carried in the water from boiled potatoes, etc., until in places it overflowed, and the slops were left under the house.

How many deaths occur in our cities, towns, and all over the country, from such causes, no one can conceive. And most of them are preventable. Can we say there is no guilt involved in such cases? Is it right to say that persons so destroyed are "removed by an All-wise Providence"? Divine providence always shows itself kind to those who intelligently accept and do not abuse its kindness. "Tenement houses" are too often "death-traps." And in the country, right under the supervision of the owners, houses are built which are not fit for human habitations. When death occurs in such places, before we "lay it to the Lord," it is well to look and see if the fault is not with some dishonest or ignorant builder.

## "CATCH THE SUNSHINE."

ONCE we heard a very interesting singing-school exercise with the above title. We are great lovers of the sunshine. And this is what went far toward reconciling us to California—it has a great deal of sunshine.

Many people in the East seem to think that, because the winter is called "the rainy season," in California, therefore it is all clouds and rain here in the winter. In this they are greatly mistaken. Our first landing in Oakland was Feb. 2, 1875. A refreshing rain had just fallen. The weather was warm, and the flowers all in bloom. And every day in that month was as clear and pleasant as the balmiest day we ever saw in May or June in any Eastern State. There was not a cloud to obscure the sun during the entire month. The February following was about evenly divided between rain and sunshine. But the sunny days were all clear and sunny, without a cloud. Some of the rainy days had some sunshine; but rain predominated, and we called them rainy days.

The past month, January, 1886, was a *very stormy month*. We arrived from the East on the 3d, and that and the following six days were as clear and bright as any June days we ever saw. This was quite a contrast with any six consecutive days we saw in the East during November and December. Taking the entire month, there were

but five days on which the sun did not appear. Thirteen days were clear and bright; and thirteen were divided between sunshine and clouds or rain. This is certainly a favorable showing for a month of unusually hard storms.

It is this peculiarity that so strongly recommends it for health. Of course localities differ here as elsewhere. On the bay we have to kindle fires morning and evening much of the year, to keep out the damp and to keep the feet warm. They who have much physical exercise do not need fire for warmth, at least not much of the year. But with this precaution, we find Oakland a favorable place in which to do a large amount of work.

But still the moisture is unfavorable to many constitutions; and therefore we should never think of establishing a sanitarium on the immediate coast, unless we intended to depend on the home patronage. We could not consent to bring feeble ones here from other localities. It is true that some are benefited by the atmosphere of the coast, but the number of such among feeble people is not large. The chief benefit derived from the numerous "springs," is owing to the circumstance of their uniformly being found in the mountains or in mountain valleys.

At "Crystal Springs," near St. Helena, in Napa County, advantages are found which cannot be found at any other in the State. The Napa Valley itself is one of the most pleasant and healthful in the State. On the mountain sides on the west side of the valley, springs of clear water are numerous, and, therefore, much of the land is rather damp. On the east side the springs are few, and the ground is dry. Yet such is the peculiarity of the soil on these hill-sides that fruit will grow with very little irrigation, and in most localities with none at all.

Thus, every desirable natural condition for health is found at Crystal Springs. The sunshine is abundant. Added to the natural advantages are good buildings; excellent facilities for giving various kinds of baths; experienced physicians in attendance, who supervise the bathing, exercise, rest, and dietary of patients; trained helpers and cooks, no dyspepsia-breeding compounds being allowed in the establishment; and, what is worth more than gold to feeble patients, a pure atmosphere in every respect, the use of tobacco being strictly prohibited.

A few would make this latter item an objection. But invalids, and all others who value cleanliness

and purity, will count it a great blessing. To that large number of people who confess that tobacco is a nuisance, and wish they were free from the habit of its use, we recommend this Retreat as the most favorable place in the State in which to become free from it. The physicians understand their cases, and will remove the vile poison from their systems if they will commit themselves to their charge. People are not aware that it is the influence of the poison *in* and *over* their systems which creates such an uncontrollable craving for it. If the system be cleansed and purified from it, this craving is easily brought under control.

In every respect,—its position on the mountain, dry atmosphere, sunshine, beautiful scenery, unequalled medical attendance, healthful food, and pleasant associations and surroundings,—we know of no other place so well entitled to the name of "Rural Health Retreat."

#### DAMPERS IN STOVE PIPES.

THESE nuisances are now quite common, and because they "save wood," and thereby save money, they are likely to be popular. By shutting off the upward draft, they throw back into the room all the poisonous gas generated by the combustion of fuel, and are, therefore, very destructive to health.

It is a subject of common remark that an open fire-place is more healthful than a stove; and it is largely owing to the better circulation of air through the open upward draft. Now it is true that wood might be saved in a fire-place by covering up the top of the chimney! but we should not wish to live in the house. And that is exactly the principle on which wood is saved by means of dampers in stove pipes.

Fire may be speedily checked by shutting off the supply of air in front, and this is the only safe method of checking it in a stove. If *all* the air could be shut off from the fire in front, it would "go out" as quickly as if it was immersed in water. Thus it will be seen that the fire may be well controlled if the stove is tolerably tight in front when closed up. All who do not wish to commit suicide nor to undermine the health of the family will do well to discard stove-pipe dampers.

THE valuable goods advertised on page 116, can be obtained at no other place in California.

## QUESTION—SCAVENGERS.

“IN the December number of the JOURNAL you say: ‘Nature supplies scavengers as they are needed; where they are not needed, they will not exist.’ And you also say that hogs are scavengers. Query: Do they not exist in greater numbers than are required by nature?”

To answer directly, we say, Yes; they do. And still we stand by the record, repeating what we have said, and affirming its correctness.

Why are buzzards so scarce in the Northern States, and so plentiful in the Gulf States? Every one can answer this. In the South, bodies decompose quickly under the hot sun and in the moist atmosphere, and nature prevents the accumulation of filth where it is so fatal to life, by supplying buzzards. If the same conditions existed in the North, the buzzards would go North. They are scavengers only; they will devour only filth if filth is accessible.

Left to the operations of nature, hogs do not become excessively numerous, especially in our northern latitudes. It takes much labor for man to propagate them and keep them through the cold winters. Without this effort of man, few of their young could live in the long period of deep snows. But it must be remembered: 1. That nature does not produce these vast herds of hogs; she would destroy them in one year if the art of man did not interfere; 2. Man does not raise hogs as scavengers. Under his fostering hand they do not consume filth; they create filth. Hogs as scavengers are scarce in the United States. We think our querist can see the point.

Let us take another view of the subject. Suppose the appetites of the people should crave buzzards as well as hogs. And why not? If caged, and fed on good, sound corn, we think they would be fully as good for food as the flesh of the hog. And suppose they were raised in vast numbers in the State of New York for the city market, being fed on grain through the winter, would they not soon become as numerous in New York as they are in Alabama? But there would be this difference: In Alabama they would still be scavengers, and in New York they would not. We affirm that in a state of nature both buzzards and hogs are scavengers. If fattened for market, in pens, they would neither of them be scavengers. And nobody that ever passed by a pen of fattening hogs doubts the truthfulness of our saying, that hogs raised and fattened for market create more filth than

they destroy. In fact, when fattened in a filthy sty, deprived of exercise and of every condition conducive to health, they become only a mass of scrofula and filth, and then man becomes the scavenger!

## SALTING FOOD.

THERE is probably no one point in the question of dietetics upon which there exists a greater misunderstanding than that of the use of salt with food. And in many cases we find that no habit is harder to correct than that of the excessive use of salt. The first reform in every case is *in the mind*; and it is not possible to correct the habit while the misunderstanding referred to exists,—while the majority really believe that their practice is in accordance with physiological facts and with Scripture statements. Being fortified in their minds by the conjoined weight of *necessity* and *right*, it is difficult to impress them with the impropriety of their course.

