

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.

Volume II.

JUNE AND JULY, 1887.

Number 7.

CONTENTS.

PURE
AIR
FOOD
WATER

	PAGE.		PAGE.
GENERAL ARTICLES —Good Blood Circulation, Good Health,	187	MISCELLANEOUS —Sometime,	202
Bible Hygiene,	189	Defective Drainage,	202
Imagination,	190	Rural Health Retreat Association,	203
How to Secure a Good Appetite,	191	Heat and Flesh-Forming Foods,	203
The Demon Dyspepsia,	192	The Great Question of the Day,	204
Too Great Variety,	193	Good Appetite, Good Food,	204
Beer or Water,	193	Pure Water,	204
Disease and Its Causes,	194	Apples,	205
Ambition,	195	Useful Hints,	205
Penalties,	195	When to Work,	205
Diarrhea,	196	HOUSEHOLD —The Secret Told,	206
Bruises and Sprains,	196	What Is the Use?	206
Longevity,	197	Let the Boys Help,	207
Care for the Bedding,	197	Longevity of the Quakers,	207
TEMPERANCE —Song of a Sixpence,	198	Healthful Cookery,	208
Health and Temperance,	198	Youthful Depravity,	208
What Ned Tombs Saw in the Bottom of His Glass,	198	Signs of the Tongue,	208
What's the Harm?	200	Whose House Are You Shingling?	208
Early English Temperance Laws,	201	Healthful Foods,	209
Juvenile Smoking,	201	Regard for Life,	210

Temperance Leads to Health, Wealth, Happiness and Long Life

RURAL HEALTH RETREAT,

ST. HELENA, CAL.

THE NATURAL SURROUNDINGS



OF 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.

Malaria is a Stranger at the Retreat,

And in all this beautiful valley. In fact, the purity of the air, on this hill-side and in the upper valley, is a great aid in the treatment of malaria, and diseases of head, throat and lungs, producing a healthy circulation through mucous passages.

Our Remedial Measures Include

All forms of Baths, by vapor, air, water, electricity, heat and sunlight; Galvanic and Faradic Electricity, Swedish Movements, Massage, Dumb-bells, Indian Clubs, Free-hand Exercises, Mechanical Appliances, and Exercises for Development of Lungs, Vital Organs, and Muscular System, restoring and increasing Nervous Energy, and equalizing Circulation. Appliances for treatment of Eye, Ear, Nasal, Throat and Lung Diseases. Bad cases of Piles, Prolapsus of Rectum Fissure, Fistula-in-Ano, Consumption, Epilepsy, Asthma, Dyspepsia, Enlargement of Liver and Spleen, Abscess of Liver, Constipation, Diseases of Kidneys, Bladder and Genito-Urinary Organs, Varicocele, Impotency, Nocturnal Losses, Spermatorrhœa, Uterine Displacements, Uterine and Ovarian Tumors, Cancers, Nervous Diseases, and Paralysis are successfully treated at the Retreat.

The Physician

Is not a blind devotee to any exclusive "pathy;" has no "pet theories" to follow to the exclusion of the advancing knowledge of Hygienics and Therapy. He employs no patent nostrums, nor countenances quackery in any form. Cures are usually made without resort to medicine. Especial inducement is offered to all females suffering with ailments peculiar to their sex.

Lectures

Are given in the parlor on the subjects of Physiology, Disease, Health and Hygiene, showing how to obtain and retain health; and that a multitude of ailments can be cured by proper attention to our habits and judicious treatment.

All Classes May Be Benefited

By stopping at the Retreat. Professional men, Judges, Lawyers, Ministers, or Doctors, suffering from over mental exertion, will find this an excellent place for relaxation. Business men, exhausted mentally and physically by too close application to business, will find Crystal Springs an excellent place to recuperate. Are you troubled with constant thought of your ailments, a dread of life, or fear of death? remember that these are symptoms of disordered nerves, deranged stomach, liver, and other digestive organs, that may be cured and leave you easy and happy. Come to

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

Chronic Diseases.

New facilities are constantly being added to make this a most desirable and efficient, as it now is one of the most natural and healthful Winter Resorts in America. On our grounds Geraniums, Verbenas, and Callas bloom in the open air all winter; and just above our buildings, on the hill-side, we have an orchard of Orange, Lemon, Olive and Fig-trees.

While the Chief Object of this institution is to afford a Sanitarium for those in need of Hygienic and Surgical Treatment, ample means is provided for the entertainment of boarders and order-loving pleasure seekers. There are walks in the shady groves, drives, a spacious croquet ground, swings, hammocks, etc., etc. We are only twelve miles from the famous petrified forest, to which parties may make a nice trip almost any day. While a "radical table" may be furnished to patients whose ailments require a prescribed diet, we have a "wholesome and liberal table" for such as may desire to spend a few weeks or months in recreation and receive benefit from rest and breathing this mountain air, the evenness and purity of which are unsurpassed.

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,	\$12 to \$20 per Week.
“ “ without Treatment,	6 to 12 “ “

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.

Persons sending notice previously will be met at the St. Helena Depot by a carriage from the Retreat. Cost of the trip, 2½ miles, passengers, 50 cents each. Trunks, 25 cents each. Hand parcels free.

For Further Particulars address: RURAL HEALTH RETREAT,
ST. HELENA, CAL.

PACIFIC HEALTH JOURNAL

AND

Temperance Advocate.

PUBLISHED BI-MONTHLY, BY THE
PACIFIC PRESS PUBLISHING COMPANY,
 OAKLAND, CAL.

32 Pages. Price, Fifty Cents a Year.

Entered at the Post-office in Oakland.

J. N. LOUGHBOROUGH, }
 E. J. WAGGONER, } *Editors.*
 A. T. JONES, }

THE wisest men are those who aim to live in such a manner as to grow old without aches and pains.

THE mental states have a more controlling influence over the bodily condition than most persons imagine.

"HE that hath no rule over his own spirit is like a city that is broken down, and without walls." Prov. 25:28.

THE physical, mental, and moral health are interdependents; hence what improves or promotes one, improves and promotes the other.

VENTILATION is perfect in proportion as the air of an apartment is kept equal in purity to that of the external atmosphere. This is best done in private dwellings by having an open fire-place.

THERE are said to be 5,000 patent medicines of American concoction now on the market, and the trade amounts to \$22,000,000 per annum. Of this \$10,000,000 is spent in advertising, and the net profits are set down at \$5,000,000.

To spend two or three moments upon rising and retiring in rapid friction of the whole surface of the body with the hand is a more rational treatment of the skin, and a more health-promoting operation, for most persons, than a daily cold-water bath.

"THERE'S many a trouble
 Would break like a bubble,
 And into the waters of Lethe depart,
 Did we not rehearse it,
 And tenderly nurse it,
 And give it a permanent place in the heart."

KEEP the children out-of-doors as much as possible on all warm and dry days; spread a blanket on the grass for the wee ones, and let the older toddlers play in the dirt and make mud pies. Better a good deal of dirt on the frocks than a little white face shut under the coffin lid.

GOOD BLOOD CIRCULATION, GOOD HEALTH.

WHEN there is a proper circulation of pure blood to every part of the body there is health. To maintain such circulation, and to keep the blood pure, is to enjoy health. The heart and blood-vessels are the least subject to direct injury of any part of the body; still the circulatory apparatus is the most liable to derangement in its action, because of its sympathy with the other parts. As the blood is the medium through which nutrition is carried to every organ and tissue, and as it is the channel through which the impurities of the body are gathered up, so the blood is the most liable to become contaminated with the corruptions of all parts of the body, and thus the organs of circulation become disordered.

