

Physical Reform, the True Basis of Mental and Moral Reform.

PACIFIC Health Journal AND TEMPERANCE ADVOCATE.

Devoted to Temperance Principles and the Art of Preserving Health.

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AIR
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Temperance Leads to Health, Wealth, Happiness and Long Life

RURAL HEALTH RETREAT,

ST. HELENA, CAL.

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THIS Retreat equal those of any other health resort. Across the valley lies the Sonoma Mountain Range, breaking the sea breeze, and shielding the Retreat from the chilling atmosphere of the coast, and presenting a safeguard against catarrh and lung diseases. The grandeur of its mountain ranges, with shrubby cañons lying in beauty at their feet, the famous Mt. St. Helena rearing its lofty head to the clouds, the grassy plain lying beneath, reflecting the sunbeams like a grand mirror in the valley below, all lend enchantment to the scene.

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Crystal Springs,

Where the treatment invigorates you, gives you a light heart, a quiet stomach, and a cheerful countenance. Come, and we will do you good. Especial attention is given to the treatment of

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Before you conclude to go to some other place, where "rare mineral waters" are offered, come and see for yourself this beautiful Resort, with water pure as crystal.

Persons desirous of knowing whether their case is one of probable cure can ascertain by addressing RURAL HEALTH RETREAT. All questions cheerfully answered.

EXPENSES:

Rooms, with Board, Regular Treatment,	- - - - -	\$15 to \$20 per Week.
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Specially favorable terms for families, and others, by the month. Some rooms in cottages can be furnished at reduced rates. Office treatment and surgical operations extra.

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ST. HELENA, CAL.

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AND

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A SURE way to lose your own health is to keep drinking the health of other people.

THE advantage of living does not consist in length of days, but in right employment.

"LET us then be up and doing,
With a heart for any fate;
Still achieving, still pursuing,
Learn to labor and to wait."

"WHEREFORE do ye spend money for that which is not bread? and your labor for that which satisfieth not? Hearken diligently unto me, and eat ye that which is good." Isa. 55 : 2.

OLD linen rags are now used in the manufacture of lager beer. They are first treated with sulphuric acid, which converts them into dextrine and then into glucose. This is used for making beer—an agreeable thought for those who drink it.

LUCK is ever waiting for something to turn up; labor, with keen eyes and strong will, will turn something up. Luck lies in bed and wishes the postman would bring him news of a legacy; labor turns out at six o'clock, and with busy pen or ringing hammer, lays the foundation for a competence. Luck whines; labor whistles. Luck relies on chances; labor, on character. Luck slips downward to indolence; labor strides upward to independence.

THE climate at the Rural Health Retreat is delightful. During the months of December and January, while there were sharp frosts in various parts of the State, and, in early morning, Pratt Valley (five hundred feet below the Retreat), was made white by "Jack's" visits, there was not a vestige of frost to be seen at this mountain "home." Callas, geraniums, verbenas, and other Eastern house plants flourished in our front yard. The orange trees put forth their blossoms as though in their tropical home.

WONDERFULLY MADE.

"I will praise thee; for I am fearfully and wonderfully made." Ps. 139 : 14.

THESE were the words of the psalmist when meditating upon the works of God, especially as seen in the construction of the human body. Some of these striking wonders we behold in the formation and action of the muscles. Take for instance the human heart. We find it composed of muscular fibers, disposed in several layers, so as to form rings and bands, which afford it the greatest amount of strength for its bulk. These strong fibers cross in at least three different directions.

The heart is a double organ; externally it appears to be a single organ, but internally it is double. The average human heart is about five inches in length, by three and a half inches in diameter, weighs about ten ounces, and holds nearly a pint. Internally, it contains four compartments, two right, and two left. These compartments have no communication with each other. Small as the heart is, it is said to exert a force at every beat equal to lifting sixty pounds, or, at eighty beats per minute, one hundred and forty-four tons per hour. Each of the two sides might be compared to a double-acting force-pump. The right side receives the venous, or used, blood from every part of the system and forces it into the lungs, while the left side receives it from the lungs and sends it out again to every part and tissue of the body.

As "the blood is the life" element, it must flow continually to all parts of the body; for this reason the action of the heart, during life, is said to be continuous. If this is so, when does the heart obtain rest? If you place your ear against the chest of another person and listen to the heart's beating, or press your hand upon your side, and feel your own pulsations, you will notice that there is a "thud," and a pause, of about equal length. This pause is the resting of that organ. For our purpose here we will say the heart rests half the time—the time between its beats. It does not, like the brain and other organs, have periods of sleep; but it toils on, night and day, continuously, with no time to stop even to count its own one hundred thousand beats (more or less) which it makes every twenty-four hours.

The all-wise Creator has not only thus constructed the heart for its work, but he has also

provided that at the same time it is resting it shall absorb its nutriment from the blood, which is conveyed to the small arteries and capillaries of its substance. As all the action of this great central life engine is regulated by the nerves of organic life, which nerves are not under the control of our will, and as its work is continuous from life's beginning to its close, we may say its action comes the nearest to a "perpetual motion" of any machinery extant.

Again, in the meat pipe, stomach, and whole alimentary canal, we see a peculiar arrangement of the muscles, adapting these organs most wonderfully to their work. There are muscular bands around the pipe, capable of contracting so as to diminish their diameter. These are inclosed in another band of muscles which contract lengthwise. By these two classes of motions the food is urged on its way. In the construction of the stomach the muscles run in three directions, in bands around it, lengthwise, and others crossing obliquely on all sides of the same. By the contraction of these the food is moved in various ways in the stomach until thoroughly mingled with the gastric juices and chymified.

The entrance to the stomach from the œsophagus, or meat pipe, is through an opening called the cardiac orifice. This seems to allow almost anything to enter the stomach, good, bad, or indifferent, such as the mouth of the eater is pleased to send down. Were nothing permitted by this orifice to enter the stomach except that which is real food, we should have scores of persons "choked to death" where there is one now. The outlet of the stomach into the smaller intestine is called the *pyloric* orifice. This seems to be, as the word (*pylorus*) signifies, "a gate keeper." This gate does not choose to let everything pass into the alimentary canal. Many a one has found this so while suffering with "stomach-ache," caused many times by indigestible or undigested food which is pressed by the stomach's muscles to get it out of the way, but the pylorus tightly closes, virtually saying, "You can't pass here." No wonder there is an "ache" with this conflict of muscular strength. The difficulty is sometimes relieved by a convulsive effort of the stomach by which it throws this undigested mass back through the cardiac orifice, out of the mouth, and then you have lost that morsel.

If we consider the muscles of the human body

in general, whether in limb, arm, feet, head, or chest, we find infinite wisdom displayed in their arrangement. One thing that especially arrests our attention is the manner of attachment of those muscles used to move the lower jaw, the fore-arm, and the leg. It is this, their point of attachment is very near to the joint, which enables them to move these members a greater distance than if attached at a longer range. This action, however, requires a greater strain on the muscle. They act on the same principle of one opening and closing a gate by taking hold of it near the hinge. In this case, as in that, what is lost in power is gained in velocity.

If we look at the eight groups of muscles in the head and face, used for moving the eyes, eyebrows, nose, lips, chin, and jaws, we see how admirably all are adapted to their work. One thing in this group we must not pass by unnoticed; while we find here five pairs of muscles for smiling, laughing, and looking pleasant, there are only two pairs for scowling and looking sad ("making up faces," and "turning up the nose"): Five pleasant to two sad muscles! Is it not a voice of the great Creator to us to be happy? Surely he has provided man with great capabilities for happiness.

Among the eight groups of muscles of the neck we have those adapted to move the head and neck on the spinal column, to raise the shoulders, to control the motions of the mouth, throat, and tongue, and to produce the sounds of the human voice. In the human voice we have one of the greatest wonders of the human body.

The rapidity of muscular movement is another wonderful feature. Some persons have pronounced as many as twelve hundred letters in a minute, combined, of course, in words; but to do that, it would require the contraction and relaxation of one or more muscles to each letter, each contraction occupying not more than one-fiftieth of a second. The wings of some animals must move many thousand times in a minute to produce the humming which is heard while their wings are in motion. Some birds fly sixty feet in a second, while a race-horse scarcely exceeds forty feet in the same time. A falcon belonging to King Henry II., flew to Malta in one day, from Fontainebleau, a distance of one thousand miles. The *precision* of muscular movement is also seen in the rapidity with

which a singer can accurately strike notes in any part of the scale, and each of these sounds is produced by contracting and relaxing the muscles of the larynx.

J. N. L.

CHANGE OF DIET.

WHEN persons are admonished with reference to some hurtful article of diet, it is quite frequently the case that they meet us with the reply, "Oh, I am in the *habit* of eating and drinking such things, and they don't hurt me." Habit is made up of continued practices in some direction. If it be a wrong practice, a bad habit is established; if it be right practice, the result will be a correct habit. Most of persons reason in this same manner with reference to moral habits; it is just as emphatically true with reference to our physical habits. The man who uses tobacco, opium, morphine, or intoxicating liquors, has acquired that habit by practice.

These evil habits, as well as those of wrong thinking, speaking, and doing, may be overcome by the power of the will, and the grace of God. In the conflict against these physical habits we shall find "a law in our members" warring "against the law of our mind." That law we might explain thus: The process of building up bodily tissue is presided over by the nerves of organic life, and these are not controlled directly by the will, and when a certain order of things is established these nerves are going to see that it is carried out, right or wrong. When the established order is interfered with, they set up their clamor for that to which they have been accustomed. Just here comes in the struggle in overcoming the flesh. Of course to gain these victories there must be a fixed purpose in the mind to follow the right; by this means, in process of time, the habits may and will be changed, "God working in us to will" and do, as we seek, on our part, to work out the problem. Meanwhile the organic nerve centers, seeing that a new physical order of things is going to be established, gradually submit themselves to the new and better way, working now more earnestly than before, and responding to what has been instituted by the better judgment of the man, with pleasurable sensations of healthy, acting organs. Indeed, real physical happiness is, when the faculties and organs of the body are doing, untrammelled, the work God designed for them, and doing it as he designed it should be done.

Why, you may ask, does the organic, nervous

system act so blindly? We answer: So long has she been accustomed to a wrong habit of the body that she learns to recognize it as right, and submits to do her work, even at a great disadvantage. For this reason it may happen that when food or drink is introduced into the stomach, which is actually more healthful, being easier of digestion and assimilation than what has been used, she recognizes it as an intruder, refusing to digest it, seeking to expel it from the stomach as a nauseous thing. If the stomach is feeble, and the organic nerves have established a special sympathetic jealousy for her welfare, this process of expulsion may be by vomiting. If the muscles of the stomach are too weak for such violent action, the new food may be permitted to stay there until this organ gets its other food disposed of, the nerves and muscles keeping up, meanwhile, grumbling pains, much as the watchdog lies under the table with a muttering growl until the stranger leaves the room. When at last this invader is expelled, but undigested, mass goes into the duodenum, and along the alimentary canal, there is another war against it; an excessive flow of mucus exudes on the inner surface of the intestine to wash it away. The result is looseness of the bowels, perhaps diarrhea, if not some worse disorder. You perhaps have recommended to your friend this new article of diet. They now say to you, "I don't like your lentils nor mangoes, I made nearly a whole meal of them, and I tell you it made me about sick. I don't think they can be healthful foods."