*Salt is not food.* It needs but little argument to settle this in every mind. Food has a certain office to fill; an object is accomplished in its use. The system, which is continually undergoing waste, must be supplied with new material with which to renew its various parts. By the wonderful arrangement of the organs of digestion and assimilation, the food is separated, changed, and converted into blood, muscle, nerve, bone, etc. Each particle, having answered its purpose, is in turn broken down, and rejected from the system as effete or refuse matter, to give place to others. But not so with salt. The stomach does not digest it, but holds it only as salt. It is not changed or assimilated. It passes into the circulation, not to build up or supply any part of the system, but to be carried along simply as salt. It is received into the depurators and finally ejected, not as broken-down matter which has answered its purpose in the system, but is expelled as an intruder—a foreign substance—as salt, and salt only. No part of the system has received any additional bulk, weight, or strength from its presence; digestion has not been facilitated by it, but retarded. As salt, it has been taken into the stomach; passed through the entire system unchanged, and comes out salt at last.

THE patients and visitors at the Retreat are enthusiastic over its unequalled advantages.

## DISEASE AND ITS CAUSES.

BY MRS. E. G. WHITE.

MANY mothers feel that they have not time to instruct their children; and in order to get them out of the way and get rid of their noise and trouble, they send them to school. The school-room is a hard place for children who have inherited enfeebled constitutions. School-rooms generally have not been constructed in reference to health, but in regard to cheapness. The rooms have not been arranged so that they could be ventilated, as they should have been, without exposing the children to severe colds. And the seats have seldom been made so that the children could sit with ease, and keep their little, growing frames in a proper posture to insure healthy action of the lungs and heart. Young children can grow into almost any shape, and can, by habits of proper exercise and positions of the body, obtain healthy forms. It is destructive to the health and life of young children for them to sit in the school-room, upon hard, ill-formed benches, from three to five hours a day, inhaling the impure air caused by many breaths. The weak lungs become affected, the brain, from which the nervous energy of the whole system is derived, becomes enfeebled by being called into active exercise before the strength of the mental organs is sufficiently matured to endure fatigue.

In the school-room the foundation has been too surely laid for diseases of various kinds. But, more especially, the most delicate of all organs, the brain, has often been permanently injured by too great exercise. This has often caused inflammation, then dropsy of the head, and convulsions, with their dreaded results. And the lives of many have been thus sacrificed by ambitious mothers. Of those children who have apparently had sufficient force of constitution to survive this treatment, there are very many who carry the effects of it through life. The nervous energy of the brain becomes so weakened that after they come to maturity, it is impossible for them to endure much mental exercise. The force of some of the delicate organs of the brain seems to be expended.

And not only has the physical and mental health of children been endangered by being sent to school at too early a period, but they have been the losers in a moral point of view. They have had opportunities to become acquainted with chil-

dren who were uncultivated in their manners. They have been thrown into the society of the coarse and rough, who lie, swear, steal and deceive, and who delight to impart their knowledge of vice to those younger than themselves. Young children, if left to themselves, learn the bad more readily than the good. Bad habits agree best with the natural heart, and the things which they see and hear in infancy and childhood are deeply imprinted upon their minds; the bad seed sown in their young hearts will take root, and will become sharp thorns to wound the hearts of their parents.

During the first six or seven years of a child's life, special attention should be given to its physical training, rather than the intellect. After this period, if the physical constitution is good, the education of both should receive attention. Infancy extends to the age of six or seven years. Up to this period, children should be left, like little lambs, to roam around the house, and in the yards, in the buoyancy of their spirits, skipping and jumping, free from care and trouble.

Parents, especially mothers, should be the only teachers of such infant minds. They should not educate from books. The children generally will be inquisitive to learn the things of nature. They will ask questions in regard to the things they see and hear, and parents should improve the opportunity to instruct, and patiently answer, those little inquiries. They can in this manner get the advantage of the enemy, and fortify the minds of their children, by sowing good seed in their hearts, leaving no room for the bad to take root. The mother's loving instruction at a tender age is what is needed by children in the formation of character.

The first important lesson for children to learn is the proper denial of appetite. It is the duty of mothers to attend to the wants of their children by soothing and diverting their minds, instead of giving them food, and thus teaching them that eating is the remedy for life's ills.

A well-disciplined family, who love and obey God, will be cheerful and happy. The father, when he returns from his daily labor, will not bring his perplexities to his home. He will feel that home and the family circle are too sacred to be marred with unhappy perplexities. When he left his home, he did not leave his Saviour and his religion behind. Both were his companions. The sweet influence of his home, the blessing of his

wife, and love of his children, made his burdens light; and he returns with peace in his heart, and cheerful, encouraging words for his wife and children, who are waiting to joyfully welcome his coming. As he bows with his family at the altar of prayer, to offer up his grateful thanks to God for his preserving care of himself and loved ones through the day, angels of God hover in the room, and bear the fervent prayers of God-fearing parents to Heaven, as sweet incense, and they are answered by returning blessings.

Parents should impress upon their children that it is sin to consult the taste, to the injury of the stomach. They should impress upon their minds that, by violating the laws of their being, they sin against their Maker. Children thus educated will not be difficult of restraint. They will not be subject to irritable, changeable tempers, and will be in a far better condition for enjoying life. Such children will the more readily and clearly understand their moral obligations. Children who have been taught to yield their will and wishes to their parents, will the more easily and readily yield their wills to God, and will submit to be controlled by the Spirit of Christ. The reason so many who claim to be Christians, have numerous trials, which keep the church burdened, is because they were not correctly trained in their childhood, and were left in a great measure to form their own characters. Their wrong habits and peculiar, unhappy dispositions were not corrected. They were not taught to yield their will to their parents. Their whole religious experience is affected by their training in childhood. They were not then controlled. They grew up undisciplined, and now, in their religious experience, it is difficult for them to yield to that pure discipline taught in the word of God. Parents should, then, realize the responsibility resting upon them to educate their children in reference to their religious experience.

WHEN some men come to you, it is like sunrise. Everything seems to take new life, and shines. Other men bring night with them. The chill shadow of their society falls upon every innocent gayety, and your feelings, like birds at evening, stop singing and go to their roost. Away with those fellows who go growling through life, all the while passing for birds of paradise! He that cannot laugh and be gay, should look well to himself.

— *Henry Ward Beecher.*

## Temperance.

### INDICTMENT OF THE LIQUOR TRAFFIC.

IN the JOURNAL for December, 1885, in the article under the above head, we stated that all actions may be ranged in three classes: 1. Those which are always right; 2. Those which may be right or wrong, according to circumstances; 3. Those which are always wrong. The practice of the virtues belongs to the first class. Writing, shooting, etc., belong to the second class; murder, adultery, etc., belong to the third class. Of these three, the liquor traffic surely does not belong to the first. Its most ardent friends would hardly contend that it is always and only right and a duty to society to sell liquor, even as the practice of the virtues. We must look further for its place.

Will its characteristics place it in the second class? Though it may sometimes be an evil, may it not also sometimes be an act of mercy, of actual benefit to individuals and to society? Let us present a series of cases, and the venders of alcoholic beverages may come forward and identify their work as the cases appear.

Mr. A inherited a handsome property; but he was feeble-minded, and unable to take care of it. He took to drinking whisky freely, and in a year's time he became strong of mind and a competent business man.

Mr. B was a man of vile habits, and almost brutal instincts; he was a libertine and profane, but a sober man. He became addicted to drinking, under the influence of a highly respectable saloon-keeper, and he became a confirmed inebriate. The effect was most marked, as he soon became refined in his manners, chaste in his conduct, and an honored member of society.

Mr. C was an unkind husband and a cruel father. He had been known to beat his wife and torture his children in the most shocking manner. He was first induced to drink wine, and then whisky, and in less than two years, being a constant whisky drinker, he became a loving husband and a kind, considerate father. When he came home drunk, as he frequently did, his wife and children would run to meet him with the greatest joy.

Mr. D was a sluggard, and he would have been a glutton, but he was too lazy to procure the food necessary to gratify his appetite. His family suffered for the necessaries of life. He took to

drinking—what is sometimes termed hard drinking—and in a short space of time, under the renovating influence of whisky, he became an industrious, prudent man, and clothed his family in a genteel manner and supplied them with all the bounties of life.

Young E. was the son of respected parents, but he was a vicious boy from his childhood. He grew up to be called “a hard case.” If there was any mischief done in the neighborhood, it was known by all who was concerned in it. His parents were almost heart-broken. In a fortunate hour he was induced to drink some brandy, of which he became very fond. It was his constant drink. Under its happy influence he entirely reformed, and became a joy and solace to the declining years of his parents.