In order to maintain a healthy condition of the circulatory organs, it is essential that there be abundance of muscular exercise. The movements of the muscles help on the blood in its progress toward the heart, from the extremities of the body. This muscular exercise also increases the pulsations of the heart, causing it to beat faster, and this increase of the heart's action throws more blood into the lungs, causing them to act more rapidly. Thus a greater amount of purified blood is carried through the arteries, veins, and to every part and tissue of the body. By this means there is not only a new supply of nutritive elements supplied to the organs, but the worn-out tissue is set free, and hurried on its way out of the system; and, at the same time, and by the same process, the heart itself is supplied with nutrition in a greater degree than in the case of one who spends most of his time in-doors, inactive in his habits of life. The use of the muscles not only tends to help the circulation of the blood, but to increase the strength of the muscles. This is just as true of the heart as of any other organ of the body. Vigorous exercise, avoiding, of course, excess, will make the heart vigorous.

While exercise is essential to proper circulation of the blood, it should be borne in mind that excessive exercise is dangerous, and often productive of very serious injury. The most healthful exercise, and that provided by the great Creator (who knew before the race had fallen what was best adapted to the well-being of man), was useful employment. We read in Gen. 2:15, "And the Lord God took the man, and put him into the Garden of Eden to dress it and to keep it." For the

majority of persons there is no form of exercise more healthful than some kind of physical labor. For ladies there is the greatest variety in the various forms of housework. There are thousands of young ladies asking physicians for prescriptions for their real or imaginary ills, who need nothing in the world to make them vigorous and healthy but well-regulated household and domestic duties and labor. Instead of this they spend much of their time listlessly thrumming on the piano or guitar. Their physician finally suggests to them, as a grand panacea for their ills, that they need a change of climate, and so they do; but if it could be a climate of good, vigorous, out-of-door and indoor employment, it would do more for many of them than a trip to any other climate than that in which they already reside. If the ladies of to-day would learn to cook, bake, scrub, and perform such tasks as their robust grandmothers performed, they would, many of them, come out strong and healthy. It might be tiresome at first, but the thought that they were engaged in some useful employment would add dignity to their labor, and thus greatly lighten their task.

For young men there is no better exercise than chopping, sawing, and splitting wood, working in the garden, caring for horses or cattle, and assisting generally about the house. These instructions will of course apply in cases of those who have no permanent physical disability. Even with invalids there should be muscular exercise as far as their health will admit. In our Health Retreat it is made a point with our physician to enjoin upon patients the use of the gymnastic exercises, usually under the eye of the physician.

It is essential to the proper circulation of the blood that all the organs of the body be left in as natural a position as possible. Anything like tight lacing, or wearing of close-fitting corsets should be avoided, as these retard greatly the natural flow of the blood. The pantaloons should not be supported by girding them tightly around the waist; but they, as well as skirts worn by ladies, should be supported from the shoulders. So also the hose should not be held in position by tight garters, but in the manner illustrated in the column of health goods advertised in another part of this journal, which see. In the first figure accompanying this article we have a representation of a natural waist. This is one in which the essential organs of the vital domain have not been displaced, and rendered



Fig. 52. A waist of natural shape.

incapable of performing the duties assigned them by the Creator, by being crowded out of place with compressing and tight lacing. In the second figure we have a waist of one who has sought to improve upon the original plan of the Creator, by girding and staying the body until none of the vital organs can act naturally. It would be impossible for such an one to take a full breath—one in which the abdominal muscles should act their part. All the breathing such an one can do must necessarily be confined to a small portion of the upper lungs. To take a good, long, and healthy breath, it is not only necessary that the lungs should be free to fill with air, but also that the muscles of the abdomen should be brought in play. How, we ask, could one begirded like the one in this illustration, inflate the lungs sufficiently to move a muscle of the abdomen?



Fig. 53. A waist compressed by tight-lacing.

There is another thought worthy of careful consideration in this connection: the fact that when a muscle is unused for a length of time, it loses its power to act. So if the muscles of the abdomen and waist are thus kept inactive by compression for a great length of time, they will soon lose all power of action.

Dr. J. H. Kellogg, M. D., to whom we are indebted for these illustrations, taken from his "Home Hand-Book," page 100, gives the case of some Russian soldiers, who, a few years ago, had been in the habit of fastening their pants by tightly strapping them around their waists. They became so feeble that they could not make a march of any length without "failing up" almost entirely. The Government instituted an investigation of the case and caused the soldiers to support their pantaloons with suspenders from the shoulders. The result was that in a short time they were as hardy as any soldiers.

To have a proper circulation, due attention must be given to the feet as well as other parts of the body. The shoes should not fit the feet too tightly, neither should any indulge in the too common habit of placing elastics around the arms. Do not have any bands either at wrist, neck, or waist fitting so tightly as to interfere in the least with a free circulation of the blood.

J. N. L.

BIBLE HYGIENE.

THE definition of hygiene, as given by Webster, is, "That department of medical science which treats of the preservation of health; a system of principles or rules designed for the promotion of health."

The Bible was given for the well-being of man in this life, as well as a rule by which he may attain to immortal life. And the first grand hygienic rule given was that which defines man's diet. To Adam, God said: "Behold, I have given you every herb bearing seed, which is upon the face of all the earth, and every tree, in the which is the fruit of a tree yielding seed; to you it shall be for meat." Gen. 1: 29. "Of every tree of the garden," our first parents were to freely eat, excepting one. Gen. 2: 16, 17.

Adam's bill of fare was made up of the wonderful variety of delicious things which grew out of the ground. These were his meat. And we have been surprised with the fact that the very highest

authorities give the word *meat* in the Old and New Testaments the signification it has in this first hygienic rule given to Adam. "Meat in the English Bible," says the American Tract Society's Dictionary of the Bible, "usually signifies food." And the statement of William Smith, Classical Examiner of the University of London, in his dictionary of the Bible, is still stronger. On the word meat, he says: "It does not appear that the word meat is used in any one instance in the authorized version of either the Old or the New Testament in the sense which it now almost exclusively bears of animal food."

Animal food, then, did not constitute any part of the bill of fare of the holy pair in Eden. It was not the design of God in creation that the life of any living creature should be taken. Death, in man or beast, or wherever it might occur, came in consequence of sin. And after the fall, and the expulsion from Eden, so far as the sacred record is concerned, there is no permission given to use flesh of any kind for food till after the flood. Then the use of flesh as food became a matter of necessity.

The waters of the flood were upon the earth, and Noah was in the ark with closed doors, one year and ten days. Compare Gen. 7: 11, 12, and 8: 14. By this time, we may safely conclude, the patriarch's stock of provisions was low. And the desolated earth could afford none until it could be produced from the seed preserved in the ark. In this state of things God said to Noah, "Every moving thing that liveth shall be meat for you, even as the green herb have I given you all things." Gen. 9: 3. Up to this time during a period of 1,656 years, more than one-fourth of the time since creation, man's diet was the "green herb," or that which grew out of the ground. But now, in the absence of such food, he was permitted to subsist, very largely at least, upon flesh, until the earth should bring forth again the proper food for man.

And certainly, judging from the sacred record, that was a time of remarkable good health. During the long period of 1,656 years of vegetarian life, no mention is made of the sickness and death of children, of feebleness in youth or at middle age, or of fevers, dyspepsia, gout, or consumption. All lived, in the full enjoyment of health, nearly one thousand years, until the weary springs of life stood still. Obituary notices of that time do not

mention local diseases, which, in our day, are caused by the breaking down of certain organs of the system, while others remain strong, resulting in lingering sufferings and agony in death.

We notice, as the second hygienic principle in God's ample provision for the happy existence of man, his glorious surroundings. "And out of the ground made the Lord God to grow every tree that is pleasant to the sight." If after the three-fold curse on account of sin—first, that which followed the sin of Adam; second, that which followed the first murder; and third, the terrible curse of the flood, which left a large portion of the earth's surface in its present broken and barren condition—if after six thousand years of the blighting, dwindling, and deforming influence of the curse, there remains real beauty in the trees, vines, shrubs, and flowers, far more beautiful than the finest work of art, what must have been the grandeur, beauty, and glory of the trees, the bowers, and the flowers, of Paradise, fresh from the hand of Infinite Wisdom, before the transgression!