The trouble in such cases may not be in the food itself, but in the manner of introducing it to the system. It will not do to make too radical and rapid changes in diet, but, when changing from bad to good, drop the bad, but introduce the new and better article moderately, that the stomach may accommodate itself to it. It will soon learn to recognize it as a friend, and meet it with a good-will. I once heard a medical manager of a health institution make this peculiar statement: "I would sooner trust a man to make a full meal of cucumbers in August, in cholera times, if he had gradually increased the amount of that article in his diet, than to trust a healthy man to make a meal of stewed dried apples in December if he had not been accustomed to such a diet."

This calls to mind a circumstance which occurred in the summer of 1878, when I was making my sea voyage to California, *via* Panama. On

the steamer, *Rising Sun*, on which we made our passage from New York to the Isthmus, notices were posted in every state-room, forbidding us to eat any of the tropical fruit while on the Isthmus, if we regarded our life and health of any value; and stating that no passenger would be allowed to bring any such fruit onto the ship. I think our 1,000 passengers regarded the caution quite well; but what was our surprise after the ship, *Golden City*, on the Pacific side, had got on its way, to find that the ship's officers had laid in quite a stock of this tropical fruit at Panama, and were introducing it upon the table, day by day, with our meals. Some of the passengers remarked that it was "quite strange that the ship's officers of the company had themselves violated their own rules, feeding us with what they forbade us the day before." This one thing I now call to mind, this fruit was dealt out to us in small quantities at first, but the amount was increased from day to day until we reached Acapulco, Mexico, when the natives were allowed to come on board the ship and sell to passengers mangoes, pine-apples, oranges, lemons, limes, etc., without stint. A little meditation will show us the propriety of this. The tropical fruits were either of a juicy or slimy character, and were such articles of food as we had not been accustomed to eat, except in small quantities. Add to this the fact that the stomach would not recognize them as friends. To have eaten of them largely at once, the consequences might have been fatal; but, partaken of moderately, and the quantity gradually increased, no harm ensued.

All radical changes in diet should be carefully and moderately made, thus giving the system time to accommodate itself to the new order of things. In this let me be fully understood. I do not mean to say that a man who is using intoxicants or narcotics must "taper off" in the use of any one of such articles. Those things which stimulate but do not nourish, are only an injury to the system, and the sooner discarded entirely, the better. A man leaving the use of liquor might feel for a time as if he had lost a prop, but how much better to be stimulated with real strength, derived from nutritious food, than rest on that of which Solomon said, "Wine is a mocker, strong drink is raging; whosoever is deceived thereby is not wise." Drop all intoxicants, as you would a venomous serpent.

Are you using tobacco, quit it entirely and forever in all its forms. You may feel, for a time,

stupid and sleepy without it; but how much better to let nature's restorer, sleep, have its way in extra daily naps, than cling to such a vile weed. A few days, or weeks at most, will suffice to recover sufficiently for an onward march to other victories. Are you using tea, coffee, pepper, and spices, let them follow in the track of the stimulants. They contain no nutrition, and are only an injury when placed in the vital domain.

Making the above changes need not hinder us from a careful examination of our bill of fare on food. Pork, or any of the products of the swine, is just as truly "unclean" now as in the days of Moses. It is not fit for human food, not only being gross, fatty, and clogging to the work of digestion and assimilation; but, in our own day, swine are so much infected with trichinæ, that a man runs a risk of his life to eat any part of the animal that has not been put to the test of a close examination under the microscope. Those who have been users of the articles above-named, and have gotten the victory over them, have *done well*, such should not be "weary in well doing," but reach out for other victories.

The animals, such as are usually slaughtered for the market, are nearly all diseased. It is the unanimous testimony of butchers, that nine-tenths of all the hogs killed have diseased livers, and that ninety-nine out of every hundred sheep, over one year of age, are diseased. Of the condition of beef cattle, some conception may be formed of their diseases by the vast number rejected by Jewish inspectors. In a California slaughter-house, just before Christmas, where flesh was prepared for a city of 50,000 inhabitants, out of one batch of ten creatures, subjected to a Jewish inspector, he rejected nine, because they were diseased, either in heart, liver, kidneys, or some other of the vital organs. These nine creatures, however, were sold in the Gentile markets, and were served out as delicate morsels on hundreds of tables.

I do not claim that good, healthy beef is not food, nor that it does not contain nutrition, but that it contains no nutrition which cannot be derived from the fruits, grains, and vegetables, and that too in a condition free from animal diseases. The nutrition in the flesh is vegetable, partly digested; this may be more readily taken hold of by the stomach of the aged and feeble, especially if they have always been used to a flesh diet. It is better for all whose digestive powers will per-

mit it, to gradually adapt themselves to a diet in which flesh meat forms no part. Do not leave flesh diet and adopt in its place a spare diet of only a few articles, and these, perhaps, improperly cooked. The fruits, grains, and vegetables of the earth contain the greatest variety, which, with a little tact and good common sense, may be prepared to suit the palate of any reasonable person.

J. N. L.

HOW TO AVOID PREMATURE OLD AGE.

To AVOID premature old age in mature life, the following are important points to remember:—

Hate anticipates age. Hate keeps the heart always at full tension. It gives rise to oppression of the brain and senses. It confuses the whole man. It robs the stomach of nervous power, and, digestion being impaired, the failure of life begins at once. Those, therefore, who are born with this passion—and a good many, I fear, are—should give it up.

Jealousy anticipates age. The facial expression of jealousy is old age, in however young a face it may be cast. Jealousy preys upon and kills the heart. So, jealous men are not only unhappy, but broken-hearted, and live short lives. I have never known a man of jealous nature live anything like a long life or a useful life. The prevention of jealousy is diversion of mind toward useful and unselfish work.

Unchastity anticipates age. Everything that interferes with chastity favors vital deterioration, while the grosser departures from chastity, leading to specific and hereditary disease, are certain causes of organic degeneration and premature old age. Thus chastity is preventive of senile decay.

Intemperance anticipates age. The more the social causes of mental and physical organic diseases are investigated, the more closely the origin of degenerative organic changes leading to premature deterioration and decay are questioned, the more closely does it come out that intemperance, often not suspected by the person himself who is implicated in it, so subtle is its influence, is at the root of the evil.

When old age has really commenced, its march toward final decay is best delayed by attention to those rules of conservation by which life is sustained with the least friction and the least waste.

The prime rules for this purpose are:—

To subsist on light but nutritious diet, with milk as the standard food, but varied according to season.

To clothe warmly, but lightly, so that the body may, in all seasons, maintain its equal temperature.

To keep the body in fair exercise, and the mind active and cheerful.

To maintain an interest in what is going on in the world, and to take part in reasonable labors and pleasures, as though old age were not present.

To take plenty of sleep during sleeping hours. To spend nine hours in bed at the least, and to take care during cold weather that the temperature of the bedroom is maintained at 60° Fahr.

To avoid passion, excitement, and luxury.—*Dr. B. W. Richardson.*

FOODS.

PROBABLY there is no subject so important relating to the physical welfare of the individual as that of foods. They consist of solids, liquids, and gases, and enter into the formation of our tissues, and determine the character of them. This is shown by the experiments of the agriculturist. The flesh of animals can be flavored at will by feeding them upon the various flavoring substances. A person may be poisoned by eating the flesh of poisoned animals. For instance, it is known that persons have sickened and died from eating chickens which fed largely on potato bugs. Others have died who feasted on the flesh of a cow that died from milk-sickness. When a boy, ate of ducks and swine fed largely on fish, and at once became convinced that they were *fishy*. We prefer now not to eat these animals, whether fattened on fish or anything else.

To cultivate grains, fruits, and vegetables successfully, the scientific farmer or gardener will find out what elements are deficient in the soil, and will supply them. He will also find out the chemical analysis of the grains, etc., and choose the soil accordingly. On the same principle we analyze the human body, find out the elements it contains, and then analyze the food, and supply the tissues accordingly. Scientific eating is just as necessary as scientific farming. Much food is wasted from want of proper adjustment of requisite elements, just as are the fertilizers of the farmer who puts manure where it is not needed.

When we are using the muscular organism to excess, the wear must be supplied with the necessary material. Albuminous or nitrogenous foods are the true muscle feeders, and must be specially supplied when there is a great expenditure of muscle substance. When there is great nerve wear, the phosphatic foods should at once be sought after, as they furnish brain and bone the necessary supply material. Under the head of carbonates we include starchy, sugary, and oily foods, which are burned in the system to give it heat. Oils are the most oxidizable of these, and are, therefore, burned first. Burning of any substance gives heat. Heat means motion, so mechanical energy is supplied from this source. Motion of the body means heat and wear of the tissues, which must be made good by food material. The less expenditure, the less income is needed, but in all cases where the expenditure exceeds the income losses result. These principles are especially true in the human body.

Facts show that people are generally ignorant of the laws of nature. We see the farmer's wife sifting out the muscle food from the flour, and giving it to the domestic animals. We observe her pouring out the buttermilk, which contains the brain and bone-forming portions of the milk. The white flour and butter are placed upon the table for the family, they not realizing that an *excess* of carbonaceous foods causes dyspepsia, corpulence, apoplexy, and diseases of the heart; not realizing that a course like this subjects them to inflammatory troubles, feebleness, and weakness of the muscular system, and defective and aching teeth, from lack of phosphates and lime.

Natural products of the soil declare God's will in regard to summer and winter diet, as do also our appetites, unless too much perverted. In the spring we should eat acid fruits and green vegetables, but many cooks keep right on cooking dried beans, peas, meats, and other albuminous foods, swimming in fat, which adds heat to the system. They use the foods in the spring suitable only for our coldest Northern winters—the very thing they ought not to do. If the appetite fails for these foods, they at once create one with pepper, spices, and other condiments. We need, both in summer and in winter, nitrogenous foods for muscles and other tissues, carbonates for the lungs, and phosphates for the brain and other vital powers; but we need them in very different proportions, accord-

ing to the temperature in which we live, and the occupation we follow. These elements are given us, varying in proportions, and can be suited to different temperatures and habits of life.

All should know that fine flour, butter, and other carbonaceous foods, are a wrong combination, and ought not to be eaten in hot weather. We choose carbonaceous foods, in small quantity, and combine them with acid fruits, or green vegetables, for hot weather. In cold weather eat foods which contain oil, starch, and sugar in excess, together with albuminous and phosphatic foods.

If mothers would take a little time from making tucks and ruffles, they might learn these dietetic laws, adapting them to the mental and muscular employment of their husbands and children. They might add health, comfort, and length of life to their families, blessings which but few enjoy.

W. P. B.

CONTAGIOUSNESS OF CONSUMPTION.