Mrs. F. was of a morose, sour disposition, and it so grew upon her that she was a great grief to her husband, a terror to her children, and a pest in the neighborhood. She contracted an appetite for beer, of which she drank freely. After some time she substituted whisky for beer, and drank it constantly. The result was that she became sweet-tempered, cheerful, and every way companionable. Her family fairly adored her, and the neighbors were overjoyed at the happy change wrought by the liquor.

Mr. G. was a man of natural ability, but he utterly neglected to cultivate his talents. His life seemed to be listless, as if he lived in a land of dreams instead of realities. He was induced by some kind friends to drink both beer and wine, which were soon exchanged for whisky and brandy. The result was, he became an energetic and studious man, and was soon elected judge of one of the higher courts, and filled the office with dignity, and was an honor to the position.

The small village of H. was what might be termed a “fogy town.” The men spent much of their time in idle sports, and the women were given to gossip. The schools were neglected, and the children were growing up in ignorance and rags. A man set up a saloon, fitting it up in a most attractive manner, and stocking it “with the choicest wines and liquors.” Of course he kept a fine stock of tobacco and cigars. The establishment was liberally patronized from the beginning, and became the chief place of resort in that country. The saloonist proved, as is generally the case, to be the benefactor of the place. Soon the men took to

their avocations; their fences were put in repair; their houses were painted; the school-house was renovated; the children were clothed and going to school; the women turned their attention to their home work and the improvement of their minds; and often in their afternoon visits, their time was divided between reading some interesting book and drinking wine and beer, a liberal supply of which was prudently kept in every house. The result was so cheering that other saloons were opened in the place, and H. was soon noted as one of the happiest, neatest, and thriftiest villages in the State.

This is sufficient for our purpose. And now we invite the liquor dealers to come forward and each point out the case which is paralleled by his own work. Take this to your neighbor who sells liquor, and ask him if he recognizes in the list anything which he ever saw as the actual result of his business. And if they cannot identify their work in this list, why not? If it is “legitimate” as any other mercantile business, they ought to be able to point out *some* of its good fruits; something in which it has proved a benefit and a blessing to individuals and to society. But if no case of the kinds here specified was ever known (and we challenge the whole world of liquor dealers to show just one such instance), then we must of necessity deny that liquor selling belongs to the second class of actions. For who will show us *any good* in it? In our next we will examine it in reference to the third class of actions,—those which are always and only evil, and therefore criminal.

#### TRUE, EVERY WORD.

SEVERAL children were bitten by a mad dog in Newark, New Jersey, and a subscription was raised to send them abroad for treatment. On this the Chicago *Inter-Ocean* remarks:—

“It is a pleasure to note the humane act of the people of Newark, N. J., who promptly subscribed \$1,000 to send six poor children who were bitten by a rabid dog, to Paris for treatment by Pasteur, the renowned surgeon of that city. Whether a cure is effected or not, the act will stand as among the brightest of the year. Now, if every class would continue to manifest a like interest in the children of our cities, what a change would result. Rabid dogs, that insert disease and death into the bodies of the boys and girls, as in the case of the poor little ones at Newark, are not as bad as the

thousand dens of vice which poison both soul and body and wreck both."

But what did they do with the rabid dog? Just as like as not they killed him, and thus destroyed somebody's property. Of course they had no right to destroy property for such a trivial cause as the endangering of the lives of a few children. That is contrary to well-established precedents. They should have assessed a "high license" on the dog, and set him free in the streets.

#### TOBACCO, KING OF HARD TIMES.

WE extend our thanks to the friend who sent us the following article. It is an editorial of the *Oregonian*, and a most truthful presentation of the slavery and evils of the tobacco abomination:—

In its annual trade review the *Chicago Inter-Ocean* says that "although tobacco is really classed among the luxuries, yet its use has become so general and the habits of smoking and chewing so fixed, that it is considered and treated as a necessity by a large majority of consumers. Hence its sale is less affected by hard times than many other lines of goods, the only class to suffer being fine brands of chewing tobacco and high-priced cigars."

By this showing, it appears that the most selfish, offensive, and enervating habit that ever set the brand of filth upon the garments and its stench upon the breath of an enlightened people has risen proudly superior to a general stagnation in business, and made a satisfactory record in the trade of one of the dullest of years. What little stretch of economy was made in the direction of this necessity of civilized existence was not forced upon laboring men, whose outcry of meager wages and lack of employment resounded from one end of the country to the other. No; it was the bosses in the financial world who were forced into retrenchment in tobacco.

The year 1885 voiced many a complaint of labor against corporate power, charging that it sought to reduce wages to a point that would deprive the working man of the barest comforts of life; but it seems that all the force of organized capital was not able to take from the laborer the gentle solace of his pipe or the supreme comfort of his quid. Labor strikes abounded; strikes against proposed reduction of wages, and strikes for advance; strikes to compel the discharge of objectionable men, and strikes because of the dis-

charge of favorites; strikes on railway and street-car lines, and in iron mills and cotton factories; strikes against labor-saving machines and against cheap foreign labor. In the aggregate an enormous amount of wages was lost because unearned, and in hundreds of homes the most abject poverty ruled; but the incense from the tobacco-pipe never ceased to ascend, and the laborer continued to expectorate as freely as when work was plenty and wages were good.

Children, we are told, went supperless to bed, and from lack of books and clothing, were unable to accept the proffer of free education, and families suffered for coal; but the pipe was by extra exertion kept warm. Such luxuries as sugar, butter, syrup, and meat had to succumb in many a working man's home to the inexorable demand of hard times; but when it came to the actual necessities, the down-trodden laborer produced his plug and pipe, and was consoled.

Not only was the devotee of tobacco—of the cheap grades—not reduced to the dire extremity of want, in conjunction with this prime necessity, but he even, as the records show, scorned economy therein. It was his oppressor, the man of means, perhaps even the odious corporation shark, who was forced to retrench upon quality, and substitute for his luxury of fine-cut the rank plug that is the poor man's solace. Let no one think that the laboring class of this favored country is entirely bereft of comfort, so long as the tobacco sales of a dull financial year report an increase of from five to twenty per cent. on all of the cheaper grades. Coal is a luxury, upon which the family can afford, in a financial pinch, to economize. School books can be dispensed with. Clothing can be patched and turned and made to do double duty by deft fingers in the poorest home. Soup-houses can be resorted to if the pinch gets sharp enough; but tobacco reigns through all, king of hard times.

"YES, sir," said the liquor dealer, "it is a good law that prevents any one from opening a school within 500 feet of a liquor saloon. School-houses are the ruin of the trade, anyway." In very many districts the saloon is better maintained than the school-house. There is a natural antagonism between the two.

SEE the advertisements of books in this number of the JOURNAL.

**DEATH FROM SMOKING.**

THE New York correspondent of the *Buffalo Commercial Advertiser* writes: "A case in my own intimate acquaintance has this very week appalled a large circle of friends in this city. The victim was exactly of my own years, and a companion from early boyhood. For thirty years, at least, he has been a daily smoker of the choicest cigars, but in all his other habits temperate and regular, and of excellent constitution—one who, of all men, would have laughed at the suggestion that tobacco was killing him. A week ago last Sunday night, he was stricken with the progressive paralysis characteristic of nicotine, and on Sunday night he died. His death was most pitiful. First, sight was lost, then speech, then motion of the neck, then motion of the arms, and so on throughout the body; and he lay for a fortnight unable to move or make a sign, save a pitiful, tongueless, inarticulate sound, which sometimes rose to almost frantic effort, all in vain, to make known what he wished to say to his family or friends—for his consciousness and mental faculties were left unimpaired till within two hours of the last, to aggravate to the utmost the horror of his situation—a living soul in a dead body. The sense of hearing was left unimpaired, so that he was conscious of all around him, while as incapable of communication with them as if dead, save by a slight sign of assent or dissent to a question. The doctors were fully agreed that tobacco was the sole cause of this stroke."—*Detroit Post*, 1873.