Man's employment, as seen in the original design, is also worthy of notice. "And the Lord God took the man, and put him into the garden of Eden to dress it and to keep it." Gen. 2:15. Man was designed for activity in the open light of the sun, and the free air of heaven. These to him constitute the principal joys of existence. The subsequent curse upon Adam was not in that he should labor, but that his labor should be attended with difficulties. Gen. 3:17-19. Neither was the curse upon Eve that she should bear children; but in increased numbers and sorrows.

The natural habits of the people for the first generations after the fall were evidently conducive to longevity and health. There is no mention of houses before the flood. Before and long after that event, many of the people at least dwelt in tents. Artificial habits, in closed doors, hiding away from the light of the sun, and the richness of pure air, has well-nigh ruined the race. None should suffer such wretched treatment only those worthy of death, or the next thing to it, and are doomed to close confinement in prisons. We admire that simple wisdom which saith, "Truly, the light is sweet, and a pleasant thing it is for the eyes to behold the sun." Eccl. 11:7.

Proper exercise in the open air, in the light of the sun, ranks among God's highest and richest blessings to man. It is true that artificial, and, in

almost everything, wrong habits of life have so far perverted and enfeebled our natures that we are illy prepared to enter at once upon the natural habits of the worthy patriarchs. We cannot go back at once. And it is vain to talk of regaining all that has been lost in size, strength, health, and length of days. Something might be gained. But for this we earnestly plead, that the spirit of reform in habits of life shall get hold of the minds of sensible men and women, and that the rapid downward tendency may be checked.

Every room and every sleeping apartment, in every house, should be ventilated every day and every night in the year. The degree must be governed by the temperature of the atmosphere without, and the ability of the inmates to endure. And every man, and every woman, and every child, should also enjoy as much of God's good sunshine as the circumstances will possibly admit. Press to the light, friends, press out into the air, and let them into your houses, and let these grand medicines, wisely mixed by our gracious God, make you strong, healthy, and happy.—*Eld. James White, in Health Reformer, 1871.*

IMAGINATION.

THE evil of allowing the imagination to dwell on the gloomy side of life, to fancy sickness, to dread calamities, and nurse bad symptoms, cannot be too strongly protested against by those who would scatter seeds of happiness in the world. More than one person has been made sick by the power of imagination. I will call attention to a case in point which happened in Springfield, Mass., in the year 1862. There was, at that time, an intimate acquaintance of mine working in the Springfield Armory, and he was eye-witness to the facts that I will now relate, as he told it to me shortly after the occurrence. There was a very rugged man working in the armory, near to the bench of my friend. One day two of the foremen of the armory got into a conversation concerning the power of imagination. One of these told the other, on a wager, that in less than an hour, the next morning, he would make this healthy, strong man so sick that he would go home and go to bed, simply as the result of his imagination. Accordingly, the next morning, when this man came to the shop, a man met him at the door, and said to him, "What ails you?" "Oh, nothing," said the man; "but," said

he "you look pale; I would not work to-day; you look sick." "Well," said the man, "I felt well enough when I left home; I guess I will go to my work." When he got to his bench another man came up and said to him, "You are sick, man; you can't work; you look pale." "Well," said the man, "I felt well enough until I got to the shop, but I do not feel well since I got in." He sat on his bench meditating thus, when a third party came up giving him a description of his pale and sickly appearance, and advising him to "go home," and "go to bed, and let his wife give him some herb drink." By this time the man was indeed pale, and felt faint, and left for home. One of the foremen thought the joke had gone about far enough, and followed the man home. His wife had him warmly tucked up in bed, and was preparing to make him the required "herb tea," supposing that she had really a very sick man on her hands. The foreman told the man what they had been doing, and as strongly protested that he was not sick, and in less than an hour the man was back to the shop, at his bench at work, as well as ever.

One of the most striking results of the power of imagination, and its evil results, may be read in the *Journal of Mental Science* for July, 1886. It is the relation of the case of a woman who was admitted to the New York Asylum, December, 1884, who was made insane because of a few hairs of recent growth upon her chin. She meditated so much upon this that at last she wished to die. She said she was no longer any good to her family; she had no longer any affection for her children, and she thought she was damned. July 4, 1885, she escaped from the asylum, but she was discovered on the 6th. A letter was found among her clothing which showed her purpose, and in her own words stated the real cause of her difficulty. We give below a copy of the letter:—

"July, 1885. They will not kill me here. I quite thought they would, so I must kill myself. I cannot go on living (or rather existing, for I cannot live), killing people every minute, putting thoughts into their heads even that never came into my own. How I do it is and must remain a mystery; it is something too awful to harm people and not be able to help it. . . . The devil has been cruel to me because I had all to make me happy, such a good, kind husband and dear children, a pretty home and every comfort, kindest of relatives, always good to me. And, Fred, I pray and beg,

live for the boy's sake and your mother's, and never let the boy know how I took my own life. I have had the baptism service, confirmation, marriage, and churcing of women read over me; there remains but the burial service, and that must never be read. It is too awful to think of, but I know it's true. And all this caused by the vile hairs on my chin. They have cursed my whole life, made a happy life miserable; taken away the power to enjoy it, until I see too late the folly of it. They, and they alone, made me think of such a dreadful thing as killing myself. Oh, if I only had never thought about them at all. It seems such a trifle to cause the ruin of body and soul, and others too—more awful still."

It is said that by the removal of the hairs by Dr. Radcliffe Crocker, and the introduction of a cautery in each hair follicle, which would of course prevent a renewed growth, she got well, went home happy, having lost all morbid self-consciousness, and self-accusing thoughts. J. N. L.

HOW TO SECURE A GOOD APPETITE.

THE stomach cannot, like the heart and lungs, work continually, but is intended to have its time for labor and its time for rest. It is, however, very accommodating, and will furnish the requisite juices, and perform the requisite labor of digesting food, once, twice, and even four or five times a day, if its task is given it at regular hours; but it must have rest; and to insure vigorous digestion, that rest must be as long and continuous as the regular hours of sleep. The frequency and time of meals for laboring men, if they can have good nourishing food, and that which is not too easily digested, are probably three times in twenty-four hours, say at six in the morning, twelve at noon, and six at night: the morning and noon meals containing the principal elements for muscular power, while the evening meal is such as will not, in the exhausted state of the system, require much digestive labor. And for sedentary men, two meals are sufficient, one in the morning and one in the afternoon, at some regular hour. With this arrangement a good appetite will be secured at every meal, especially if we scrupulously avoid taking food between meals, or within three hours of the regular time for sleep. Digestion will go on while we sleep, unless the powers of the system are greatly exhausted by the labors of the day; but sleep is never quiet and refreshing

while the stomach is oppressed with food, and digestion is never well done while the system is exhausted, as we all have had occasion to notice.

And here, perhaps, as well as elsewhere, I may explain the reasons for these suggestions. Sleep, "tired nature's sweet restorer," imparts to the system all the nervous or vital energy which is necessary for the duties of the day, and to keep all our functions in healthy, harmonious action, and secure a good appetite for food. This vital energy must be expended during waking hours, partly in mental, partly in muscular, and partly in digestive exercise. We may so expend it in intense and continuous mental effort as to have none left for muscular or digestive powers, as we have seen in cases where lawyers or legislators have given their whole powers of mind to an important case till nature became exhausted, and they could neither walk nor digest food till partially restored by sleep. Or we may so expend the vital energies in muscular exertion as to exhaust the whole vital force, and not be able to think or to digest food till the vital energy is restored by sleep. Of this we have seen examples in men at a fire, or in a flood, or some other similar emergency, who would fall down in utter exhaustion; and to prevent taxing the digestive powers in such a state, nature provides that all food should be thrown from the stomach, and none afterwards received till sleep should restore the exhausted powers. Or we may so engorge the stomach as to expend all vital powers on digestion, and become incapable of mental and physical exercise, and even to destroy the powers of life. Of this we have seen frequent examples. Two miserable men made a wager on eating eggs. The man who should eat the greatest number in twelve hours should be supplied with grog for a week. Before the end of twelve hours both fell into a stertorous sleep, from which one never recovered, and the other not for some days.