It is now a well-recognized fact that consumption may be readily communicated from one person to another; but the following, which we clip from the *Quincy Whig*, traces the matter a step farther than we have seen done before. We give it just as we find it, not vouching for its truth, although there is no reason to say that it could not have happened. At any rate it comes well recommended:—

"A singular instance of the contagiousness of consumption is related by a French medical journal. A young man who had contracted bronchitis married a healthy woman. Within a year he died of consumption; not long afterward his widow's lungs were found to be fatally diseased; and their child speedily followed them. One of their neighbors, a robust young woman, was suddenly attacked with the same disease. While she had called repeatedly at the house of the consumptive family, she had never remained in the sick room overnight; but she had eaten chickens which had been killed on their farm. As it was reported that several of these fowls had died prematurely, the medical authorities decided to have other chickens killed and examined. It was then discovered that the fowl had contracted consumption, their livers containing the bacilli now recognized as characteristic of the disease. These fowls had swallowed the sputa of the infected family and contracted the disease; and the unlucky neighbor's daughter, who had eaten one of the fowl's livers, became a victim in her turn. This is one of the most remarkable stories ever vouched for by a medical journal."

No one should forget the moral to the above story. The moral is this: Never eat chickens if there is a case of consumption anywhere in the neighborhood.

WHY PEOPLE TAKE MEDICINE.

It is to be feared that, to-most people, medicine is not an erudite science, or a learned art, but is little more than the commonplace administration of physic. They cannot understand medicine without drugs, and its virtue and power are popularly measured by the violence of its operations. Its very name is, in ordinary parlance, synonymous with physic. Take from it its pills and potions, and for them you take away its whole art and mystery. They do not believe in a scheme of treatment, however deep-laid and skillful, which does not include a certain statutory dosage; so that, as a rule, medical men are practically compelled to give their patients a visible object of faith in some form of physic, which may be, at most, designed to effect some very subordinate purpose. And it is remarkable how strongly, even among the educated classes, this feeling prevails. Cure by the administration of mixtures and boluses is so fixed and ancient a tradition, that it is only very slowly that the world will give it up. The anxiety of the friends of the patient wants to do more than follow the simple directions of "nursing," which have been so carefully inculcated, and possess, apparently, so little remedial power. Thus it is necessary to educate the world into a belief in medicine apart from drugs, which finds its power of curing in adaptations of the common conditions of life, and application of physiological facts. It is found in every-day practice that this popular misunderstanding of the modern spirit of medicine constantly checks the little tentative advances of a more scientific treatment, and it is necessary that it should be generally understood how powerfully the various processes of the economy may be affected by the manipulation of the conditions of common life.—*Dr. Crofts, in British Quarterly Review.*

BLINDNESS DUE TO DECAYED TEETH.

DR. WIDMARK, a Swedish surgeon, having as a patient a young girl in whom he was unable to detect the slightest pathological changes in the right eye, but who was yet completely blind on that side,

observing considerable defects in the teeth, sent her to M. Skogsberg, a dental surgeon, who found that all the upper and lower molars were completely decayed, and that in many of them the roots were inflamed. He extracted the remains of the molars on the right side, and in four days' time the sight of the right eye began to return, and on the eleventh day after the extraction of the teeth it had become quite normal. The diseased fangs on the other side were subsequently removed, lest they should cause a return of the ophthalmic affection.—*See/.*

SLAUGHTER OF ANIMALS.

ABOUT 60,000,000 animals are slaughtered every year in America to furnish food for Americans, when they could be nourished better and cheaper on our abundant supply of excellent grains and fruits; and the cruelty to animals here is dreadful. "A writer in the *Rural New-Yorker* exposes the barbarity of the present system of cattle ranching on the Western plains. He says it is found more profitable to lose one-third or even half the cattle by cold and starvation than to provide food and shelter for the whole, and that this fact is taken advantage of without the slightest scruple by the great stock growers. Under this cruel system hundreds of thousands of cattle are allowed to perish every year."—*Herald of Health.*

PROGRESS OF DIETETICS.

In the Western newspapers mention is made of an Italian scientist who claims to have discovered a chemical which renders the use of food unnecessary. But, unfortunately, the post-office address of this son of Italy is not given; so that the hotels and boarding-houses of the country are kept in harrowing suspense.

PERSUASIVE ARGUMENT.—"I want some preserves on my bread," whined a boy to his mother. "Johnny," coaxed the mother, "that nice butter and sugar is the thing for little boys." "I won't have it. 'Taint nothing but glucose and oleomargarine, and it's pizen. Gimme preserves if you don't want your little boy to die." He got the preserves.

PRESERVE your health; save aches and doctors' bills.

THE man who possesses good health is always rich.

DISEASE AND ITS CAUSES.

BY MRS. E. G. WHITE.

FASHIONABLE VISITING.

MEN and women who profess to be followers of Christ, are often slaves to fashion, and to a gluttonous appetite. Preparatory to fashionable gatherings, time and strength which should be devoted to higher and nobler purposes, are expended in cooking a variety of unwholesome dishes. Because it is fashion, many who are poor and dependent upon their daily labor, will be to the expense of preparing different kinds of rich cakes, preserves, pies, and a variety of fashionable food for visitors, which only injure those who partake of them; when, at the same time, they need the amount thus expended to purchase clothing for themselves and children. This time occupied in cooking food to gratify the taste to the expense of the stomach, should be devoted to the moral and religious instruction of their children.

Fashionable visiting is made an occasion of gluttony. Hurtful food and drinks are partaken of in such a measure as to greatly tax the organs of digestion. The vital forces are called into unnecessary action in the disposal of it, which produces exhaustion, and greatly disturbs the circulation of the blood, and, as a result, want of vital energy is felt throughout the system. The blessings which might result from social visiting are often lost, for the reason that your entertainer, instead of being profited by your conversation, is toiling over the cook-stove, preparing a variety of dishes for you to feast upon. Christian men and women should never permit their influence to countenance such a course by eating of the dainties thus prepared. Let them understand that your object in visiting them is not to indulge the appetite, but that your associating together, and interchange of thoughts and feelings, might be a mutual blessing. The conversation should be of that elevating, ennobling character which could afterward be called to remembrance with feelings of the highest pleasure.

Those who entertain visitors should have wholesome, nutritious food, from fruits, grains, and vegetables, prepared in a simple, tasteful manner. Such cooking will require but little extra labor or expense, and partaken of in moderate quantities, will not injure anyone. If worldlings choose to sacrifice time, money, and health to gratify the ap-

petite, let them do so and pay the penalty of the violation of the laws of health; but Christians should take their position in regard to these things and exert their influence in the right direction. They can do much in reforming these fashionable, health and soul-destroying customs.

If parents had lived healthfully, being satisfied with simple diet, much expense would have been saved. The father would not have been obliged to labor beyond his strength in order to supply the wants of his family. A simple, nourishing diet would not have had an influence to unduly excite the nervous system, and the animal passions, producing moroseness and irritability. If he had partaken only of plain food, his head would have been clear, his nerves steady, his stomach in a healthy condition; and with a pure system, he would have had no loss of appetite, and the present generation would be in a much better condition than it now is. But even now, in this late period, something can be done to improve our condition. Temperance in all things is necessary. A temperate father will not complain if he has no great variety upon his table. A healthful manner of living will improve the condition of the family in every sense, and will allow the wife and mother time to devote to her children. The great study of the parents will be in what manner they can best train their children for usefulness in this world, and for Heaven hereafter. They will be content to see their children with neat, plain, but comfortable garments, free from embroidery and adornment. They will earnestly labor to see their children in the possession of the inward adorning, the ornament of a meek and quiet spirit, which is in the sight of God of great price.

Before the Christian father leaves his home, to go to his labor, he will gather his family around him, and bowing before God will commit them to the care of the Chief Shepherd. He will then go forth to his labor with the love and blessing of his wife, and the love of his children, to make his heart cheerful through his laboring hours. And that mother who is aroused to her duty, realizes the obligations resting upon her to her children in the absence of the father. She will feel that she lives for her husband and children. By training her children aright, teaching them habits of temperance and self-control, and in teaching them their duty to God, she is qualifying them to become useful in the world, to elevate the standard of

morals in society, and to reverence and obey the law of God. Patiently and perseveringly will the godly mother instruct her children, giving them line upon line, precept upon precept; not in a harsh, compelling manner, but in love and tenderness will she win them. They will consider her lessons of love, and will happily listen to her words of instruction.

Instead of sending her children from her presence, that she may not be troubled with their noise, and be annoyed with the numerous attentions they would desire, she will feel that her time cannot be better employed than in soothing, and directing their restless, active minds with some amusement or light, happy employment. The mother will be amply repaid for her efforts in taking time to invent amusement for her children.

Young children love society. They cannot, as a general thing, enjoy themselves alone, and the mother should feel that, in most cases, the place for her children, when they are in the house, is in the room she occupies. She can then have a general oversight of them, and be prepared to set little differences right, when appealed to by them, and correct wrong habits, or the manifestation of selfishness or passion; and can give their minds a turn in the right direction. That which children enjoy, they think mother can be pleased with, and it is perfectly natural for them to consult mother in little matters of perplexity. And the mother should not wound the heart of her sensitive child by treating the matter with indifference, or by refusing to be troubled with such small matters. That which may be small to the mother, is large to them. And a word of direction or caution at the right time will often prove of great value. An approving glance, a word of encouragement and praise from the mother, will often cast a sunbeam into their young hearts for a whole day.

EATING WHEN TIRED.

THIS is one of the most certain causes of derangement of digestion, and one to which a very large number of cases of dyspepsia may be traced. The third meal of the day is almost always taken when the system is exhausted with the day's labor. The whole body is tired, the stomach as well as the rest. The idea that by the taking of food the stomach or any other part of the system will be strengthened, is a mistake. When the stomach "feels

faint and tired" at night, as many people complain, what it wants is not food, but rest. An eminent writer on indigestion says very truthfully, "A tired stomach is a weak stomach." When the stomach feels "weak and faint," rest is what is demanded, and is the only thing that will do it good; yet many people insist on putting more food into it, thus compelling it to work when it ought to be allowed to remain inactive until rested. The arm wearies by constant exercise, and so does the stomach, which is largely composed of muscles as well as the arm. Both secretion and muscular activity must be much lessened in a tired stomach, and the habitual disregard of this rule must be disastrous to the best digestion.

Violent exercise at any time just before or just after eating, is inimical to good digestion, for the reason already assigned when the exercise is taken just before the meal; and because the vital energies are diverted to other parts—thus robbing the stomach of its necessary share—when the exercise is taken immediately after eating. An English physiologist performed an experiment which well illustrates the truth of this position. Having fed a dog his usual allowance of meat one morning, he took him out upon a fox hunt, and kept him racing over the country until night, when, having killed the animal, he examined his stomach at once and found the meat in the same condition in which it entered his stomach, no digestion having taken place. In another dog, fed with the same kind of food, but left quiet at home, digestion was found to be complete.

The hurry and press of business among Americans is allowed to override every consideration of health. It seems never to enter the thoughts of the average business man that any time is required for digestion. Rushing to his dinner from the plow, the workshop, or the counting-room, he swallows his food with all possible dispatch, and rushes back to his work again, begrudging every moment spent in meeting the requirements of nature. Many years ago, it was a custom in Edinburgh to suspend all business in the middle of the day for two hours, so as to allow ample time for meals. A similar custom once prevailed in Switzerland, we have been informed; but we presume that such a sensible custom is now considered too old-fashioned to be tolerated.