**ACTION OF ALCOHOL ON THE HEART.**

DR. RICHARDSON, of London, says he was recently able to convey a considerable amount of conviction to an intelligent scholar by a simple experiment. The scholar was singing the praises of the "ruddy bumper," and saying he could not get through the day without it, when Dr. Richardson said to him: "Will you feel my pulse as I stand here?" He did so. "Count it carefully; what does it say?" "Your pulse says seventy-four." The doctor then sat down in a chair, and asked him to count it again. He did so, and said, "Your pulse has gone down to seventy." The doctor then lay down on the lounge and said, "Will you take it again?" He replied, "Why, it is only sixty-four; what an extraordinary thing!" Said the doctor: "When you lie down at night,

that is the way nature gives your heart rest. You know nothing about it, and that beating organ is resting to that extent; and, if you reckon it up, it is a great deal of rest, because in lying down the heart is doing ten strokes less a minute. Multiply that by sixty, and it is six hundred; multiply it by eight hours, and, within a fraction, it is five thousand strokes different; and, as the heart is throwing six ounces of blood at every stroke, it makes a difference of thirty thousand ounces of lifting during the night. When I lie down at night without any alcohol, that is the rest my heart gets. But when you take your wine or grog, you do not allow that rest, for the influence of alcohol is to increase the number of strokes; and, instead of getting this rest, you put on something like fifteen thousand extra strokes, and the result is, you rise up very seedy and unfit for the day's work till you have taken a little more of the 'ruddy bumper,' which you say is the soul of man below."—*Dio Lewis's Nuggets*.

**NUTRIMENT TABLE.**

FROM the "Philosophy of Health" (p. 301.) by L. B. Coles, M. D., Fellow of the Massachusetts Medical Society and Member of the Boston Medical Association, we take the following hygienic table, which shows the comparative value of various articles of vegetable and animal food. As will be seen, the nutritive value of vegetable food greatly preponderates. Mr. Coles says:—

"The following table, made out from the highest European authorities, will show the proportion of nutrient properties belonging to different articles used in ordinary diet. The figures against each article show the amount of nutrition which each contains in every one hundred parts.

Wheat, about . . . . .	85	Beef, about . . . . .	25
Barley, " . . . . .	83	Veal, " . . . . .	25
Rye, " . . . . .	83	Mutton, " . . . . .	25
Oats, " . . . . .	79	Lamb, " . . . . .	25
Oatmeal, " . . . . .	93	Chickens, " . . . . .	22
Rice, " . . . . .	90	Codfish, " . . . . .	20
Peas, " . . . . .	93	Oysters, " . . . . .	13
Beans, " . . . . .	92	White of eggs . . . . .	29
Potatoes, " . . . . .	25	Yolk of eggs . . . . .	46

These facts are worth remembering.

"I do not think," says Mr. Joseph Chamberlain, M. P., "that hard work ever killed any one, and I doubt if it has ever injured many." Perhaps not; but overwork has injured some persons, we know, and brought many to untimely graves.

## Miscellaneous.

### SCHOOL-GIRL DIET.

A YOUNG girl, pretty, sprightly, and supposed to be intelligent, was sent home from boarding-school with what was pronounced by the physician to be epileptic fits. Universal sympathy was manifested for her and her friends, and the doctor wrote out a long prescription. But even the taking of the medicine did not cure her. She kept on having those queer fainting spells, and was at last removed entirely from school, with the reputation of a fine scholar who had unfortunately broken down by overstudy. "Another victim to the absurd effort to give girls the higher education adapted to boys," said some of the lookers-on.

An investigation into the dietetic habits of this young girl revealed a sufficient cause for the supposed epilepsy, quite outside of the intellectual strain of school, and changed the diagnosis. It was learned that her breakfast consisted principally of a cup of strong coffee, with buckwheat cakes or hot rolls, doughnuts, fried ham or sausage, and fried potatoes. On her way to school she munched peanuts and apples. During school hours she slyly nibbled candy. At recess more peanuts and apples. She sat down to dinner with a meager appetite, at first desiring only a cup of coffee. Then perhaps she would eat a small piece of meat; but she made her meal principally on pie, cake, or rich pudding. Then began a repetition of the morning interlude of nuts, apples, and candy. At supper a cup of strong tea aroused her flagging powers, so that she was enabled to eat a little bread, and a plentiful supply of cookies, with dried beef, cheese, and pickles as relishes. From the tea-table she carried a plate of pickles and cake to her room, and, with her room-mate, nibbled till bedtime.

All this, when grouped in one grand whole, sounds appalling, but she saw only one item at a time. No one suggested to her that she was injuring herself. No one intimated that her frequent headaches might have their origin in an outraged stomach. Many people were interested in regard to her mental progress, some were anxious for her spiritual welfare, but no one cared for her physical well-being. Other girls did the same; why should not she? Why would it hurt her, if it did not injure them? Poor child! she had not learned

that the "mills of the gods grind slowly," but "with exactness grind they all." The consequences of wrong-doing are certain, though they may not follow swiftly upon the wrong deed. "What a man soweth that shall he also reap," is as true in the realm of material things as of spiritual. A disregard of moral law brings moral penalty; a disregard of physical law brings physical penalty. It was not overstudy that broke down the health of this school-girl. It was a lack of a recognition of the obligations due to the body; it was, no doubt, largely ignorance, but it was as injurious as if it had been willfulness.

What, then, are the rules which should govern the dietetic habits of the school-girl? First, as to what should *not* enter into her dietary. Tea and coffee should form no part of it. They are in no true sense foods, but are stimulants. They do not build up tissue, but in reality interfere with such building up, and so with growth and health. No matter how many strong pleas may be made for the use of tea and coffee by the old, there is not one that can be made for their use by the young. They are unnecessary, and, more than that, they are injurious. One great objection to their use is the fact that they satisfy the appetite without supplying food. In this way the system is defrauded of its nourishment. The cup of tea or coffee deadens the sensibilities of the nerves, and they say nothing about the need of food. And so the girl studies and exhausts her vital force; and her head aches, and her back aches, and she is dreadfully tired, simply because her whole body is clamoring for good, wholesome food out of which to make new tissue to replace that which has been used up by the exigencies of life.

Pies, cakes, candies, and pickles are all objectionable articles of daily diet. The fruit of the pie may be wholesome; but the pastry is an indigestible compound of lard and fine flour, neither of which furnish tissue-building material. Cakes are complex combinations of many ingredients, which, thus united, are difficult of digestion. Pickles furnish no nourishment, and are sources of irritation. Candies are too often compounds of white earth and glucose. Even if made of pure sugar, they are too concentrated to be wholesome, loading the system with a superabundance of sweet, and clogging the liver. They are to be avoided, as a rule, and, if eaten at all, should form a part of the meal.

The best breakfast for a school-girl is one that is very simple, but which at the same time furnishes food for bone, nerve, muscle, and brain. Oatmeal mush, whole-wheat-flour bread, milk, eggs, and fruit should be staple articles, and can be varied from day to day if the appetite demands change. But when the whole system is fully supplied with nourishment, it is surprising how little variety is required. Habit will make a breakfast of oatmeal the most delicious and satisfying possible, needing not to be supplemented with a beefsteak. Those who do not like, or for any reason cannot eat, oatmeal (and there are such) can find good substitutes in cracked wheat, samp, hominy, grainlet, granula, omnia, and various other cereal preparations now to be found in market. Indian cornmeal, especially the white meal, made of Southern corn, is an excellent winter food. Fruits are particularly necessary for young people of all ages. They supply needed acids, and, by combination with other substances, form needed bone and nerve foods.

Dinner should consist of plainly cooked, not highly seasoned, vegetables, cereals, and fruits, with meat, more as a relish than as a staple. It is a universal mistake to suppose that meat is the most nourishing of foods. Wheat is the standard article, when not deprived of its gluten by the bolting process. If pies, cakes, and puddings are indulged in at all, let it be on grand, holiday occasions, when no special demands are being made upon the brain, and much time can be spent in the open air. The supper of the school-girl should be light and simple, and not later than six o'clock. Rice and milk, grainlet, granula, cooked sub-acid fruits, with bread, make a supper fit for an American school-girl, and therefore fit for a queen.