From these principles and facts we get some valuable hints in regard to mental, physical, and digestive management, and may infer that if we desire a good appetite in the morning, when, having most vital power, a good appetite is most valuable, we must not eat a hearty meal at night, when the system is exhausted, but must always give the stomach its regular tasks and its time to rest; and this is found to be true in other animals whose digestive apparatus is like that of men.

The horse is kept in good condition only by be-

ing fed at regular times, and pigs also thrive much better if food is withheld except at regular hours.

THE DEMON DYSPEPSIA.

It is taken for granted that everyone who is at all conscious of a stomach has dyspepsia. While there are many causes of indigestion, two are common and can easily be avoided,—taking liquids with the food, and taking too great a proportion of such foods as cannot be digested in the stomach. It is proven that the gastric juice is not secreted until all liquids have been taken up by absorbents. A strong, healthy stomach has no trouble in performing these double or opposite functions well. When the powers of the stomach begin to fail, all desired liquids should be taken at least ten minutes before eating, or two or three hours after. Where there is acidity of the stomach and flatulence, adapting one's habits to this theory alone often suffices to restore normal conditions. Drinking hot water before meals, now so universally practiced, is quite beneficial. The heat acts as a gentle stimulant, temporarily increasing the power of digestion. More benefit may result from its occasional than from constant use. It is found especially valuable where there has been a severe mental strain, as the result of either care, anxiety, study, or business.

There is no cause of dyspepsia more potent than the common attempt to nourish the body from food which cannot be digested in the stomach. The principal articles upon which the gastric juice has no effect are starch and fats. They can be rendered soluble in alkaline fluids only, which are the saliva, pancreatic juice, and the bile. By partaking of starch and fats to excess, the stomach is overtaxed in expelling them, besides which the body fails to get from them elements of nutrition in proper proportions.

The natural food of the infant contains no starch, the carbonates of milk being sugar and butter. Usually the first solid food given to a child contains little else but starch, such as bread from white flour, and potatoes, rendered more indigestible by the addition of butter and rich gravies. These are lacking in nitrogenous and saline products; consequently the muscles, bones, and nerves are insufficiently nourished. For this reason children are very often victims of dyspepsia.

A substitution of the products of the entire wheat, such as graham, cracked wheat, and wheat-let, barley, oats, and other grains would obviate

this difficulty, and lessen the common prevalence of this trouble. So perfectly ignorant are people generally of the laws of nature that they give their pigs the food which their children need to develop muscle and brain, and give their children what their pigs need to develop fat. For example, the farmer separates from milk the muscle-making and brain-feeding nitrates and phosphates, and gives them to his pigs in the form of buttermilk, while the fattening carbonates he gives to his children in butter. He sifts out the bran and outer crust from the wheat, which contains the nitrates and phosphates, and gives them also to his pigs and cattle, while the fine flour containing little else than heating carbonates, he gives to his children.

The elements digested in the stomach are fibrine (its type found in lean meat), albumen, casein, gluten of the grains, and the nitrogenous principles of fruits and vegetables. These are the elements that build up the muscles, while the carbonaceous elements, such as sugar, starch, and fats, by combination with oxygen, furnish animal heat. Too much of the latter tend to produce inflammatory conditions, and should be partaken of moderately by all people who do not lead an active outdoor life.

Let a dyspeptic avoid fluids at meals, and food abounding in starch and fats, and he will stand in a fair way to forget his demon.

The food, consisting largely of grains and fruits, should be simple and well cooked. Cheerfulness and lively conversation at the table is not enticing to the demon, while he has a special friendliness for all discussions on the food question, as well as for heated debates on religion and politics. Never in any way at the table allude to what you can or cannot eat or drink. Housekeepers are studying to furnish palatable food that is both attractive and nutritive, and yet not subject themselves to the charge of furnishing poison which entices the demon dyspepsia.—*Household.*

TOO GREAT VARIETY.

MOTHERS often make the mistake of satiating their children with too great a variety. As soon as the child tires of one toy, for example, there is another substituted, and discontent is the certain result. The mother of four children, of whom the oldest was eight and the youngest two, told me that she had never had any trouble in amusing them, because they were taught to play a variety of plays with the least possible number of toys.

She feared collision of interests if each child had a special set of toys, and on this account gave each one a doll, with the necessary belongings, and a few other toys, each possessing almost the same things. The finer toys were understood to be mother's property, and were kept in a cupboard apart. These were only lent to the children on special occasions. There was always rejoicing when mamma's toys were brought out, each child vying with each other as to behavior, so that the treasures could be kept as long as possible. Books for painting, with colored crayons, were an important adjunct, as, when tired of play, the children were always ready to paint. The older children were taught that they must devise some play for the younger ones, and thus a happy time was the rule in the nursery. A store of harmless bonbons was kept in mamma's drawer, and a single one was put into the mouth of each little one after the evening prayer was said. "Sweetness and light" are powerful adjuncts in nursery ethics.—*New York Commercial.*

BEER OR WATER.

THERE is no greater mistake than to suppose that beer strengthens the one who drinks it. Some years ago two men took an early start and walked over to a neighboring town twenty miles away. Having done their business, they walked about to see the place, and met a fellow townsman, who proposed to return with them, and invited them into the beer-shop for a strengthening drink. "No," said they, "we are teetotalers, and we have had our lunch." But he could not go without a priming of ale. At last they were off, and for awhile they all kept even step, till, after some miles, the beer man began to flag, and at the half-way house he must have a bracer. After three miles more he wanted another, and this time it was whisky. Finally, at fifteen miles he gave out entirely, and stopped for the night, where he was laid up for a day or two, while they walked on home, and the next day were fresh for business.

"I WISH I could mind God as my little dog minds me," said a little boy, looking thoughtfully at his shaggy friend; "he always looks so pleased to mind, and I don't."

GIVE a wise man health, and he will give himself every other needful thing.

DISEASE AND ITS CAUSES.

BY MRS. E. G. WHITE.

ANOTHER case came under my observation. I was brought into the presence of a female, apparently about thirty years of age. A physician was standing by her, and reporting that her nervous system was deranged, that her blood was impure, and moved sluggishly, and that her stomach was in a cold, inactive condition. He said that he would give her active remedies which would soon improve her condition. He gave her a powder from a vial upon which was written, "Nux Vomica." I watched to see what effect this would have upon the patient. It appeared to act favorably; her condition seemed better. She was animated, and even seemed cheerful and active.

A second time her case came before me. The patient had appeared better under the influence of nux vomica, she was sitting up, folding a shawl closely around her, and complaining of chilliness. The air in the room was impure. It was heated and had lost its vitality. Almost every crevice where the pure air could enter was guarded to protect the patient from a sense of chilliness, which was especially felt in the back of the neck and down the spinal column. If the door was left ajar, she seemed nervous and distressed, and entreated that it should be closed, for she was cold. She could not bear the least draft of air from the door or windows. A gentleman of intelligence stood looking pityingly upon her, and said to those present: "This is the second effect of nux vomica. It is especially felt upon the nerves, and it affects the whole nervous system. There will be, for a time, increased forced action upon the nerves. But as the strength of this drug is spent, there will be chilliness, and prostration. Just to the degree that it excites and enlivens, will be the deadening, benumbing result following."