It should be remarked that severe mental labor immediately before or after, and especially during

meals, is even more injurious than physical employment. The habit many business men have of anxiously scanning the newspapers during their meals and when going to and from their places of business, is a bad one. A full hour, at least, should be taken for the midday meal; and if an hour's rest can be secured before eating, improved digestion would well repay the time spent in re-inforcing the vital energies. For persons of weak digestion, the rest before eating is in most cases indispensable.—*Good Health.*

LIGHT AND SUN-BATHS

THE sun is the great source of life for every vitalized thing or being upon the earth. Without its genial influence, nothing that now lives could long survive, and no more vitalized structures, either vegetable or animal, could be produced. The plant cannot grow when deprived of sunlight. Place it in a dark cellar and feed it with the choicest fertilizers, and water it with the best of plant drinks, yet, if deprived of sunlight, it will not flourish but gradually weaken. Its bright colors fade, it soon ceases to grow, and finally dies. This is also true of every member of the animal kingdom. Deprive them of the influence of sunlight, and they soon lose their activity, and their vitality gradually diminishes.

A child can be raised no more successfully in the dark, or in deep shade, than can a vegetable. Look at those who are raised in the darkened rooms and shaded streets of our crowded cities. They are puny, sickly persons. The mortuary tables show that one-half of the offspring of those who live in populous cities die under five years of age, and that very few of the other half reach the age of forty years; of those born in the crowded tenement houses, or in habitations situated on dark or shaded streets, very few reach manhood or womanhood. The majority pass into the grave in childhood, and of those that survive, the major part have but feeble constitutions, and are always ailing.

Look at the daughters of the wealthy. Why is it that they are so enfeebled? The fact that they are kept in from the sunshine lest their skins should become tawny, and the additional fact that the sunlight is shut out from their dwelling-rooms and parlors lest it should fade the rich carpets and injure the elegant furniture. This is one of the

chief reasons why the bloom of health disappears from their cheeks.

As a hygienic agent, sunlight stands second to very few others. So important is its influence to the manifestation and maintenance of life and health, that human beings should ever seek to spend as much of their time as possible in the light. Throw open the shutters and let in the sunshine, if you would have health. The sick, especially, should be allowed to enjoy all the benefits which are imparted by the health-giving agent. There are very few diseases from which the patient would not recover quicker in a light room than in a dark one. Light imparts cheerfulness, confidence, and trust; while darkness, or deep shade, always produces a tendency to gloom, despondency, and dread, in the sick or nervous person.

Sunlight and pure air serve to prevent dampness and the formation of vegetable mould, and also serve to drive these from every nook and corner into which they are permitted to enter. In fact, these two agents—sunlight and pure air—occupy so important a position as hygienic agents that very many diseased individuals can never regain health until they adopt the plan of living much of the time in the open air, or at least where they shall receive the full benefits of the same genial rays and the invigorating influence of a pure atmosphere. Hence we say to those who have charge of the sick, Admit the sunlight freely to your patients at all times, unless they have weak eyes, or are uncommonly nervous; but even then do not shut out all light.

One of the chief reasons why women and children are more feeble and sickly than men, is, because they are less in the sunshine than are the men. If the nude surface of every human being were exposed daily to the rays of the sun for thirty minutes, the result would be that the race would in a few years become possessed of twice the constitutional power and vigor that they now have. All would be hardier, and many who are now invalids would become strong and healthy. Health institutions usually have rooms for

SUN BATHS

So arranged that the rays of the sun fall through a window in the roof of the room, so as to strike the naked body of the patient as he reclines on a cot. The sun's rays should not fall on the patient's head and the room should be well ventilated, although

a draft of air should not be allowed to strike the patient. The person should rub the body well with the dry hand while taking the sun bath. This bath may be limited to five minutes, or it may be prolonged to thirty or forty minutes; all depends on the strength and condition of the patient. He should not become fatigued nor chilly, nor should he perspire much, unless he is dropsical or gross, in either of which cases sweating would be beneficial.

The sun-bath is adapted to scrofulous cases, torpidity of the skin, weak and flaccid muscles, chlorosis, dyspepsia, defective circulation, and consumption. Chronic patients who have always lived in-doors, should, if possible, take a sun-bath daily, no matter what the ailment.—*M. G. Kellogg, M. D., in Hygienic Family Physician.*

WATER.

"How little we appreciate the blessing of water." These were the words spoken to me, a few days since, at the Health Retreat, by a fond mother who sat by the bedside of her daughter who was just recovering from a fever, which had so readily yielded before the use of this, one of nature's remedies—*water*. Here was fever that seemed to start for a long "run," perhaps to end fatally, washed away by the judicious use of water.

I said to the lady, Yes, I always knew that water was good to put out fire, but how strange it is that people went so long before they discovered the fact that a fever was a fire in the body, and that water was the best agent to quench this fire; not simply by killing the fever, for a fever is really a remedial agent burning up material that does not belong in the body; but by aiding the process of removal, by washing away from the system this rubbish, instead of burning it up.

What a contrast, I remarked, between this plan of treating a fever and that used when my father died of typhoid fever forty-seven years ago last September. Then it was bleeding, and calomel, jalap, or blue pills, with the special instruction to nurses to keep air away from the patient, and be sure not to let them have any water, and why? Because, forsooth, "I have been giving them calomel and there is danger of insalivating them." Thus the suffering invalid was left to this internal burning, and no one was awakened to the fact that this burning sensation was nature's call for *water*

There are some rare exceptions, where patients, feeble as they were, crawled to the water bucket and regaled themselves, to the fright of nurses and doctors; but they got well, despite the fears of insalivation. They seemed to think it was death anyway, and perhaps they thought one internal drowning was better than the tortures of a slow fire.

Oh! the intense suffering that has been endured, when weary days seemed so long, suffering that might so easily have been relieved had some one taken the hint that water would extinguish the fire of a fever, as well as save our dwelling from the flames. Those who endured these tortures and recovered can well sympathize with, and excuse the time reckoning of the Irishman in my native town, in York State, who "got up" from the fever, and was relating his woes to his brother Pat. He said: "Pat, en I was jist a burnin' with the faver sax wakes in the minth of August, en me continual cry was *water!* WATER!! WATER!!!"

J. N. L.

PRESCRIPTION FOR A COLD.

DR. H. H. H. LARKIN gives the following prescription for a cold:—

"1. Empty bowels by a large, slowly-given enema of tepid water, kneading bowels well while the water is being received.

"2. Put feet into hot-water foot-bath, and renew it frequently, keeping it as hot as can be borne.

"3. Cold compress to head.

"4. Put hot fomentations over liver until deeply reddened on the surface, heating your dry flannels in a common cooking steamer, and changing as often as can be borne.

"5. Give sips of hot water every three minutes. Remain until thoroughly sweated, but not exhausted, then give cool towel bath with much rubbing, dress in clean night clothes, and go to bed well covered, in a room with two windows open on opposite sides of the apartment, and practice deep diaphragmatic breathing, which will probably bring sleep. In the morning a light bath, with much rubbing, a small breakfast, and you are dismissed."—*Herald of Health.*

AIR and sunshine cure more than physic. Nature is never cheated.

Temperance.

AWAY WITH THE CUP.

AWAY with the wine-cup's sparkling glow,
 Away with the draught of death;
 It blights our youth and brings us woe,
 Anguish, and deep disgrace.
 It is a thief of meanest form,
 For into many a home
 It slyly creeps, where comforts rare
 Cheer all who thither come;

And though a mother's weeping eyes
 And anguished tones plead nay,
 It takes away the children's clothes,
 And now in rags they play.
 Yea, more than this, the wine-cup thief
 Stops not with clothes, but takes
 The food from famished children's mouths,
 While mother's sad heart breaks.

And even worse; it steals the heart
 Sworn to protect her life,
 And now that heart, unheeding all
 The claims of child or wife,
 Bows down before the hateful cup,
 Forsaking children, wife, and home,
 To haunt the halls where wine doth reign,
 And where her vot'ries throng.

Yea, still worse it is, a murd'rer,
 For see, in yon poor home,
 Made desolate by wine's foul hand,
 And robbed of all but gloom,
 And anguish wild, and dark despair,
 With famine's bony form,
 The broken-hearted wife lies down
 And dies, alone—alone—alone.

MRS. M. J. BAHLER.

IS ALCOHOL USEFUL AS A STIMULANT?

If by a stimulant we are to understand something which imparts force to the body when weakened by disease, then it is evident that alcohol can be of no service in this direction; for it is incapable of supplying force, undergoing no change in the body. All force arises from changes in matter. The forces manifested by the living system are the result of vital changes occurring in the tissues.

If by a stimulant is meant something which *excites* nervous action, which calls out the manifestation of force, then alcohol is certainly a stimulant. And it is in this sense only that it is a stimulant. The lash is a stimulant to a tired horse. It does not increase his force or make him any less tired. It only compels him to use a little more of his already depleted strength. A goad, a spur, a red-hot iron, would have the same effect. So with alcohol. It arouses the vital instincts by its presence in contact with some of the tissues, and in obedience to the law of self-preserva-

tion, the vital organs are excited to increased action for the purpose of expelling the poison. This increased activity is what is called stimulation. Can it benefit a person already weak with over-labor? Says Dr. Edmunds, "A stimulant is that which gets strength out of a man." Such a process could not be very beneficial to a person already debilitated.

But a weary man *feels* better after taking wine; why is that the case? Alcohol diminishes sensibility, as chloroform does. It is a narcotic. The weary man feels better after taking wine because he does not know that he is weary, that his tissues need repair. If he continues to labor, he continues to wear out his tissues, and increases the necessity for rest, even though he may not know it. When the narcotizing influence of the alcohol is removed, he will be made painfully conscious of the fact by a degree of prostration far greater than he would have suffered if he had taken no alcohol.

So with the sick. If a man is debilitated by disease, by a long-continued fever, for example, his system is weary with the task of expelling impurities from the body. Now if alcohol is administered, it is expelled as the other impurities have been. It renders the exhausted organs no aid; it imparts no force; it simply imposes an additional task. Such aid is surely not desirable. Who would think of relieving an overburdened horse by adding another burden to his load? No sensible man, certainly. If fever patients recover after taking great quantities of wine and brandy, it is *in spite* of the alcohol, and not by the aid of it; for it has been proved in hundreds of instances that fever patients do far better without brandy than with it.

Twenty years ago, when a man had fever, he was vomited, purged, bled, and salivated, under the notion that he had too much vitality—too much life—some of which must be got out of him. The plan of abstracting vitality was so successful that thousands of fever patients were killed who might have lived half a century, if they had been so fortunate as to have had only an old woman for a doctor.

In later times there has been a most remarkable revolution in the treatment of fevers. Calomel, emetics, purgatives, and the lancet are no longer employed in treating fevers. Instead of depleting their patients, or robbing them of their vitality, by the barbarous methods of olden times, "regular"

physicians have adopted the theory that in fever the patient has too little vitality, and so they attempt to increase his vital force by potations of brandy, wine, and other alcoholic liquors.