One rule to be religiously regarded is to eat nothing between meals. And that means *absolutely nothing*, not even candy, nuts, oranges, or apples. When, then, can we eat nuts? Eat them at dinner, in the place of meat. They form a very good substitute indeed. They have the advantage of cheapness—as compared with meat—they furnish fat for making heat and force, and, making a part of the regular meal, they do not tax the digestion unduly. On such a dietary as here indicated, the craving for pickles, or for chalk and slate pencils, will disappear—this craving being an evidence of insufficiency of proper food. This dietary, nicely prepared and varied, as the skill of the

careful housewife will suggest, will furnish food for brain, nerve, muscle, will satisfy appetite, and will do much to prevent girls from breaking down at school.—*Mary A. Allen, M. D., in the Congregationalist.*

### ECONOMIZE YOUR STRENGTH.

#### A RESERVE FORCE.

A CASE of physical bankruptcy came under my notice not long since, which furnishes a text for the present homily. The conditions were such as are common to thousands of households throughout the land. An aged and widowed mother, during a long and painful illness, was dependent upon the care of two daughters, each less than thirty years old. A slender income forbade the help of a professional nurse, and upon these two girls fell the extra labor which is a necessary concomitant of sickness. The service was a loving one. They rejoiced that their own hands could minister to the necessities of one who grew unspeakably more precious as the time drew near when the dear worn face would be buried from their sight. Their devotion was so sweet, so tender, so unselfish that the neighbors often remarked, "Those Blair girls will break down after their mother's death."

The prophecy came true of only one, however. When the beloved presence had gone out from the home to return no more forever, Miss Louisa, the elder, became the victim of nervous prostration, and was obliged to go away for treatment to a celebrated sanitarium. The younger now had an additional burden of loneliness to bear, and it was during this time that I called upon her and learned the secret of her marvelous endurance.

"How is it," I asked, "when you shared mutually in the care of your mother, when your affection for her was equally strong, and, to all outward appearances, when your health was no better than Louisa's, that she has broken down and you have not?"

Her earnest, direct, and common-sense answer was substantially as follows: "About five years ago," she said, "I was led to see that I ought to be laying up in store for this very emergency. Sickness and death are vicissitudes common to every family; and while father had carefully hoarded money enough to carry us comfortably through all ordinary expenses incident thereto, I knew that something besides money would be needed. I

knew that if mother had a lingering illness both Louisa and myself would wish to do everything that we could ourselves for her comfort, even to the robing of the precious body for burial, and this would take *vital force*. I studied the subject carefully, and felt confident that we, like most Americans, were living up to the very limit of our income in this particular. We had no 'complaints,' so-called, but each day we used up every particle of strength which we generated. There was no surplus. Such a course of living seemed to me as unwise as to spend the little capital which father had prudently saved, leaving nothing in the bank upon which to draw in the proverbial rainy day. I talked with my sister; but she laughed at what she called my hobby, and persistently staid within doors while I was tramping the fields, or grubbing in the flower garden, or taking vigorous exercise of some kind. I had no special theories beyond what are involved in a sensible use of nature's common agencies,—pure air, exercise, simple diet, abundant sleep, and a contented spirit. Sometimes it seemed selfish to go off by myself for an afternoon nap; but I studied my own organism sufficiently to see that while I might be reckless in exposure to cold, for instance, or in matters of diet, as regards sleeping I must hold a tight rein if I wished to strengthen my nervous system. By and by came the testing time, and oh! I cannot be grateful enough that I had my wealth of health to use for mother during her last days. It was an inexpressible comfort to watch night after night without weariness, to have strong arms to lift her, and steady nerves to soothe her in paroxysms of pain. Louisa lived on her *principal* of strength, I on my *interest*; that explains my being left here to carry on the household cares alone for a while."

Here the strong mouth quivered and tears filled her eyes as she added, "I'm aware that now I have used up all my reserve force, and I must begin to lay by in store again. But it is blessed, it does pay, to have *one's own self* to give in time of need."

It seems to me that this experience, and it is not a fictitious one, contains the germ of a great truth, viz., that the secret of health, as of wealth, is to lay up a little each day; for into every life there will come periods when sleep must be broken and meals be irregular, a run in the open air impossible and the household routine deranged.—*Frances J. Dyer, in Good Housekeeping.*

#### OUR GARDEN TOAD.

[The toad used to be considered venomous, and was killed as an enemy to man. But, happily, the prejudice against the toad is wearing away, and he is now known to be a friend, especially to gardeners. Some one has waxed enthusiastic over his merits, and celebrated his praise in poetic strains. As an act of justice to his toadsh-p, and in hope of calling attention to his good qualities, we copy the effusion.]

A SQUATTER sovereign, with abdomen rotund,  
Complaisant sits, with an indifferent air,  
As one in office, guarding a public fund,  
With salary fixed, and he a fixture there.

This toad of ours is no mean toad, not he;  
He is no toady, whom we all despise;  
And if obsequious he should seem to be,  
Don't use molasses when he catches flies.

The little gnats that flit before his vision  
Are taken in, as worthy of his care;  
He picks them up with promptness and precision;  
For each he makes provision, then and there.

Thou faithful watchman of my garden vines,  
Quite glad am I to see thee waxing fat,  
Nor will I question good or bad designs;  
I leave the bugs and thee to settle that.

Yea, slay and eat unto thy heart's content;  
Since that's thy mission, thy mission then fulfill;  
No doubt Dame Nature knew just what she meant  
In making toads—and bugs for toads to kill.

#### THE PORK CURSE.

It is commonly called trichinosis. It fell upon a party in New York City, November 25, 1885. It is thus noticed in the press report:—

"On November 25, Frederick Weitzel, an aged shoemaker of this city, and his wife, gave a party in honor of the birthday of their married daughter, Matilda Lawson. There were present besides these their other children, Oscar, aged 20; William, aged 13; Emma, aged 23; Bertha, aged 21, and Amelia, aged 17 years. Among the other guests were Mrs. Margaret Pierce and her husband, William; John Lawson, husband of Matilda, and his friend, Moses Simon. Among the edibles was an underdone ham, all of which was consumed, some eating heartily, some sparingly, and others not at all. Since then those who ate much of the half-cooked pork have been taken very ill with all the symptoms of trichinosis, those who ate little, less severely, and those who abstained have escaped. The first symptoms developed on the Friday following in the case of Mrs. Weitzel, who suffered and continued to suffer excruciating pains, and is unable to move hand or foot. The next day her husband came down in the same way. On Monday the son William was attacked; on the following Wednesday Bertha began to suffer, and on

Friday Oscar took his turn, leaving Amelia and Emma the only well members of the family. To-day all had so far recovered as to be able to go about, except Mrs. Weitzel and Bertha, who are still very weak. Outside of the family, Mrs. Pierce is unable to move, and John Lawson and his wife were both attacked. The latter is better, but the former is suffering intensely. Moses Simon's sufferings began last Saturday. The Health Department took the case in hand to-day. Unfortunately no scrap of the ham can be found for analysis. The physicians called all pronounced it malarial fever, but the general belief now is that it is genuine trichinosis."

A later dispatch says:—

"Dr. Edson, of the Health Department, made an examination to-day of the persons reported last night in these dispatches as being ill from having eaten partly cooked ham, and pronounces them well-defined cases of trichinosis. Six additional persons were found sick to-day, which brings the number up to fifteen. Several more cases will probably yet be heard from, as there were twenty-five or thirty, all told, at the party."

The doctors do not give the hog credit for a tithe—not a thousandth part—of the disease and death which he causes in the human family. In the face of all the proof on the subject, it takes considerable—not bravery, but—recklessness, foolhardiness, to eat pork. There is danger in every morsel. It is unfit for food, even if the poisonous reptiles which it contains are scalded or roasted!

#### AFRAID TO VENTILATE.

JUST how many lose their lives every year because of inexcusable ignorance upon the subject of ventilation, it is impossible for us to tell. But that many have the foundation for disease formed by breathing over and over again air that has been polluted by the breath of others, the following instance serves to illustrate:—

In a certain church in Illinois, which, by the way, is the most popular and largely attended in its particular town, on Sunday, January 3, they had a special committee appointed to see that no windows or doors were left open, for fear, since there was one case of tonsillitis in town, that some one would take cold and have sore throat. There were about three hundred and fifty people assembled, and the furnace was kept very hot. As a re-

sult, a number became so sick and faint that it was almost necessary to carry them out.