Again I looked upon the case to whom nux vomica had been administered. She was being supported by two attendants from her chair to her bed; she had nearly lost the use of her limbs; the spinal nerves were partially paralyzed, and the limbs had lost their power to bear the weight of the person; she coughed distressingly, and breathed with difficulty; she was laid upon the bed, and soon lost her hearing and seeing, and thus she lingered awhile, and died. The gentleman before mentioned, looked sorrowfully upon the lifeless

body, and said to those present: "Witness the mildest and protracted influence of nux vomica upon the human system. At its introduction, the nervous energy was excited to extraordinary action to meet this drug poison. This extra excitement was followed by prostration, and the final result has been paralysis of the nerves. This drug does not have the same effect upon all. Some who have powerful constitutions can recover from abuses to which they may subject the system; while others, whose hold on life is not as strong, who possess enfeebled constitutions, have never recovered from receiving into the system even one dose, and may die from no other cause than the effects of one potion of this poison. Its effects are always tending to death. The condition the system is in, at the time these poisons are received into it, determines the life of the patient. Nux vomica can cripple, paralyze, destroy health forever, but it never cures."

My attention was called to another case. It was that of a young man who was in a high fever. A physician was standing by the bedside of the sufferer with a potion of medicine taken from a vial upon which was written, "Calomel." He administered this chemical poison, and a change seemed to take place, but not for the better. He was a great sufferer; his lips were dark and swollen; his gums were inflamed; his tongue was thick and swollen; and the saliva was running from his mouth in large quantities. The intelligent gentleman before mentioned, looked sadly on, and said: "This is the influence of mercurial preparations. This young man had sufficient nervous energy remaining, to commence a warfare upon this intruder, this drug poison, to attempt to expel it from the system. Many have not sufficient life-forces left to arouse to action, and nature is overpowered and ceases her efforts, and the victim dies.

Again I was by the bedside of this young man. He was a pitiful sufferer. His limbs were crippled, and he was greatly deformed. He stated that his sufferings were beyond description, and life to him was a great burden. The gentleman before mentioned was present. He looked upon the sufferer in sadness and pity, and said: "This is the effect of calomel. It torments the system as long as there is a particle left in it. It ever lives, not losing its properties by its long stay in the living system. It inflames the joints, and often sends rottenness into the bones. It frequently manifests

itself in tumors, ulcers, and cancers, years after it has been introduced into the system."

Drugs never cure disease; they only change the form and location. Nature alone is the effectual restorer, and how much better she could perform her task if left to herself. But this privilege is seldom allowed her. If crippled nature bears up under the load, and finally accomplishes in a great measure her double task, and the patient lives, the credit is given to the physician. But if nature fails in her effort to expel the poison from the system, and the patient dies, it is called a wonderful dispensation of Providence.

AMBITION.

"THAT man died of ambition, and yet it was his ambition that kept him alive so long." These words were uttered by a minister not long since by the grave of one who had just died of a lingering consumption. But you may say, Did the minister expect anyone to believe such apparently contradictory statements? Contradictory as these statements may appear at first, they are nevertheless both true. It was the man's great ambition to be "a self-made man," and to attain to a high rank in the world. This led him to toil early and late "through thick and thin." But in thus seeking to attain his goal, there was a great amount of over-labor, and reckless expenditure of vital force, that broke him down, and brought on consumption.

Instead of now sitting down in pining and sorrow to mourn over his ill health, his great ambition and will-power came in to serve him a favor, leading him almost to "hope against hope," and eagerly grasp every favorable symptom in his case. Thus it was that "his ambition kept him alive so long."

The will-power, let it ever be borne in mind, is a strong factor in the battle against disease. As we said once to a consumptive in Lake County who was sadly speaking of the probabilities of death, in her case, "Sister, make up your mind to live just as long as the Lord will let you." These words seemed to give her a new spring of joy and hope; with a smile she said, "I will," and was reported as much better for many days. She really lived two months beyond the time she, in her sadness, had said she must die.

NEITHER body nor brain are safely, truly, and happily rested by doing nothing.

PENALTIES.

"THE wages of sin is death." This statement of the apostle Paul was made with direct reference to the penalty which will finally be inflicted upon those who are found transgressors of God's laws, given for the moral government of men. Yet the statement is just as true of the physical laws established in our bodies for their government and maintenance, as it is of the laws given for the regulation of our moral lives. They are both alike the saws of God, and each has its penalties for their violation, and these penalties will, in due time, be inflicted upon the transgressor. God in mercy has provided a plan of forgiveness for the penitent who has turned from the violation of moral law, but it is a matter of serious reflection that for the violation of physical law nature provides no atonement, no means of resuscitating the destroyed powers of a wasted organ. The penalty stands out in bold characters, "He that soweth to the flesh shall of the flesh reap corruption." We do not say that he who "knoweth our frames" may not, in response to the faith of his people, work miracles at times in their behalf, for he himself has said of those whose iniquities may be visited from father to son, even "to the third and fourth generation," that he will "show mercy unto thousands of them that love him and keep his commandments." But this does not annul the great fact already stated that nature provides no remedy for violations of physical law. For this reason we may say, happy is the man who, being warned of the evil results of violations of nature's law, "hides himself" instead of remaining among the simple, who pass on in their own ways and are punished.

A "STUDENT" of physiology is said to have given, in his written examination, the following statement: "The body is mostly composed of water, and about one-half is avaricious tissue." The poor fellow probably never knew how nearly he came to giving utterance to a great, although sad truth. Altogether too much of the composition of human bodies is avaricious tissue.

ENGLAND is the greatest champagne-drinking country in the world. The annual consumption is said to be not less than four million bottles.

A CHEERFUL disposition is the sunshine of the soul.

COLD is the greatest enemy of old age.

DIARRHŒA.

DIARRHŒA is an effort of nature to correct abnormal conditions. In ordinary types it should be accepted as beneficial. The action of a cathartic drug is considered very desirable. Is it not strange that when nature gives the same disturbance most people revolt at her dealings? The very condition so often sought voluntarily, is refused from the kindest and wisest hand. This arises from the prevalent error of mistaking symptoms for disease, and also in considering the latter an entity, a foreign reality like an invader upon one's premises. The real, deep causes of disease are little understood by the wisest philosophers. It is safe for practical purposes to consider the initiatory symptoms of any attack as a blessing. They are proof that nature is making the effort to correct the error already existing. Comprehending this thought, we will not be in such haste to arrest pain, fever, or increased discharges from mucous surfaces. When we *know* that these are really correcting the abnormal condition previously existing, in many instances we find we have only quietly and trustfully to wait, and health will be restored.

In diarrhœa this is especially true. The food may have been in excess of the demand for nutriment, or it may have lacked in oxygen, or have been too abundant in carbon. In either case an inflammation may result, for which an increased action of the alimentary canal is the natural remedy. The *let alone* treatment (knowing the best possible thing is being done for us) is the safest and wisest.

In acute attacks it is usually well to avoid food, taking hot or cold drinks as one desires. If there is much thirst, lemonade or other acid drinks are desirable, and facilitate the removal of any inflammation. Chronic diarrhœa is usually the result of suppressing an acute attack with astringents, tonics, etc., before the cause is removed from the system. Diarrhœa, suddenly suppressed, is very liable to recur again, or to result in some other disease.—*The Housekeeper.*

BRUISES AND SPRAINS.