Of course this practice is founded upon the theory that alcohol supplies force; but we have already proved that alcohol does not supply force to the body, but that it exhausts, abstracts, and paralyzes. This, then, cannot be the proper agent to employ when an addition of force is required.

Says Dr. James Edmunds, of England, "I believe, in cases of sickness, the last thing you want is to disguise the symptoms, to merely fool the patient; that if alcohol were a stimulant, that is not the sort of thing you would want to give to a man when exhausted from fever. . . . If your patient is exhausted by any serious disease, surely it would be the most rational thing to let him rest quietly, to save his strength, and in every possible way to take care to give him such food as will be easily absorbed through the digestive apparatus, and keep the ebbing life in the man."

If brandy, or alcohol in any form, is ever admissible, it is only when its poisonous effects as an irritant may be desirable, just as a dash of cold water, the application of a hot poker to the spine, or of ammonia to the nostrils, may each under some possible circumstances be serviceable in arousing the vital energies from a sudden collapse, and thus preventing death.—*Health Reformer*.

EFFECTS OF PROHIBITION.

In the State of Maine the prohibitory law has been in force twenty-two years, and there is only one convict to every 1,600 of the population; whereas in Massachusetts, where there is no liquor law, there is one convict to every 500 of the population. In Trimble County, Kentucky, which has adopted the liquor law, during the last year there has not been a single criminal case, not a single prisoner in the gaol, and not a single pauper in the county. Kansas adopted the prohibitory liquor law in 1881, and during nine months of 1880, when it was under free whisky rule, there were 264 convicts, while in nine months of 1881, when the prohibitory liquor law was in force, the number of convicts was only 148; and in a town in Illinois, with a population of 2,500, there had not been a single arrest in twenty months.—*Lancet*.

FIFTY-TWO OBJECTIONS TO TOBACCO.

1. TOBACCO and its appendages cost the United Kingdom at least £10,000,000 a year.
2. Tobacco was one main upholder of slavery in the United States of America.*
3. Tobacco, when first smoked, chewed, or snuffed, offends the whole system.
4. Tobacco contains an essential oil and nicotine, both of which are highly poisonous.
5. Tobacco exerts an injurious influence on the brain and nervous system generally.
6. Tobacco seriously affects the action of the heart and circulation of the blood.
7. Tobacco, by perverting the saliva, prevents the due elaboration of chyle and blood.
8. Tobacco, by weakening the nerves, produces morbid excitability and irritability.
9. Tobacco impairs the senses of smelling and tasting, and often of hearing and seeing.
10. Tobacco, when freely used, depresses the energies of the mind, and leads to despondency.
11. Tobacco arrests the growth of the young, and thereby lowers the stature.
12. Tobacco, when smoked by boys, causes a craving for it, to gratify which they often steal.†
13. Tobacco in numerous instances, weakens the memory, and thereby tends to insanity.
14. Tobacco, by undermining physical vigor, causes the keepers of the house to tremble.
15. Tobacco has a tendency to loosen the silver cord, and superinduce paralysis.
16. Tobacco harms the gums and teeth, and the grinders cease because they are few.
17. Tobacco weakens every function and fiber of the human frame by poisoning the blood.
18. Tobacco is a known cause of enfeeblement to the posterity of its consumers.
19. Tobacco is an acknowledged cause of demoralization to the young of all classes.
20. Tobacco smoked, chewed, or snuffed, deceives by causing delusive imaginations.
21. Tobacco hastens the evil days in which many say, "I have no pleasure in them."

*For the cultivation of tobacco, 5,500,000 acres of land are set apart, and 2,000,000 tons annually grown and consumed. At the Edinburgh Reformatory, of 80 boys, there was not one who had not been a smoker or chewer, and most of them had done both.

† In the Reformatory at Blakeley, near Manchester, out of 15 boys who were admitted soon after its opening, 12 had been smokers, 8 chewers, and 10 confessed they had stolen tobacco, or money with which to buy it.

22. Tobacco is expensive, and if wives and children want food, the pipe must be filled.
23. Tobacco-smoking occasions great waste of time, "the stuff which life is made of."
24. Tobacco keeps many of its besotted victims in a state of habitual semi-intoxication.
25. Tobacco is a great promoter of drinking customs, by creating unnatural thirst.
26. Tobacco, by its exhausting and depressing power, renders strong drink a necessity.
27. Tobacco is the admitted cause of multitudes breaking the total abstinence pledge.
28. Tobacco is therefore a great hindrance to the progress of temperance reform.
29. Tobacco-smoking is the only uncondemned vice from the pulpit, press, and platform.
30. Tobacco doubtless causes many fires which come under the head of "Cause Unknown."
31. Tobacco pollutes the breath, and unfits its consumers for refined society.
32. Tobacco is a class-breaker and greatly tends to lead its victims into bad associations.
33. Tobacco frequently induces habits of indolence, apathy, and listless inactivity.
34. Tobacco-consumers are more liable to disease than if they were in a natural condition.
35. Tobacco weakens the constitution, and renders recovery from sickness difficult.
36. Tobacco, by weakening mental perception, leaves its victims an easy prey to tempters.
37. Tobacco mars beauty, destroys the complexion, and impairs the brilliancy of the eyes.
38. Tobacco smoked, chewed, or snuffed, is opposed to the politeness of a gentleman.
39. Tobacco, as James the First said, "bewitches him that useth it. He cannot leave it off."
40. Tobacco, by enfeebling the will, becomes a prolific cause of irresolution.
41. Tobacco is at variance with the dictates which Christianity inspires in the soul.
42. Tobacco robs the pulpit, by circumscribing the qualifications of smoking ministers.
43. Tobacco begets strife in railway carriages, ale and temperance houses, and at home.
44. Tobacco, by robbing working men, clothes many of them and their children with rags.
45. Tobacco smoked in confined rooms, is very injurious to sickly women and children.
46. Tobacco is powerful in leading to forgetfulness of God, and the duty of self-denial.

47. Tobacco causes many parents to exclaim "Would God I had died for thee, my son."
48. Tobacco has done much to fill poor-houses, hospitals, and lunatic asylums.
49. Tobacco and drinks, which its use demands, cost enough to evangelize the world.
50. Tobacco and drinks are causes of long credit for articles of necessity and utility.
51. Tobacco greatly detracts from God's honor, by frustrating his benevolent designs.
52. Finally. To young and old we say: TOUCH NOT TOBACCO, FOR A CURSE IS IN IT.—*Norwich, Eng., Temp. Tract, No. 14.*

GOOD BLOOD.

THE appearance of the blood as it flows from a wound is familiar to everyone. It is a red fluid. When we analyze it more closely we find two kinds of blood in the body: one, the arterial, which is of a bright scarlet color; the other, the venous, which is a brownish red. When the venous blood passes through the lungs and is brought in contact with the air, it becomes scarlet, and when the scarlet-colored blood passes through the capillaries into the veins it loses its brilliancy and becomes dark. The red corpuscles are the ships which carry oxygen from the lungs to all parts of the body. They come and go upon the life-tides, taking oxygen on the outward voyage and carrying carbonic acid on the return trip, which, being discharged in the breath, purifies the blood and leaves these ships empty to reload with oxygen. Experience shows that alcohol injures these ships and finally destroys them, thus producing death. The injury may happen in several ways. One way is to take some of the water from the ships, making them smaller; wrinkling up their outer coat, so that they look dried or shriveled. In this condition they cannot do their work well. Their shape being altered by the alcohol may cause them to cling together, so that they do not go through the fine blood-vessels easily.

Health, strength, and happiness depend on good blood. People who injure this fluid in any way by alcohol, tobacco, or opium, make a serious mistake, and thereby become less strong, less healthy, and less happy.—*Sel.*

IN 1863 the amount of liquor consumed in the United States was 2½ gallons for each inhabitant. In 1884 it was 12 gallons.

THIRST.

It is a mistake to drink too much or too frequently in hot weather. The fluid taken in is quite rapidly thrown out again through the skin and kidneys, especially through the skin. This determination toward the surface gives a new and increasing demand for fluid on the successive acts of drinking and perspiring. We must not, however, forget that thirst is nature's call for fluid to replace that lost by cutaneous exudation, and if this demand be not met, the residual fluid of the tissues must be absorbed into the blood or the latter will become unduly concentrated.

This absorption just mentioned has the curious drawbacks of taking into the blood in a concentrated instead of a dilute form the products of disassimilation, together with some excrementitious matters which would probably not be taken up at all if the blood were not abnormally dense. You can see that harm may be done by a process of self-poisoning with this excrementitious material retained or taken up in the place of an adequate supply of fluid in the form of drink to dilute and wash it away. Another disadvantage of the non-drinking method to suppress thirst, is this: The metabolism of the body, on which nutrition depends, ought to be rapid in hot weather. If the organism is to be maintained at the health point, tissue change must be favored, and such modifications of body heat as may be brought about by flushing and evaporation must be facilitated. This is done by drinking water at the proper time. We recognize that to thirst and drink, and perspire and drink again, are the natural steps in a process by which nature maintains the integrity of those organic changes which the external heat has a tendency to impede. The natural and true way is to supply a sufficient quantity of water without excess. So we advise to drink slowly and give nature time to say, "Enough." Water is the only fluid which will quench thirst. All the milk, tea, coffee, or any other drink will not dilute the blood, only in proportion to the amount of water which they contain.

W. P. B.

GETTING THE DROP ON HIM.

THE following conversation is reported in the *Interior*, as occurring between two Chicago Irishmen:—

"Come in, Patrick, and take a drop of something."

"No, Mike; I'm afraid of drops ever since Tim Flaherty died."

"Well, what about Tim?"

"He was one of the likeliest fellows in these parts. But he began the drop business in Barney Shannon's saloon. It was just a drop of something out of a bottle at first. But in a little while Tim took a few drops too much, and then he dropped into the gutter. He lost his place, he lost his money, he lost his hat and coat—he lost everything but his thirst for strong drink. Poor Tim! But the worst is yet to come. He got crazy with drink one day and killed a man, and the last time I saw him he was just taking his last drop, with a slip-noose around his neck. I have quit the dropping business, Mike. I have seen too many good fellows when whisky had the drop on them. They took just a drop from the bottle, then they dropped into the gutter, and they dropped into the grave. No rumseller can get the drop on me any more; and if you don't drop him, Mike, he will drop you."

HEALTH THE BASIS OF SUCCESS.

GOOD physical health lies at the very foundation of success and happiness, and should be most highly prized, and every available means taken to retain it by those who possess it, and to regain it by those who have lost it. With health man may accomplish almost everything, but without it he is like a giant bound, helpless. Horace Mann once truly and beautifully said: "All through the life of a pure-minded but feeble-bodied man his path is lined with memory's grave-stones, which mark the spots where noble enterprises perished for want of physical vigor to embody them in deeds." Man's first duty is to obey the laws which God has implanted in his very being for his guidance.—*Herald of Health*.