How long before mankind can be educated so as to know that shutting up such a concourse of people in a highly heated and unventilated room is a gross, if we might not say criminal, violation of the laws of life and health, which must result in shortening the lives of many who are thus treated? Although the day was damp, a good supply of fresh *damp* air would have been far preferable to the foul exhalations from the catarrhal and doubtless consumptive and otherwise diseased breaths of several hundred people.

If this had been in benighted heathendom, it would not have seemed so bad; but when we think of such a thing being done in the very heart of civilization, it looks too preposterous to credit; and if we were not sure of the truth of it, we would hardly believe it.

A. O. TAIT.

#### DYSPEPSIA.

GREED causes indigestion, and indigestion continued until the general health is deranged, is dyspepsia. Much that is commonly called by this name is not dyspepsia, but only indigestion; however, just where the line between the two ought to be drawn may be difficult to determine. In order to correct some erroneous ideas concerning this distressing disease, and to enable us to form a correct opinion as to the best habits to adopt to prevent it, let us look for a short time at the physiology of digestion.

The great mass of people, intelligent as well as ignorant—even physicians themselves—habitually reter this disease wholly to the stomach, charging it with all the ills that follow indigestion of any sort. That this view is erroneous, and causes much confusion in an attempt to fix upon a diet suitable to those troubled with indigestion, may be seen from a perusal of the following facts:—

1. The first digestive agent I care to mention is the saliva, which has for its duty, aside from being a general lubricant of the food, the office of converting starch into grape-sugar. Starch, as such, cannot in any form be used by the system as a nutrient nor as a heat-producer. Until converted into grape-sugar (or glucose, which has the same chemical formula), starch can only clog the digestive organs, and must be excreted as so much foreign material.

2. Gastric juice, secreted by the mucous mem-

brane of the stomach, has for its duties, (1) The dissolving of albuminoids. By this term I mean foods resembling albumen, as caseine, fibrine, gluten, etc. But even when dissolved, these substances cannot enter the circulation, being surrounded by mucous membrane. (2) The conversion of albuminoids into albuminose, which differs from its former state only in its ability to pass through mucous membrane.

3. Intestinal juices, being from several sources, namely, the liver, the pancreas, and certain secretory glands found in the upper portion of the small intestines, called the follicles of Loeberkin, are almost if not quite equal in quantity to the gastric juice, and, of course, do not come in contact with the food until it has passed through the stomach. The duties of these juices are:—

(1) To emulsify fats thus rendering, them capable of being absorbed from the intestinal tract, to be delivered to the general circulation; (2) To change starch into grape-sugar; (3) To change cane-sugar into grape-sugar; (4) To stimulate the peristaltic action of the intestines, also to stimulate the absorption of digested food for the general circulation, as above mentioned.

I thus rehearse these well-known facts that they may be fresh in our memories for use in discussing the subject in hand. I will now again go over the ground, and look more fully at the digestion of different kinds of food.

Starchy food, such as potatoes and a certain portion of vegetables and cereals, as corn, wheat, oats, etc., begins its digestion, or conversion into grape-sugar, under the action of the saliva. When it reaches the stomach, this process of change is arrested, to be recommenced and completed by the action of the intestinal juices after it has passed the lower or pyloric orifice of the stomach.

Fats and oils pass the mouth and stomach unchanged, to be emulsified by the action of the intestinal juices alone. Cane-sugar, whether alone or mixed with other substances, likewise reaches the intestines unchanged, there to be converted into grape-sugar, in which form alone it can be absorbed. Albuminoids, *i. e.*, albumen, caseine, fibrine, gluten, etc., depend wholly upon the gastric juice for their digestion. Now for the application of the above to the subject under consideration.

In my practice I have found two distinct types of indigestion, which, in the light of the above facts, call for entirely different remedial measures.

If there is a failure to digest the albuminoids, I would term it gastric indigestion; but if fats, oils, and sweets cause the more serious symptoms, it must be called intestinal. Of course these two types of indigestion may often be found in the same individual, and perhaps each may predispose to the other. But if my observation is a criterion, I should say that cases of the intestinal type far outnumber those of the gastric. Yet, in the face of this fact, almost every prescription for dyspepsia, of the average physician, will be found to contain pepsin, the active principle of gastric juice, as its principal agent. Among all the diseases that vicious living brings upon the sons of men, there is perhaps none that is any more fully under the patient's own control than dyspepsia. This is certainly true where derangement of the general health has not caused complications with other diseases. You ask how? By intelligent and careful selection of food, combined with clean, temperate, and regular habits of living. "But," asks one, "how am I to know what to eat?" First, determine to which form of indigestion you are subject. This you may do by noting which class of foods causes you the greatest distress. If it is those articles termed albuminoids, your type of indigestion is gastric, and you must select carefully and eat sparingly of this entire class, depending chiefly for your subsistence upon such things as the intestinal juices are capable of digesting. If, on the other hand, fats, sweets, and oils give you the greater trouble (which is far more likely to be the case), your indigestion is intestinal, and you must exclude these articles from your bill of fare, and live on albuminoids.

After fixing upon the class of food on which you must live, much experimenting may be necessary to find such articles as are most easily tolerated by your weakened digestive powers. Idiosyncrasies sometimes render the rule here laid down somewhat difficult of application; but close observation and careful selection will repay you for your trouble.

You may notice that most articles of food of organic origin contain ingredients that belong to both classes. Wheat contains gluten, starch, and fat; so do corn and all the cereals, but in these the gluten preponderates. In a few of the worst cases I have seen, I was obliged to resort to prepared wheat or oats, in which the gluten was separated from the starch and fat. (This I was able to ob-

tain from the Battle Creek Sanitarium.) In most cases, however, satisfactory results will follow a careful selection of food, by the above rules.

A case from practice will illustrate. C had been subject from boyhood to attacks of indigestion, followed by stupefying headache, malaise, and sometimes vomiting. Hard study and hasty eating while in college made these attacks worse and the periods between them shorter, until he had to call a halt. Regularity was introduced into his living; fat meat of every kind was discarded (pork he never could endure—who could?), and still he grew no better. Fasting one or two meals each day was his only relief. Finally, having noticed that candy, of which he was very fond, always aggravated his malady, I caused him to exclude all sweets from his living entirely, when, lo! instead of having two or three attacks each week, of one or two days each, he escaped them entirely for several weeks! Thus, having suffered from the intestinal form of indigestion, he was obliged to drop the entire class of foods which depend upon the intestinal juices for digestion, before he obtained permanent relief.

The proper articles of diet being selected, two or three things must be observed in order to attain to the best results. Overwork and irregular work of the digestive organs, are among the most fruitful causes of diminished digestive power. Oftentimes when one feels the first symptoms of an attack of indigestion approaching, he may ward it off entirely by omitting one or two meals. To go to bed without one's supper will generally give the necessary rest. Second, eat slowly. Perhaps no rule for eating is more important than this. Rapid eating gives insufficient time for mastication; it makes necessary the drinking of much liquid to "wash the food down," thus diluting the digestive juices to such an extent as to greatly retard their action. During mastication, the saliva flows most freely, and is mixed with the finely divided portions of food, thus coming in contact with each minute particle of starch. "Bolting" the food renders this mixture impossible. Finally, the importance of regularity in the taking of food cannot be overestimated. Usually three meals, taken at the same hours each day, are best for individuals of fairly active habits. J. E. CALDWELL, M. D.

"OBEY and live," is the voice of natural as well as of moral law.

#### REPORT OF CASES.

By request, the resident physician has furnished the following interesting reports of cases treated at the Rural Health Retreat. Other cases are reported, which will be given in the next number.

##### NERVOUS DYSPEPSIA.

MRS. A., age 55, wife of a Presbyterian clergyman, had suffered long from nervous dyspepsia, and at last became prostrated.

In this dilemma her husband wrote, inquiring if there was any help for such a case. I wrote to him, saying the case was not altogether hopeless, and advising him, if it was possible for her to be moved, to bring her at once.

He succeeded in getting her here, though she was very much exhausted. In a very short time we had the satisfaction of seeing her so far recover as to take calisthenic exercises on the campus, play croquet, walk out, and in six weeks she returned home able to be around all day, entertain company, and enjoy better health than for several years. The expressions of praise and thanksgiving from the reverend gentleman were free and very gratifying to us.