BRUISES and sprains, which are liable to occur at any time, are much more quickly cured if treated immediately on their occurrence. The effect of a bruise is to rupture some of the smaller blood-

vessels near the surface, and the blood being poured out under the skin, forms the black and blue spots, so called. When such an accident occurs, a stream of cold water directed on the part, and continued as long as it can be borne, and then renewed after a time, will often prevent swelling, and will contract the mouths of the ruptured blood-vessels. Such a method may be applied by pouring water on the part from a height, from a pitcher or coffee-pot. A rubber tube may be attached to a faucet, and the water thus conducted. The parts should be tightly bandaged afterward.

A sprain is always more serious than a bruise, the joints being the parts implicated. One may recover from a fractured limb sooner than from some forms of sprain. When such an accident occurs, place the limb in a basin or pail of water as hot as can be borne. Keep the temperature up by the addition of more hot water from time to time. Allow it to remain immersed in the bath from ten minutes to half an hour, according to circumstances. After removing, bandage evenly and tightly the whole extent of the limb, both below and above the joint implicated, commencing the bandaging at the extremity of the limb, below the injury, and making it tightest at that point, thus forcing the blood from the superficial veins toward the trunk. The limb should be kept in an elevated position for some hours afterward. If the injury is to the lower extremity, the foot may be placed in a chair and supported by a pillow. If the upper extremities are involved, a sling made of a wide silk handkerchief, and tied around the neck, will give the necessary elevation and support.—*Household Physician.*

THE cheapest and simplest gymnasium in the world—one that will exercise every bone and muscle in the body—is a flat piece of steel notched on one side, fitted tightly into a wooden frame, and after being greased on both sides with a bacon rind, rubbed into a stick of wood laid lengthwise of a sawbuck.—*Sel.*

THE six cardinal don'ts are, don't drink, don't chew, don't smoke, don't swear, don't deceive, and don't go security.

A SOUND mind in a sound body is a fitting foundation for all that is high and noble in human achievements.

LONGEVITY.

WHILE the psalmist has said "the days of our years are threescore and ten," and this may be accepted as an average of human life, yet there are many exceptions on record of persons who have lived to a great age. From the *San Francisco Chronicle*, of January 2, 1887, we take the following interesting statistics:—

"Though extreme longevity is not confined to any country, it seems to have been more common in mild or temperate climates. Pliny the elder gives some statistics regarding old age near the beginning of the Christian era, from which it appears that some persons of whom he knew in ancient Italy lived to the following ages: King Arganthonidus, 120; Gorgias, 108; Corvinus, 100; and Terrentia, wife of Cicero, 107; Clodia, wife of Proman, a noble, died at 115, after having borne fifteen children. Luceia, a Roman actress, remained on the stage till she was 100. There were living in Italy at one time, about this epoch, three men aged 140, four aged from 135 to 137, and four aged 130. There were also two women, one aged 135 and the other 137.

"There died in 1660, in the county of York, in England, a man named Henry Hawkins, who had reached 169. Thomas Parr died in 1635, aged 152. In Germany there was a man still in service at 136. He died of weakness six months later. John Essingham, a soldier, died at 144. A Danish sailor remained in that occupation till he was 91. At 111 he remarried, and lived till 146. Mention is made of a Pole who in 1796 had a son aged 163, and a grandson aged 62. A Norwegian named John Surrington died at 160, leaving one son aged 103, and another aged 9. The elder brother might have been the great great-grandfather of the younger. It is affirmed that a Scotchman named Kintigern, and a Hungarian named Czarten, lived to 180 years. Mrs. Singleton of South Carolina, died at 131, in possession of all her faculties except that of sight, which she lost at 99. In the sixteenth century Captain Londoniere found in Florida a father of six generations who seemed likely to live many years longer. Mrs. Forster, of Cumberland County, England, died in 1771, aged 136. An Englishman named Goldsmith died in 1776, in France, at the age of 140. In 1757 John Effingham died in Cornwall, aged 144. Surrington, already mentioned, lived till 160, and when he died left two sons, one 109, and the other 104. Marion de Lorme was born in 1619, and lived 134 years. Louise Truxo, a negress, died in one of the Southern States in 1780, aged 175. There have since been some remarkable instances of longevity among the people of her race, but none whose cases approached her own, even approximately.

"Extreme old age is by no means rare in France.

About twenty years ago a domestic, whose duties could not have been arduous, died at the age of 144, in the Department of Eure. In 1865 the census showed that there were 155 centenarians in the country, some of whom must have considerably passed 100 years. In Chili, which has a population of but a few millions, it was estimated, a few years ago, that there were 832 persons over 100 years, and 12,244 of from 90 to 99. The climate of that country, which is not unlike that of parts of California, must have singular preservative qualities.

"Physiologists have placed on record some cases of partial restoration of parts of the body in old age. A French writer gives the case of a man of 72 who, after a fever and severe pains, had a double tooth. Mention is made of a man of 75 who had several. An old man of 82 lost his teeth and had them grow again three years afterward. He preserved them till his death, at 100. A woman of 92 had several teeth grow after a severe sickness. An inhabitant of the Palatinate, who lived till 120, had 50 sound teeth grow during the last few years of his life. The man of 82 had his gray locks replaced by hair of the exact color which it had been in his youth.

"The rules of hygiene are known to most Americans, the most important to the preservation of health being the keeping of the digestion good. If they are not known they are easily learned. To keep the skin, not only of the face, but of the rest of the body, in good condition, is of prime importance. It is easy, but little understood. Cleanliness and a good digestion are the principal things, and nothing tends more to the prolongation of life.

"One great secret of vitality is to sleep enough, and a little more than enough. It will do no harm. So, though a person may not live, or may not want to live, to be a centenarian, he may go on to the last respectably and cheerfully, finding always, that—

"Fresh hopes are hourly sown in furrowed brows."

CARE FOR THE BEDDING.

AIR your bedding every day, and if possible in the sunshine. It is a good plan to hang the comforters, quilts, blankets, and pillows on the line several hours once a week, the day you change the sheets and pillow-cases. This, with the daily airing in the room with open windows, will keep them fresh, and sweet, and wholesome. Always air a spare room thoroughly before you put a guest into it. A shut-up room never has good air.—*Housekeeper*.

A PHYSICIAN of Paris estimated that 3,000 children had died in that city, during the thirty years of his practice there, from short sleeves, short pants, and imprudences in dressing.

Temperance.

SONG OF A SIXPENCE.

SING a song of sixpence,
 You fellow full of rye,
 With not a cent to bury you
 To-morrow, should you die.
 The keeper's in the bar-room
 Counting out his money;
 His wife is in the parlor
 With well-dressed sis and sonny.
 Your wife has gone out working
 And washing people's clothes,
 To pay for old rye whisky
 To color your red nose.—*Ex.*

HEALTH AND TEMPERANCE.

THE purpose of this journal is to teach the principles of health and temperance. But without the Bible the true principles of health and temperance can no more be taught than can the true principles of anything else that pertains to man's greatest good. God has made man that he may be glorified. He made man in his own image. He made him to be immortal, in body as well as in spirit. He has promised that the bodies of those who trust him shall be brought from the dead, or if living when he comes in his glory, they shall be changed in the twinkling of an eye, and made immortal, even like the glorious body of the Son of God. Says he: "Our conversation is in Heaven; from whence also we look for the Saviour, the Lord Jesus Christ; who shall change our vile body, that it may be fashioned like unto his glorious body." Phil. 3: 20, 21.

Christ has bought us bodily. His salvation is a salvation of the whole man. We do not believe a cent's worth in that kind of religion that looks only to the salvation of the soul separated from the body, and even at the expense of the body. In the early monasticism it was considered most meritorious to despise, to neglect, to degrade the body. He who would do this most was considered the greatest saint, because it was evidence of the supremacy of the soul. The hair went uncombed, the nails untrimmed, the body unwashed, made as filthy as possible, and tortured in different ways. All this was the way to saintship, and to the exaltation and salvation of the soul. But such is not the way of the salvation of Christ, for says he:

"Ye are bought with a price; therefore glorify God *in your body*, and in your spirit, which are God's."