It is often thought that wine, and beer, and spirits give strength to a man; that they make the muscles contract with more force, and sustain the action. I have put this matter to the test by means of experiments, and I have found that the idea of alcohol giving force and activity to the muscles is entirely false. I found that alcohol weakens the muscular contraction, and lessens the time during which the contraction can continue active.—*Dr. B. W. Richardson*.

Miscellaneous.

FROM ONE OF OUR FIRST PATIENTS.

I WAS among the first patients who sought the benefits of the Rural Health Retreat, after its opening in the spring of 1885, and I esteem it a pleasure to say a few words respecting this institution. My disease, which was wearing out both body and brain, was pronounced incurable by several of the most competent physicians of the Pacific Coast. After remaining several months at this mountain "home," under the studied, hopeful attention of the physicians, I was *greatly* benefited. I would heartily recommend the place to all the afflicted. Even though your disease may have been pronounced incurable, you may be cured; if not, you may obtain great relief, which will abundantly pay you for a few weeks' stay at the Retreat.

When I went to the institution I was scarcely able to sit up in the carriage, yet I was charmed by the beautiful scenery surrounding the place. It lies ever an open picture of changing grandeur. So varying is the view, even to the patient who is able to walk only a few hundred feet, that there is constant change, reminding one of turning the leaves of some great album of nature's own make.

Every person who has given thought to the subject, knows that the things which surround us have great influence upon us. There is much truth in the old saying: "A thing of beauty is a joy forever." That which pleases will aid in banishing unpleasant feelings. Every physician or nurse of experience will testify that where joy is ever present disease is greatly held in check. For the truthfulness of this, we have not only our observation of cause and effect, but the words of Solomon, who says, "A merry heart doeth good like a medicine." Prov. 17: 22. The managers of the Retreat must have had this in view in placing this institution where nature ever presents so grand and pleasing a view.

MRS. M. J. BAHLER.

Oakland, Cal.

SLEEPLESSNESS.

TRYING to go to sleep is a mistake. Your sensations are intensified by the effort. Doubtless this is partly due to the quietness in the bed-chamber, but the effort certainly causes an in-

crease in the susceptibility of your preceptive faculty. You know very well that your watch or clock ticks louder now than usual. You can hear an insect scratching behind the wall paper, which you did not hear before. The moment we *try* to lower the sensibility of any of the sense organs, they are thereby stimulated. Close your eyes and the inner mental sense of vision becomes very acute, and you see rapidly changing images. Smell may become so keen that the bed linen will prove offensive, and even the natural saliva of the mouth may become loathsome. So it is with all the senses. The whole process of trying to subdue any of the senses is unnatural, and opposed to the dictates of reason. The better way is to secure quietness, and exercise no control over the senses. Don't force your eyes shut, but let them droop when weary. Mind and body should be left to take their chance of sleep without striving for it, for this effort is the principal cause of wakefulness. One of the reasons why people fall asleep in the day-time, while sitting up in the chair, is because they make no effort to sleep.

If there is too much nervous irritability, the best thing to do, on going to bed, is to take a sedative in the shape of alternate hot and cold applications to the spine, or, may be, galvanism. These agents are worth more than all your medicines to give good, sweet sleep. They are worth all your gold and silver to the nervous person.

With many, large suppers and much tea, coffee, wine, whisky, etc., cause sleeplessness. The body is built up by rest in sleep, and torn down in activity. When there is not sufficient sleep, no matter from what cause, the expenditures of the body exceed the income, and losses result, and the time of bankruptcy is not far away. A bankrupt body is the worst kind of bankruptcy.

W. P. B.

THE Roman soldiers who built such wonderful roads and carried a weight of armor and luggage that would crush the average farm hand, lived on coarse bread and sour wine. They were temperate in diet, regular and constant in exercise. The Spanish peasant works every day and dances half the night, yet eats only his black bread, onions, and watermelon. The Smyrna porter eats only a little fruit and some olives. He eats no beef, pork, or mutton, yet he walks off with his load of eight hundred pounds. The coolie, fed on rice, is more active and can endure more than the negro, fed on fat meat.—*Philadelphia Record*.

Relative Value and Composition of Food.

p. ct. oz.
F 0 .8 2
O .2 1/2
M 1. 2 1/2

The Height of the Columns is proportionate to the weight that

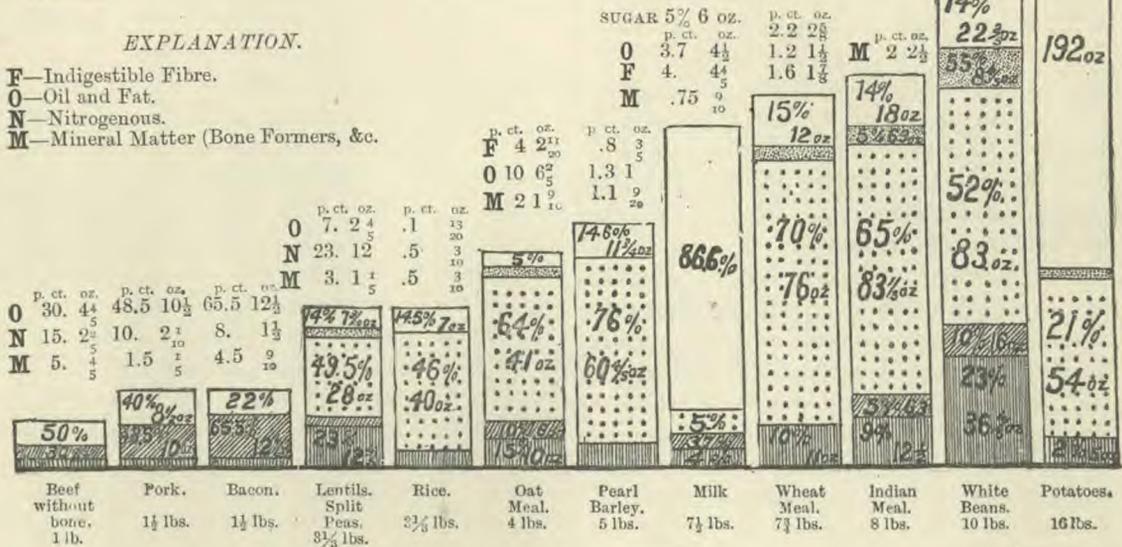
TWENTY CENTS WILL PURCHASE IN CALIFORNIA.

Indicates Water. Indigestible Fibre. Starch and Sugar. Heat and Force Producers.
Flesh Formers (Nitrogenous Matter). Oil and Fat.

The first set of Figures shows parts in every hundred; the others ounces in twenty cents' worth of the food. Where the quantities cannot be shown in the diagram they are placed above the columns.

EXPLANATION.

F—Indigestible Fibre.
O—Oil and Fat.
N—Nitrogenous.
M—Mineral Matter (Bone Formers, &c.)



EXPLANATION OF THE DIAGRAM.

THE above diagram will bear study. It illustrates the amount of food of different kinds that a given amount of money will purchase. This is shown by the height of the column, and the figures below. For instance, the cost of 1 lb. of boneless beef—20 cents—would purchase 4 lbs. of oatmeal, or 7 3-4 lbs. of wheat meal, or 8 lbs. of Indian meal, or 10 lbs. of white beans.

The different divisions of the column illustrate the proportion of the component parts of the food. The dotted portion indicates starch and sugar; the oblique lines, the oil and fat. These are the heat and force producers of the body. The perpendicular lines indicate the amount of each article that is nitrogenous matter, or the flesh formers. The white indicates water.

Notice the difference between beef, pork, or bacon, and Indian meal or white beans. In 20

cents' worth of beef you get only 2 2-5 ounces of flesh-forming material. The same value in white beans gives you 36 4-5 ounces of flesh formers. The figures in the columns, and above them, denote the portion of material in each hundred parts, or the number of ounces of that material in the bulk represented. To illustrate, in 1 lb. of beef 50 per cent, one-half, is water, while in 10 lbs. of white beans only 14 per cent, or 22 2-5 ounces, is water. In the 1 lb. of beef the only heat and force producer represented, is the oil and fat, of which there is only 30 per cent, or 4 4-5 ounces, while in the beans there is 52 per cent of starch and sugar, and 10 per cent of oil and fat, or 62 per cent of heat and force producers. That is, in the 20 cents' worth of beans there are 83 ounces of starch and sugar, and 16 ounces of oil and fat, or 99 ounces,—6 lbs. 3 ounces,—of heat and force producers. J. N. LOUGHBOROUGH.

REPORT OF CASES.

THE following are only a few out of the many cases that have been cured by the remedial agencies employed at Rural Health Retreat:—

Mrs. —, of Wyoming, age 20, came to the Retreat, suffering with enlargement of the womb, and great ovarian irritation, accompanied by palpitation of heart, indigestion, and a whole train of nervous symptoms. After two months' treatment she returned to her home, and reports herself as well as before her sickness.

Mr. —, a young man, single, aged 31, came to the Retreat suffering with seminal weakness. He had been gradually failing in health for the last six years. Becoming alarmed by the harassing symptoms that accompanied this soul and body-destroying disease, he sought relief at the Retreat. After a few weeks' treatment, he returned home free from the grasp of this horrid monster, and has successfully resumed the care of a large farm and the ordinary duties of life.

Miss B, of Nevada, age 11, of scrofulous habit, and frail constitution, suffering from throat disease, with tonsils so enlarged as to greatly interfere with respiration, came to the Retreat for relief. These ailments had troubled her from the age of two years, and when she arrived at our institution she weighed thirteen pounds less than a year previous. After two months' treatment, and the removal of the enlarged glands, she had more than regained her former weight, and presents a better appearance than ever. Since leaving the Retreat, we are informed that she is still improving.

Mr. B, age 58, lumber merchant and dealer, living in one of the principal cities of California, came to our institution suffering from cancer of the left temple. Attempts at removal had previously been made and proved ineffectual, and only served to increase the growth and gravity of the cancer that was now eating and discharging quite freely. The cancer was removed, and in three weeks the wound was healed. No signs of recurrence have been exhibited during the five months that have elapsed since removal.

Mrs. B, age 27, had suffered from female ailments for eight years. For five years had been treated by physicians for leucorrhœa, prolapsus, and uterine ulcerations. Examination, after coming to the Retreat, revealed a hard tumor and ulcerations of the womb, and an impacted ulcer of the rec-

tum, of the size of a black walnut, with fistulous sinuses leading into the tissues back of the rectum. After about three months' treatment, the ulcers were healed and the tumor was removed. The patient is again well, and following, with comfort, the daily routine of family and household duties.

J. S. GIBBS, M. D.

A LONG STANDING CASE OF PILES.

W. A. PRATT, of St. Helena, California, had been most sorely afflicted with the above malady for over ten years, previous to August 4, 1886. At that date he came to Rural Health Retreat for an examination with the speculum, and for treatment. The piles were then as large as pullets' eggs, and protruded externally from the rectum, causing much pain and suffering. He had previously tried everything which he saw recommended that gave promise of success. All such remedies availed him nothing. By their use his affliction was not relieved, but his disease continually grew worse. He had a special treatment on August 4, another one on August 18, and a third on September 14. These, together with treatment advised between these dates, which he performed himself, at home, accomplished the work. He claims for himself that he is completely cured, and says he only "wishes he had known of this treatment ten years ago," that it would have "saved him a vast amount of suffering and acute pain." Mr. Pratt will most cheerfully answer any who may wish to inquire respecting his case, and he gives us the fullest liberty to state his case in this journal, hoping that any who are suffering from similar difficulties may at once seek this source of relief.