##### EPILEPSY.

Mr. A., a young man of eighteen, had suffered for several years with epilepsy. He had taken the powerful compounds usually prescribed by physicians till his entire system had become saturated with medicine; his face and body were nearly covered with sores, and his mind was fast giving way as a result of the specific effects of the baneful compounds.

He was placed under treatment and a carefully prescribed diet for about two months, when he returned home, and he is now following his occupation as a grocery clerk with success, not having had a single fit since. We confidently predict he will not have, so long as he continues to follow the prescribed mode of living.

##### CANCER.

Mrs. S., aged 68, had suffered several years from a tumor on her left hip, that was painful at times, and had "creeping and crawling" sensations in it at other times. Later on, a tumor came upon her right arm, which was very painful and prevented her sleeping. It soon began to look very malignant, and another subsequently appeared in the right axilla, and the tumor on the left hip became more troublesome and had attained such proportions as to measure ten inches. Examina-

tion determined them to be cancers. As they were growing, and her health was fast failing, it was determined to remove them at once. The cancers on the hip and in the right axilla were removed with the knife, and although the latter was in close proximity to several large arteries, but very little blood was lost. The cancer on the fore-arm was incised, and a cancer plaster placed within and upon it, and in a few days the plaster fell out, and the sore was healed in about three weeks. The wound in the axilla healed by primary union. The wound in the hip healed in four weeks, and would have done so much sooner had she not, contrary to orders, immediately gone about the house to assist her husband, who was in feeble health. This case is the more remarkable from the fact that she is a lady of advanced years, suffering from organic disease of the heart.

#### VENOUS ANGIOMA AND CANCER.

Mrs. M., age 52, with broken-down constitution and neuralgic diathesis, had suffered several years with retroflexion of the womb and from a venous angioma at the external meatus urinarius. She had been treated by physicians even to partial removal of the tumor, but, to use her own words, "everything had made it worse;" and she suffered from a burning neuralgia even in the nerves adjacent to the tumor. As her general health was too much enfeebled to undergo an operation, she was placed under general treatment for three months, when she realized the fears expressed by her former attendants, that "it might be carcinomatous." It began to break down, and had eaten out three different portions of the tumor, and was still sloughing.

Though dangerous, and in a critical place for an operation, it was determined to get rid of this new and formidable enemy that had evidently engrafted itself upon an old offender. No hopes were entertained of eradicating the nervous burning affecting the contiguous nerves. The cancer was operated upon, the outer portion of the urethra and urethro-vaginal septum being removed. The wound soon healed, and the parts were partially restored by granulation tissue. More than three months have elapsed since the operation, but no cancer or tumor of any kind has appeared anywhere. The nervous irritation is largely gone. The retroflexion is reduced, and she now enjoys very fair health. In fact, she is hardly recognizable as the patient of seven months since.

#### GIRLS WHO WHISTLE.

It used to be considered "a bad sign" for girls to whistle, and many a prudent mother has checked the rising tendency in her girls to indulge in this delightful pastime. We have always done what we could to break down the superstition about "whistling girls." A writer in the New York *Sun* speaks thus on the subject:—

"The best whistlers I know are young ladies. It is like the warbling of a mocking-bird. They can whistle much higher notes than a man, and in a very clear and bell-like tone. I know a young lady who whistles and accompanies herself on the guitar. The effect is really very pretty, and her friends often beg her to favor them with an air. I met her down at Nantucket last summer, and it was her habit to sit on the beach in the evening and whistle plaintive negro melodies. When she went out sailing, she was very welcome for the same reason. I think she whistled her way into the affections of a very desirable young man, and I hear they are engaged. A New York girl was quite indignant when asked why girls couldn't whistle. 'Can't whistle?' said she. 'Why they can whistle! All the girls I know whistle. Up at Vassar we had whistling concerts. We used to practice at night in the dormitories when the monitor was gone and the lights were out; and if you weren't very sleepy it was fun to lie in bed and hear ten girls whistle "In the Gloaming," all together. We had one girl who could whistle through her fingers like a boy, but then she was a regular tom-boy. She could run, play ball, climb trees, and box better than any other girl in the college. There was another girl who could only whistle by drawing in her breath, but that was better than not whistling at all.'"

The principal of a young ladies' school, when asked what she thought of whistling, said: "I see no harm in young ladies whistling, if they do it at the right time and in the right place. Young ladies should avoid publicity above all things, and should, therefore, not whistle where it would attract the attention of strangers. If a girl whistles at home and whistles in tune, and in such a way as not to disturb any one, she accomplishes two good results. She adds to her own cheerfulness and keeps her mouth pursed up, which has a tendency to make it small. My experience has been that the girls who whistle are the brightest and cleverest girls in the school. It is the dull and stupid girl who does not whistle."

**A CAPITAL BATH.**

An open window with the direct rays of the sun coming in will be good for the little one. On a hot summer day, to lay it down by the window, quite nude, and let it lie for some minutes so that the rays of the sun will fall upon its skin, will give it new life. There is a vital relation between sunshine and a vigorous human being. Seclusion from sunshine is one of the greatest misfortunes of civilized life. The same cause which makes potato vines white and sickly when grown in dark cellars, operates to produce the pale, sickly girls that are reared in our parlors. Expose either to the rays of the sun, and they begin to show color, health, and strength. When in London, some years ago, I visited an establishment which had acquired a wide reputation for the cure of those diseases in which prostration and nervous derangement were prominent symptoms. I soon found the secret of success in the use of sunshine. The slate roof had been removed and a glass one substituted. The upper story was divided into sixteen small rooms, each provided with a lounge, washing apparatus, etc. The patient, on entering his little apartment, removed all his clothing and exposed himself to the direct rays of the sun. Lying on the sofa, and turning over from time to time, every part of his body was exposed to the life-giving rays of the sun. Several London physicians candidly confessed to me that many cases which seemed only waiting for shrouds, were galvanized into life and health by this process.—*Dr. Dio Lewis.*

A RESIDENT of Cambridge describes minutely the experience of his family through two years of exposure to many ills. He all the time attributed their ailments to a new furnace, and it was several times overhauled to prevent the escape of coal gas. The principal complaints were sleeplessness and nausea when at home; but when away it was noticed that they slept well enough, and other bad symptoms vanished only to reappear upon returning. Finally a chemist suggested arsenic as the cause of trouble. His suggestion was at first lightly treated, but he became so convinced that he was right that he was permitted to test the paper which ornamented the walls. The paper on every wall contained arsenic; the hall, study, and chamber, large amounts, and the dining-room, an unusually large quantity. Arsenic was also found in the dust from above the door of the dining-room.—*Christian at Work.*

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## "SORTS."

MOVEMENT CURE.—An hour before breakfast at wood-sawing, is often a good element in "home treatment."

AN Eastern paper speaks rather lightly of silk raising in California. Why should it? And why do not more engage in it?

AMELIA SHEEHAN, of New York, once noted as an oarswoman, has been rendered insane by the action of drugs used for the purpose of bleaching her hair.

THE true temperance platform is: A moderate use, in eating and drinking, of that which is nourishing, and total abstinence from that which is injurious.

THANKS to correspondents for the articles furnished for this paper. Brief, pointed, instructive articles will always be current with the PACIFIC HEALTH JOURNAL.

OUR correspondent gives some good suggestions about ventilation. Such remarks are always timely. We will sometime add something on that very important subject.

THE January number of *Good Health* is certainly one of the best we ever read. If it is a specimen of its work for 1886, its readers will have reason to be satisfied.

E. J. WAGGONER, M. D., of the editorial staff of the *Signs of the Times*, has been stopping a few weeks at the Rural Health Retreat. Read his account of his visit; both by study and experience he is qualified to judge of the matters whereof he speaks.

SOMEBODY has sent us a long newspaper clipping on "Coca Chewing." We doubt—yes, deny—some of the statements of the writer. But we cannot give it further notice, because we have no clew to its origin. Such clippings are generally useless to us unless we know their authors.

INVALID DIET—GOOD MAXIMS.—Remember that the body is built up by food. A surprise often captures the appetite. Study the tastes and conditions of the invalid. Never talk about dishes before offering them. Food daintily served is eaten with a double relish. To live long it is necessary to live slowly.