In harmony with this view another scripture says: "Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth." God does not want anybody to be weak and sickly; he does not want anyone to be sick even. No; he wishes "above all things" that we may "be in health." But above all things, temperance is most conducive to health. Not temperance in the generally accepted meaning of the term, not simply abstinence from strong drink. There are thousands of people who might be considered strictly temperate so far as strong drink is concerned, but who at the same time are sadly intemperate in other things. There are thousands of intemperate temperance people. That sort of temperance which is most conducive to health is temperance in all things, and this is the kind of temperance that the Bible demands. The Lord's wish that we may be in health is supported by the Lord's command to be temperate in all things. The Bible doctrine of health goes hand in hand with the Bible doctrine of temperance. We cannot have either without the other.

The Bible is ahead of the world on the subject of health and temperance, as it is on every other subject, and it always will be ahead. Every genuine advance that the science of temperance, hygiene, or medicine shall ever make will only be to approach nearer to the principles of health and temperance laid down in the Bible. We know that some may think this a hard saying, and perhaps may not be prepared to believe it, but it is the truth whether or not anybody believes it. God made man, and he knows what is best for him; and in the Bible it is where God has told man what is best for him, and the closer man conforms to the directions laid down in the Bible, the more nearly he acts in accordance with his own best interests, whether moral, physical, spiritual, or intellectual.

ALONZO T. JONES.

WHAT NED TOMBS SAW IN THE BOTTOM OF HIS GLASS.

"You have done well, Ned," said his older neighbor, Allan Thorndyke. "You have a good farm, comfortable house, and plenty of buildings, to show for your work."

"And honest work, too, neighbor."

"Yes, I agree with you."

There was one matter though in which the two men did not agree. Ned, the younger, said, "Excuse me one moment, please," and the next minute the sound of a spoon jingling in a glass was heard at an adjoining closet. "He won't agree with me in this thing," thought Ned, referring to the last remark of his neighbor. Leaving the closet, he said, "I don't suppose I could induce you to join me in this pleasure."

Allan replied by taking out a little book, saying, "I wish I could induce you to join me in this matter, and put your name down here."

"In your pledge book?"

"Yes."

"I think, neighbor, you rather overdraw the bow in that thing. Now, look here. I don't believe in these impure, adulterated nuisances they sell as liquor. But when it's pure, where's the harm in taking a little? I have worked hard, as you say, and have got a good farm, good fields, and good buildings. Why shouldn't I enjoy them? Now I contend that the liquor I take is pure. I just want you to look down into the bottom of my glass, and see if you notice any sediment there. Pure, I tell ye."

Allan Thorndyke rose and looked down into the glass the young farmer had extended.

"Neighbor," he said, in his serious way, "I can't tell whether the liquor is pure or impure, but I can tell you what I see at the bottom of your glass if you keep on. I see the fine farm you have earned, all of it down there and dissolving. I see the crops you have raised. I see this very house, and that, too, is going. I see even the clothes of the family, the shoes of your children, the—"

"Nonsense!" interrupted Ned, laughing. "You have got the dyspepsia, and you only see your own blues down there."

Allan Thorndyke shook his head, and said pleasantly, yet significantly, "No, not my blues, but a neighbor's possible future, a neighbor whom I think a great deal of."

"Much obliged for that," called out Ned to Allan Thorndyke, "but don't you worry."

The old man went off silently, again shaking his head pleasantly, yet significantly.

"I do believe the man is losing his senses. Pure liquor; and yet he pretends to see all those tombstones in this glass?" said Ned to himself. Declar-

ing it to be all nonsense, Ned sat down and looked again into his glass.

"I believe I am sleepy," he exclaimed, "and I think I'll take another glass to wake me up. No, half a glass."

He concluded not to take it, though, but continued to occupy his chair, drowsily gazing into his glass. After a while he said, "What do I see in there?" It took the form of crops, grass, grain, vegetables, and, as he looked, it steadily disappeared in the liquor that overflowed and melted it away. "What! not cattle and horses, all my live stock?" he asked as he saw new objects in the devouring glass. These, too, soon lost all form and outline, and vanished. "And barns!" he exclaimed in horror. These, too, began to dissolve until Ned saw only "pure liquor" in the bottom of the glass. The next object startled him more painfully than anything witnessed before; it was his house, his home, the kitchen so snug and cozy on stormy days, the chambers where his children had been born, the parlor to which he brought his betrothed and where they stood up together to be married in their new home.

"It surely won't destroy this?" he said. But the omnivorous fluid began to eat away as before, rooms, furniture, wardrobe, the very clothes and shoes of his wife and children. The work of destruction was so complete that if Allan Thorndyke himself had been there, and had looked in, he would not have seen the least sediment, only "pure liquor." Then this "pure liquor" began to stir, as if fermenting. It began to throw up all manner of impurities, vileness out of the very heart of all this impurity, creeping things,—reptiles, serpents that eyed him wickedly and shot out their hissing fangs at him, coming nearer and nearer—till they stung him; and then—*did* he see the evil one himself grasping after him? "Ugh!" he groaned, and dropped the glass, which woke him.

"Where am I?" he asked. He was in his own home occupying the seat he took a little while ago, while about him was his farm, and he heard the voices of his children and wife echoing pleasantly from the garden before the house. And there, too, was his neighbor, Allan Thorndyke, who had walked to his home and now returned to deliver an errand for his daughter.

"Allan," said the young farmer, "have you that pledge-book?"

"I have."

"Let me see it."

Ned opened it, and, under the pledge of total abstinence, wrote "Edward Tombs."

"Thank God!" said Allan Thorndyke.

"There is my glass, neighbor," said Ned, "on the floor, the bottom out. Since you were here, I have seen so many things in its bottom, that, God helping me, that bottom shall never be put back again, but stay a shattered thing forever."

—*Rev. E. A. Rand.*

WHAT'S THE HARM?

"MOTHER, I'd like to know why I can't go? What's the harm in a game of billiards? Most all the boys of my age are learning to play, and they say 'taint any worse than croquet. Hugh Collins's father has bought him a splendid billiard table, 'cause he don't want him to play in the saloon, and the boys go there every chance they can get, and they wanted me to come over and see them play this evening. Hugh Collins and Seth Leech are going to play a match game. Oh, I do want to go so bad. Can't I go?"

Mrs. Hathway's face looked grave and troubled, as her precious boy and only son waxed earnest in his entreaties. "Willie, I will tell you a story, a true one, and then you may answer your own question. Once there was a bright boy, an only son and brother of fond parents and sisters. He learned to play this game, as you would now, on a friend's table, and became a wonderful player, an expert at the game. Soon after, when he was about fourteen years of age, his parents moved to a country town, where there were no billiard tables outside of the saloon, where, of course, he was not permitted to go; but he had become so passionately fond of the game that he would stop surreptitiously now and then for a game with his companions. He scorned the idea of playing for money, but it was the custom to play for drinks. As nothing stronger than lemonade was taken, he saw no harm in doing so. Ere long a fixed habit, which neither parents' nor sisters' entreaties could overcome, caused him to frequent the saloons, where so much evil in every form existed. A great poet has truthfully said:—

"Vice is a monster of so frightful mein
That to be hated needs but to be seen;
Yet seen too oft, familiar with her face,
We first endure, then pity, then embrace."

"From playing for drinks he soon played for money, winning often. His successes fascinated

him the more, luring him to destruction. I think the wily saloon-keeper often put something stronger than water in the lemonade, as he soon disliked it when made at home. Well, in a few short years he was a confirmed drunkard. His course broke his mother's heart. Indeed, the happiness of the whole family was destroyed by his career, which in his boyhood promised so much."

"Why, mother, what's the matter? Why do you cry so? I don't want to go. I won't tease you any more, if it makes you feel so bad."