W. P. BURKE, M. D.

CONSTIPATION—ITS CURE.

ALL our readers should know that, in order to preserve health, nature demands at least one passage of fecal material from the bowels each day, and that this should occur not a great while after arising in the morning. When there is no such passage for one or two days, it should occasion at once, on the part of the individual, earnest inquiry as to the cause and remedy for such condition.

Constipation—costiveness—indicates a fevered condition of the bowels, by which the moisture of the feces is dried, so that they become obstructed in their natural passage from the body. This state

of things may be induced by the use of intoxicants, narcotics, or the use of spices, pepper, mustard, curry powders, and all other substances which are of a nature to unduly irritate the mucous lining of the alimentary canal. It may also be induced by the continued use of fine flour, and a diet lacking proper moisture.

One very unpleasant effect of constipation is confusion in the action of the brain, dull headaches, and neuralgic pains. This undoubtedly arises from the fact that the mucous membrane of the body has a nervous sympathy in all its parts. What Paul said of the whole body is certainly true of this, "If one member suffer, all the members suffer with it." The mucous lining of the brain may, at first, only be affected through sympathy with the bowel difficulties; but at last a chronic difficulty may be established in the shape of catarrh in the head, with piles, ulcers, polypus, fistula, etc., in the bowels. The late Dr. Trall used often to say, "A large amount of what is called softening of the brain, is in reality only a hardening of the bowels."

We have spoken of some of the fruitful causes of a disordered condition of the bowels, but scores of the readers of this journal are doubtless already in that condition, and to such relief would be an inestimable blessing. Such are ready to inquire, "What shall we do?" Leave off at once the use of those articles which have brought you into the unhealthy state. Further, we are happy to inform you that the *Rural Health Retreat*, in connection with its numerous means for the successful treatment of disease, has instruments by means of which the physicians obtain an exact view of the condition of the lower bowels as well as other parts of the body. There is, then, no speculation in the treatment, for it is known by actual observation, not only the peculiar disease, whether piles, ulcer, or polypus, etc., but it can also be seen, from time to time, just what progress is being made in each case. For a sample of what has been accomplished at the Retreat, in dealing with rectal difficulties, we would refer the reader to the case of Mr. W. A. Pratt, reported on page 140 of this journal.

JANUARY 1, 1887, we counted thirteen varieties of flowers in bloom in the front yard of the Retreat, such as roses, callas, verbenas, and geraniums.

DRY BEDS AND DAMP BEDS.

It is not sufficiently known that almost all substances have the property of absorbing moisture from the atmosphere. Linen is remarkable for this property; the same may be said of feathers, and in less degree of wool; hence the difficulty of keeping a bed dry, unless it is constantly used or exposed to warmth from a fire. Merely covering up a bed with blankets and counterpane will no more keep it dry than a pane of glass will keep out light; the atmospheric moisture will pass through every woven fabric.

Damp beds, unfortunately, are generally found in the spare, or visitor's room; hence the persons often most welcome in a house suffer from this terrible evil. Spare beds should never have anything but a slight coverlet to keep them clean, and it should be put upon them when not in actual use. People often fancy that damp is only in the sheets, but it is in all the other clothes. A bed will be much drier by itself than with blankets and counterpane upon it. Every spare room that is at all likely to be used by visitors, should have a good fire in it at least every third or fourth day during the winter, and the bed should be well turned in the interval. Blankets and counterpane should be dried and folded up hot, and put away till wanted; if they are left open upon a bed they quickly absorb damp, which cannot be quickly dried out. It is cruel and ungenerous to put a visitor friend to sleep in a fireless, cold room, with damp clothes to cover him, when a little coal would have made all healthy and comfortable.—*Sel.*

WHAT OTHERS SAY.

THOMAS R. McCOWEN, writing from Sacramento Water Cure, and sending a list of subscriptions to this journal, says: "From the 8th to the 23d of November last I spent a couple of weeks very pleasantly at the St. Helena Health Retreat. In the line of facilities and thorough treatment for the relief of invalids, I found it all, and *more* than I expected; and having had some considerable experience in the system of treatment taught and practiced in the Retreat, and having made it a practice for many years past to visit hygienic institutes, I have no hesitancy in saying that, in my opinion, the St. Helena Retreat, if not in advance, is considerably above the average of any that I have visited on this coast."

Household.

THE HANDS THAT CAN MAKE GOOD BREAD.

You may talk to me of accomplished girls,
 With "hands as white as the lily;"
 of melting blue eyes, and auburn curls,
 But I think that decidedly silly.
 But when anyone mentions a lady's hands,
 The question pops into my head,
 of their beauty and golden bands,
 But, *Can they make good bread?*

There are hands that are skillful with pencil and brush,
 And can paint a landscape or face;
 That can write sweet notes, and color a blush,
 With the greatest beauty and grace.
 Perhaps you will call me a gluttonous churl,
 But, for one, I prefer instead,
 A matter-of-fact and sensible girl,
With hands that can make good bread.

There are hands that can play the piano with ease,
 And finger the lively guitar;
 Can crochet and embroider, and all such as these—
 More worthless than useful by far.
 These are all very pleasing to ear and to eye,
 But when you come to be fed,
 You will find no hands beneath the sky
Like those that can make good bread.

We have troubles enough in a world like this,
 But one thing lessens it much—
 Brings household peace and domestic bliss—
 And that is good dinners and such.
 If you ever get tired of the world's busy strife,
 And take a notion to wed,
 Don't, for your life, get a wife
With hands that can't make good bread.
 —Wm. T. Hornaday, in *Health Reformer*.

TRAINING CHILDREN.

PARENTS should encourage their children to confide in them and unburden to them their heart griefs, their daily little annoyances and trials. If they do this, the parents can learn to sympathize with their children. Children would be saved from many evils if they would be more familiar with their parents. Parents should encourage in their children a disposition to be open and frank with them, to come to them with their difficulties, and when they are perplexed as to what course is right, to lay the matter just as they view it before their parents, and ask advice of them. Who are so well calculated to see and point out their dangers as godly parents? Who can understand the peculiar temperament of their own children as

well as they? The mother who has watched every turn of the mind from infancy, and is acquainted with the natural disposition, is best prepared to counsel her children. Who can tell as well what traits of character to check and restrain, as the mother, aided by the father?

Children that have been petted and waited upon, always expect it; and if their expectations are not met, they are disappointed and discouraged. This same disposition will be seen through their whole lives, and they will be helpless, leaning upon others for aid, expecting others to favor and yield to them. And if they are opposed, even after grown to manhood and womanhood, they think themselves abused; and thus they worry their way through the world, hardly able to bear their own weight, often murmuring and fretting because everything does not suit them.

Some people are teaching their children lessons which will prove ruinous to them, and they are also planting thorns for their own feet. Mistaken parents have thought if they gratified the wishes of their children, and let them follow their own inclinations, they would gain their love. What a mistaken idea! What an error! Children thus disciplined, grow up unrestrained in their desires, unyielding in their dispositions, selfish, exacting, and overbearing, and are a curse to themselves and everybody around them. Parents, to a great extent, hold the future happiness of their children in their own hands. Upon them rests the important work of forming their children's character. The instructions they give them in childhood will follow them all through their lives. Parents can sow the seed which will spring up and bear fruit either for good or evil. They can fit their sons and daughters for happiness or misery.

Children should be taught very young to be useful, to help themselves, and to help others. Many daughters of this age can see their mothers toiling, cooking, washing, or ironing, while they sit, without remorse of conscience, in the parlor to read stories, knit edging, crochet, or embroider—their hearts as unfeeling as a stone. But where does this wrong originate? Who are the ones usually to blame in this matter? The poor, deceived parents. They overlook the future good of their children, and, in their mistaken fondness, let them sit in idleness, to do that which is of but little account, which requires no exercise of the mind or muscles, and excuse the indolent daughters be-

cause they are weakly. What has made them weakly? It has often been the wrong course of the parents. A proper amount of exercise about the house would improve both mind and body. But they are deprived of this through false ideas, until the children are averse to work. Work is disagreeable, and does not accord with their ideas of gentility.

Parents cannot succeed well in the government of their children until they first have perfect government and control of themselves. They must first learn to subdue themselves, and control their words, and the very expression of the countenance. They should not suffer the tones of their voice to be disturbed or agitated with excitement and passion. Then they can have a decided influence over the children.

Children may wish to do right; they may purpose in their hearts to be obedient and kind to their parents and guardians; but they need help and encouragement from them. They may have good resolutions, but unless their principles are strengthened by religion, and their lives influenced by the grace of God, they will fail to come up to the mark.

Parents should faithfully instruct their children, and not leave them to gather up their education as best they can. They should not be left to learn good and bad indiscriminately, with the idea that at some future time the good will predominate, and the evil lose its influence. The evil will increase faster than the good. It is possible the evil they have learned may be eradicated after many years; but who will venture this?

Patently instruct, and kindly and untiringly teach your children how to live in order to please God. Impatience in the parents excites impatience in the children. Passion manifested by the parents, creates passion in the children, and stirs up the evil of their nature. Some parents correct their children severely with a spirit of impatience, and often in passion. Such corrections produce no good result. In seeking to correct one evil, they create two. Continual censuring and whipping harden the children, and wean them from their parents. Parents should first learn to control themselves; then they can more successfully control their children.

MRS. E. G. WHITE.

CHEERFULNESS promotes digestion and health.

PARENTS AND CHILDREN.

THE children of the present day are much criticised, in the pulpit and in the press, because of their forwardness and lack of reverence. It is even a common remark of older parents, that "there are no children nowadays;" no children who have the spirit and place of children. But children are usually what they are trained to be. If the children of a former day were better mannered than those of to-day, the reason must be looked for in the fact that they had better parents than those children have who are complained about to-day. There were some advantages, or advantages for some, in the long ago.—*Sunday School Times*.

THE navy uses up 1,000,000 pounds of tobacco every year.

SEVENTEEN States and one Territory have enacted laws which provide for the study in the public schools of the nature and effects of alcoholic drinks.

ACCORDING to a recent estimate over 10,000,000 people are victims of the coca habit, 100,000,000 of the betel-nut, 40,000,000 of chicory, 10,000,000 of coffee, 300,000,000 of hasheesh, and 400,000,000 of opium.

A DOCTOR who has had much experience in treating laborers in gas works says that persons who have become insensible from breathing illuminating gas will usually revive after the administration of a few drops of acetic ether in water.

HOUSE-CLEANERS are reminded that ammonia cleanses glass better than soap; that salt and vinegar brighten brasses; that plaster busts may be cleaned by dipping them into thick liquid starch which, when dry, may be brushed off, taking the dirt with it; that powdered borax mixed with a little brown sugar is sure death to cockroaches and ants.