DR. BURKE, well and favorably known to many of our readers, especially in California, has joined Dr. Gibbs at the Rural Health Retreat. With experienced helpers in the various departments, the Retreat has a strong working force.

THE struggles through hard times and against unfavorable and discouraging circumstances, we verily believe are in the past for the Rural Health Retreat. Its patronage and prosperity, not only during the past season, but in this winter, are unexpectedly encouraging. Notwithstanding the many excellent improvements made, the debt which hung upon it so heavily is cut down to comparatively small proportions. All are now confident that its success is assured.

"IN ancient story we are told  
That Midas' touch turned anything to gold.  
But we, to-day, a stranger thing behold,—  
Men turned to anything when touched with gold!"

EVERY one who visited the "Northern California Citrus Fair," recently held in Mechanics' Pavilion, San Francisco, had his ideas enlarged of the resources of California, and especially of the area in which citrus fruits can be raised in this State. We confess to some surprise at seeing fair specimens of oranges raised as far north as Shasta County. The oranges, lemons, limes, olives, nuts, etc., exhibited from Colusa, Yuba, Butte, Placer, Sacramento, and adjoining counties, cannot be excelled by those raised in any part of this State or Florida. There are millions of acres of "foothill" land, which is the very best for fruits, yet to be cultivated.

## VISIT TO THE RURAL HEALTH RETREAT.

HAVING been obliged, on account of severe illness, to spend a few weeks at the Rural Health Retreat, I feel it a privilege to say a word in its favor. The institution is now started "for good," in every sense of the word, and its present prospects are indeed most flattering. While it has been started but a short time, it has facilities for successfully treating all cases of disease that will respond to treatment.

It is certainly speaking within bounds to say that the Retreat possesses natural advantages far superior to those of any other sanitarium in the United States. We speak advisedly, because we know there is none in California that is so well situated; and outside of California such conditions

are impossible. Nestled among the hills, high above the fogs and occasional frosts of the valleys, it enjoys a remarkably even climate. Our three weeks' stay included about ten days of the worst winter storm on record in the State; yet at no time did the thermometer register lower than 40°, and the average temperature was 54°.

The atmosphere is dry and bracing. One going to the Retreat from the coast will notice a marked difference. He will feel an increased buoyancy of spirits and clearness of mind. Indeed, the temperate climate, clear and bracing air, and pure, soft, spring water, form a combination which is in itself a specific for many diseases.

Of the scenery and the view from the Retreat and adjacent grounds, it is useless to speak; for words cannot give any adequate idea of its beauty. Suffice it to say that competent judges have declared that its equal cannot be found in California.

The Board of Directors have determined to make extensive additions to the buildings, to meet the demands of increasing patronage. The present bath-rooms are to be very much enlarged, and duplicated. This is to be done immediately. When this is done, the Retreat will have facilities for giving treatment, second to those of no similar institution. The managers mean business, and all who come may depend on being well cared for.

The physicians have had long and varied experience, and are skilled in their profession. There is a very evident determination on their part to give every patient under their care, advantage of the best and latest aids to recovery that are known to the profession. They are also prompt and conscientious in their attendance on patients.

Those who are sick may be assured that they can get well at the Retreat if it is possible for them to get well at all. Those who are not yet positively ill, but are in danger of becoming so through overwork or the indulgence of wrong habits, may find renewed strength at the Retreat, and, in addition to this, instruction as to the best means of retaining their health. The gratuitous instruction given by the physicians, by means of public lectures and private talks, is invaluable.

But we refrain from saying more, lest some should disbelieve, or suspect us of having some sinister motive. We have told nothing but the simple truth, and with no object but to do a favor. Go to the Retreat, and you will agree that the half has not been told.

E. J. WAGGONER.

## Thoughts on Daniel and the Revelation.

### TESTIMONIALS.

PROF. C. O. NEPPER of Heidelberg College, Tiffin, Ohio, says:—

"I am glad you wrote to me; for I wanted to tell you how much I am pleased with 'Thoughts on Daniel and the Revelation.' Since you were here, I have been reading it, and the more I read the more I am interested and delighted with it. Prophecy is a matter that is claiming much attention at present among theologians. The interpretation given by Prof. U. Smith is very satisfactory. His style is beautiful; his statements perfectly fair; his arguments honest and logical; and at the same time the thoughts are given in so clear a manner that the common mind can understand them. It is a book that everybody ought to read, especially in these times when the faith of men is so wavering. I hope you may have good success in selling the work; for I am sure no one will regret his subscription when he comes to read his book. A few days before I received your letter, I told my wife that I would not take double the price I paid for my copy, if it could not be replaced."

PROF. D. MOURY, Principal of Normal Department Central Tennessee College, says:—

"Having read 'Thoughts on Daniel and the Revelation,' by Prof. U. Smith, I am highly pleased with it. The literature is such that all can readily understand it. It shows the real value of all historical knowledge. It demonstrates beyond any reasonable doubt that the Bible is a book of truth, and shows infidelity to be a great mistake. While it is interesting, it is instructive, and as a work of solid worth it is valuable to us beyond the preciousness of gold. I cannot see how any young man or woman who has any cultured taste for history can afford to be without the knowledge it contains, or how any father or mother, in this age of knowledge, can feel free to allow their children to be ignorant of the living themes with which it is filled. I am glad that it is being circulated among the people, and wish these noble spirits who are circulating it unbounded success."

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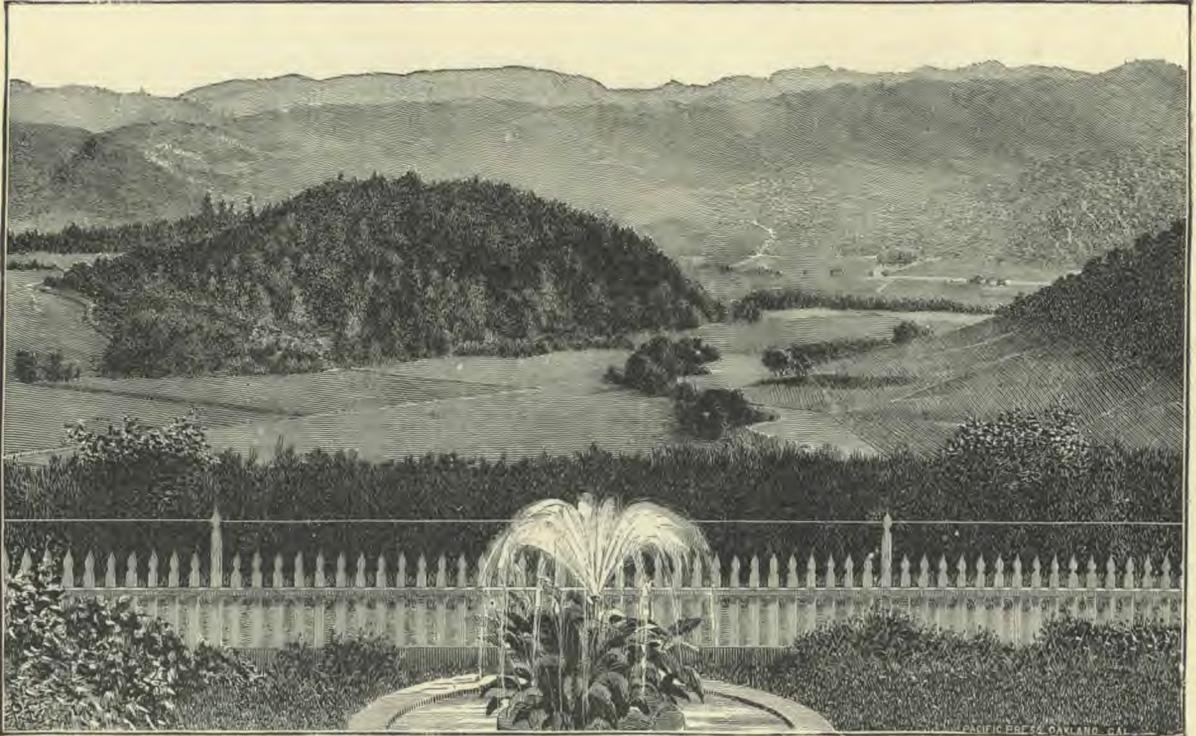
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