A COLORED man relates his plan for avoiding family jars, as follows: "I telled Betsey when we were wed, dat if she saw me getting angry like she must go to the bucket and fill her mouf wid water; and if I saw her getting out of herself, I'd go to the bucket and fill my mouf wid water. So we never had any quarrels; for one can't quarrel alone, and another can't quarrel wid you when his mouf is full of water."

THE AMERICAN COOKING OIL.

THIS oil, prepared from cotton seed, is a perfect substitute for lard, butter, and all other forms of shortening used by the housekeeper. It is *better, healthier, and cheaper* than all others. It is better than *lard*, because it is a pure vegetable product, and, consequently, never subject to the diseased conditions of animal fats. It is better than *butter*, because it is always genuine; there is no fraudulent imitation, compounded of all kinds of refuse, villainous chemicals, and corroding acids. It is better than *drippings*, because unmixed, and free from all odors of beef, mutton, and pork. It is better for use in summer, because unchanged by hot weather. Oily butter and oily lard are always unsatisfactory.

The American cooking oil is cheaper than lard or butter, because the first cost is less; because none is wasted; because but a small quantity is required—from one-third to one-half less than the usual quantity of lard or butter would make if reduced to oil; because it keeps well in all climates and all seasons. It is easier to use, because, kept in a convenient vessel, it can be readily handled and accurately measured. It is cleaner to use with flour, because stirred in with other fluids, and not *rubbed through*. The hands are not soiled with flour; the flour is not soiled by the hands.

The Rural Health Retreat imports the oil in new casks direct from the New Orleans manufacturers. Their oil is made from choice, clean, round seed, refined by a purely mechanical process, without the addition of any chemicals. It is pure, sweet, and wholesome; limpid almost as water; it is pleasing to the eye, grateful in odor, appetizing in flavor. This oil comes to us recommended by Dr. W. H. Watkins, Chief Sanitary Inspector of Louisiana State Board of Health. He says of this brand of oil: "I have carefully examined samples, with a view of determining its purity and usefulness as a culinary agent. The samples have an agreeable, nutty odor, are pleasant to the taste, and possess qualities highly important for cooking purposes."

Since publishing the article on "Shortening," in the last number of the HEALTH JOURNAL, numerous inquiries have come in respecting the oil. Many persons are desirous of using this purely vegetable preparation in their pastry. We are happy to state to our readers that the superintendent of the Retreat is now prepared to fill all orders. The terms are given on page 145 of this number.

HEALTH GOODS.

AT THE RURAL HEALTH RETREAT there are kept constantly on hand the following valuable articles, which may be obtained, post-paid, at the prices affixed:—

HYGIENIC CORSET	\$2 00
PEERLESS "	2 50
EMANCIPATION WAIST	1 75
FORM (BOSOM)..	50
DR. GRAY'S ABDOMINAL SUPPORTER (H. S.)	2 50
DR. GRAY'S " " (Extra Large)	3 00
No. 2 HYGIENIC SUPPORTER	3 00
SCHOOL-GIRL SHOULDER BRACES	50
SKIRT SUPPORTERS	35
" " Silk Stripe)	50
SHOULDER BRACE SKIRT SUPPORTER (Ladies')	60
" " " (Misses')	50
" " " AND HOSE SUPPORTER	1 00
SKIRT AND HOSE SUPPORTER	75
No. 90 HOSE SUPPORTER, Daisy Clasp (Ladies')	30
No. 80 " " " (Misses')	25
No. 70 " " " " (Children's)	20
No. 60 " " " " "	15
No. 17 SHOULDER BRACES, Button (Ladies')	50
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How to Dress Healthfully.

THE Fashionable Corset and every other device for compressing the waist or any other part of the body, should *at once* be discarded, as they are the most fruitful sources of consumption, dyspepsia, and the majority of the ills from which women suffer. Suppose the waist does expand a little, the step will be more elastic and graceful, and a general improvement in health will soon result.

What Drags the Life Out of a Woman.

There are other modes of dress that cause serious injury to the delicate organs of the pelvis. The many heavy skirts and undergarments which are hung about the waist, drag down the internal organs of the abdomen, causing them to press heavily upon the contents of the pelvis. Soon the slender ligaments which hold these organs in place give way, and various kinds of displacements and other derangements occur.

Dress reform corrects these abuses, and educates the people in the proper modes of dress. It requires that no part of the clothing should be so confining as to prevent unrestrained movement of every organ and limb. It requires, also, that the feet and limbs shall be as warmly clothed as any other portion of the body.

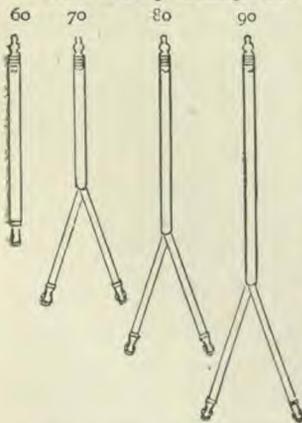
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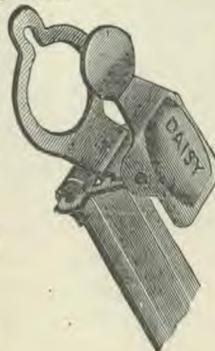
Garters are another serious source of functnal obstruction. Whether elastic or non-elastic, the effect is essentially the same. They interfere with the circulation of the blood in the lower limbs, and often produce varicose veins. Cold feet and headache are the ordinary results of their use. The stockings should always be suspended by being attached to some other garment by means of buttons or a proper suspender.

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THE BREAD QUESTION.

It is well known that the whiter and finer wheat flour is, the less nutriment it contains, for, in rejecting the second shell of the grain, the miller throws away the chief flesh and bone formers. The absence of these elements in bread leads to a much larger consumption of meat and alcoholic stimulant to supply their place, as people who eat bread made from very fine flour, naturally crave the component parts which have been so stupidly eliminated. What is known as whole-meal bread is now consumed by many people who follow the dictates of common sense rather than fashion, but it is far from being a popular article with ordinary bakers. It would be well to break down this old prejudice as soon as possible, and if the millers and bakers can be persuaded to supply the public with good wheat meal, there are many who will be glad to patronize the brown loaf.—*Cincinnati Trade List.*

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THE LONG STEP.—The first theft is the longest step taken towards prison. The first glass of liquor takes you farther towards a drunkard's grave than any glass afterwards. The first oath often clinches the habit of profanity.

IN USING COTTON-SEED OIL.—Never add *cold* oil to anything that is partly cooked. Heat a small quantity of oil and keep ready for replenishing. Have all baking pans, etc., hot, and grease with hot oil. In frying doughnuts or fritters, fish, etc., have an ample quantity of oil very hot. None is wasted. What is left over can be strained and used again for the same purpose.

THE Germans are emphatically not a nation of sober beer-drinkers, but consume more spirituous liquors than the Norwegians, the French, or the English, and as much as the notorious Hollanders, and are beaten only by the Russians and the Danes, who, as every one knows, are brandy-drinkers purely. Germans average yearly 8.8 quarts of whisky to every man, woman, and child in Germany.—*Dr. Spinola, Berlin, 1884.*

HOME-MADE MACARONI.—Take any number of eggs, break them into a bowl, and beat them without frothing. Add flour to form a stiff paste. Work this well and roll it into thin leaves the size of an ordinary pancake. Hang these over a clean sheet or table-cloth, placed over a rope or clothes-horse, in the kitchen, to dry partially. When half dry, place these leaves—ten or twelve of them—over each other, and with a sharp knife cut them into half-inch-wide ribbons. Use these instead of ordinary macaroni.

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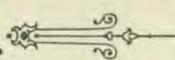
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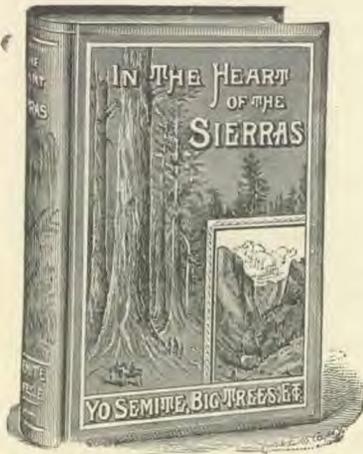
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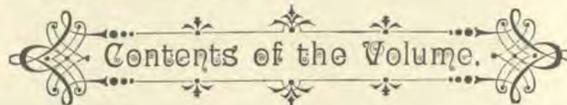
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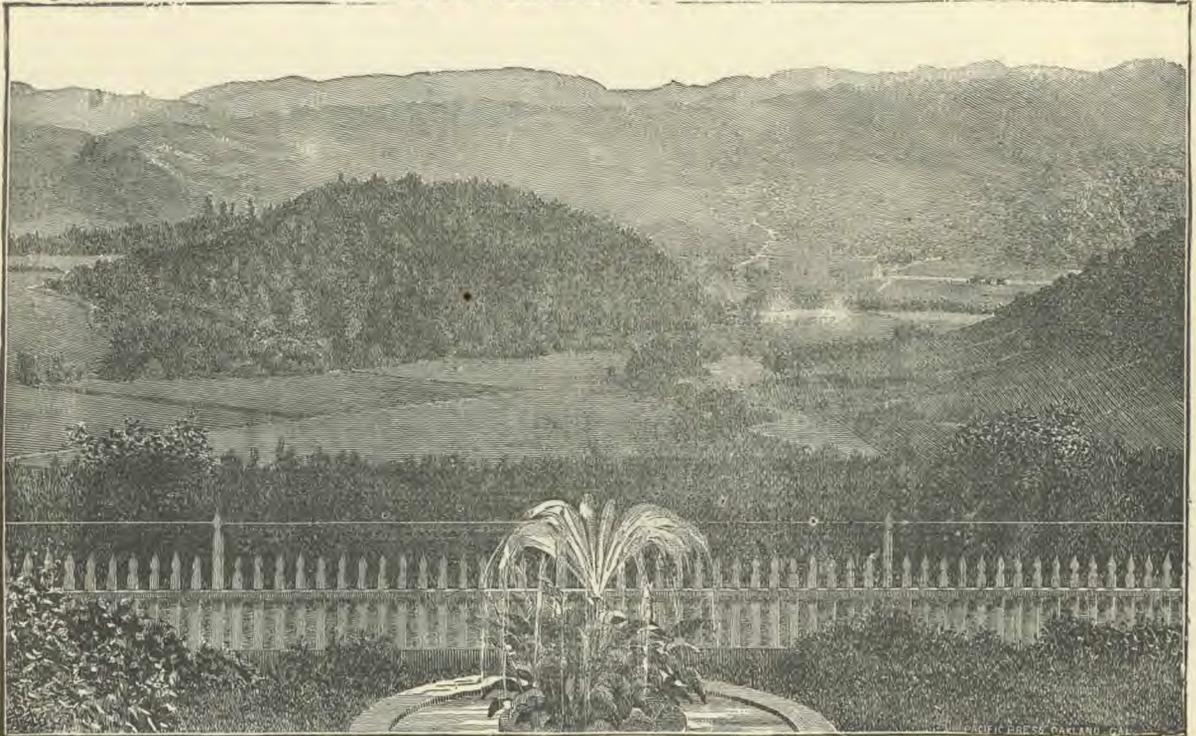
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