"Willie, I have been telling you about your own Uncle Robert, my only brother—died last year, you know—such a fearful death. Oh, it breaks my heart, my son, to think of it! But I tell you his sad history."

"Don't, mother, say anything more about it; I can now see 'what's the harm!' Perhaps the boys will get to gambling over this very game, and if I was there, I'm so excitable, I'd be as bad as any of them in betting. I wish I wasn't so easily led into temptation, mother."

"I'm glad, my son, you know your frailty. Reach my Bible from the shelf. Here are two verses which I would like you to commit to memory this evening: 'Wherefore let him that thinketh he standeth take heed lest he fall.' 'There hath no temptation taken you but such as is common to men; but God is faithful, who will not suffer you to be tempted above that ye are able; but will with the temptation also make a way to escape, that ye may be able to bear it.' And now I think I had better tell you another bit of family history which is, and will be for some time to come, a living sorrow, caused by evil companions. You know your father took a hasty journey to the State of O—some time ago. Perhaps you have observed how sad and distant he has been ever since. He went, my son, to see if something could not be done to keep his baby brother—called so because the youngest of the family—your Uncle William, from going to State prison, the just penalty for the crime he had committed. It was not his first offense, and his employers were bound the law should take its course—would not allow your father and grandfather to settle the matter. A month ago the trial came off, and he was sentenced for three years in the penitentiary."

Mrs. Hathway in anguish covered her face, and Willie cried, "What! my uncle go to prison!

Why, mother, mother, I'm named after him! Oh, how terrible! how he has disgraced us!"

"Yes, you see, my son, one cannot do wrong and only suffer himself."

"Oh, mother, what was he thinking of? Why did he do it?"

"Ah, my son, no one ever commits a great crime at once. 'Twas so gradual he did not realize his danger. He told your father it never would have happened had he left evil companions and gambling alone. They usually go hand in hand."

"Oh, mother, I'm so glad you wouldn't let me go. And now I'll learn these verses; they are just what I need. I'm so easily urged to do anything."

"Well, my son, we cannot expect the divine aid, mentioned in the verses, unless we ask for it."

—*Fannie L. Fancker.*

EARLY ENGLISH TEMPERANCE LAWS.

THE most stringent laws we have had passed, were those of James I., which may also be called the first piece of temperance legislation, for, though the Act of Edward IV. gave power to the justices to suppress unnecessary tippling houses, it was chiefly directed against using unlawful games, and bound the license victualers to keep good order in their houses. The Act in the first year of James was intended to restrain the inordinate haunting and tippling in inns and ale houses. It declares the "true use of ale houses" to be for the relief of wayfarers, and not for the "entertainment of lewd and idle people." There was to be a penalty of 10s for permitting "unlawful drinking," and all drinking was unlawful except by *bona fide* travelers, by the guests of travelers, and by artisans and laborers during their dinner hour. The public house was only to be open to residents in the locality for one hour in the day for the consumption of liquor on the premises. This Act was made perpetual, with some modifications intended to render conviction more easy, in the last Parliament of James. In the first of Charles the penalties were somewhat relaxed, but the law could not be enforced, and, under these stringent laws, drunkenness increased apace. It had reached an extraordinary pitch in 1659, when a French Protestant wrote from London: "There is within this city and in all the towns of England which I have passed through, so prodigious a number of houses where they sell a certain drink called ale, that I

think a good half of its inhabitants may be denominated ale house-keepers; . . . but, what is most deplorable, where gentlemen sit and spend much of their time in drinking a muddy kind of beverage, and smoking tobacco, which has universally besotted the nation, and at which, I hear, they have consumed many noble estates. . . . And that nothing may be wanting to the height of luxury and impiety of this abomination, they have translated the organs out of the churches to set them up in taverns, chanting their dithyrambics and bestial bacchanalian songs to the tune of those instruments, which were wont to assist them in the celebration of God's praises, and regulate the voices of the worst singers in the world, which are the English in their churches at present."—*The Contemporary Review.*

JUVENILE SMOKING.

THE following letter from the Rev. Charles Garrett, the president of the Wesleyan Conference, was recently addressed to a correspondent in Liverpool: "I am deeply grieved to see so many young people enslaving themselves to tobacco. Smoking is not only a waste of time and money, but it injures the health, the temper, and the influence of the smoker. It evidently promotes indolence and selfishness; almost every idler is a smoker, while the conduct of smokers in railway carriages is a miserable illustration of their selfishness; one smoker, rather than exercise self-denial, will make a whole carriage full of people uncomfortable and unwell. The aged man and the feeble woman are alike sacrificed to his personal gratification. The bondage of the smoker is more despotic than that of the drunkard. I have been assured scores of times that the giving up of tobacco was infinitely more difficult than the giving up of drink; everything has to bow to this appetite when once formed. The company of the fair, the wise, and the holy is gladly left for a pipe. I have seen Christian men miserable in the most attractive and interesting company, and stealing away to the most unattractive room to secure a smoke. It is a sad thing to see a young man, and especially a Christian young man, fastening these fetters upon himself. I trust you will never begin, but for the sake of your health, your purse, and your soul, you will resolve with me never to touch a pipe or cigar, but to retain and enjoy the freedom from this most injurious habit with which our Maker has endowed us."

Miscellaneous.

SOMETIME.

SOMETIME the clouds will scatter,
 Sometime the winds grow still,
 Sometime the mists will vanish
 That now shroud vale and hill,
 Sometime the icy fetters
 That all the earth enchain
 Will melt away in sunshine
 And beauty bloom again.

Sometime the feet so tired
 Will find a place of rest,
 Sometime the heart now aching
 Throb sweetly in my breast.
 I wait that golden enchain,
 It may be far or near,
 That shall flood my darkened spirit
 With sunshine sweet and clear.

—*Sylvia Silverthorne.*

DEFECTIVE DRAINAGE.

THE "bad smell" which emanates from barnyards, poultry-yards, pig-sties, cess-pools, and out-houses, is not only offensive to the olfactories of human kind, but, worse than that, these foul vapors are loaded with the virus of disease and death. When these foul smells are detected, they should be at once accepted as gentle reminders to place the cause of them at a greater distance from human abodes.

Human nature has such a way of adapting itself to its surroundings, that ere we are aware, we get so accustomed to foul odors that we do not notice them. It is not then the safest to wait for some foul smell to remind us of our proximity to disease germs, but to carefully examine the surroundings of our premises, and see that all impure or decaying substances of every kind are removed at once. If it be foul water, be sure that it is conducted in a proper manner away from our dwellings.

It is sometimes amusing to hear the causes that are assigned for the prevalence of disease in certain localities, when one who has given but little thought to the subject of sanitation and health would see at once the true cause of the malady. When I was in Basel, Switzerland, in the autumn of 1882, as I was passing the city hospital, Brother Charles Andrews showed me how the yards were filled with tents in the summer, to accommodate

the great number of fever patients that could not be accommodated in the building. He said the people said the reason they had so much fever in Basel during the summer months, was because the River Rhine ran through the place. The River Rhine, of course, is as pure a thing as there is there, being fed by the pure snow-waters of the Alps, but he said that the emanations of hundreds of cess-pools and out-houses in the city, with no drainage, and the contents of which were preserved with the greatest care, to put on the land, was a cause of disease. Brother Andrews did not credit the Rhine, by any means, as the cause of the fevers. He knew too well the connection between some of the horrid smells of Basel and the fevers that there prevailed, to be caught with such talk.

Some persons have, perhaps, wondered at the great prevalence of the cholera and other diseases in the East Indies. Before me is a copy of the London *Lancet* for January 16, 1886. In it is a report of Surgeon Davidson, the health officer of Bombay. He gives the death rate for 1884 at over twenty-seven to the one thousand, and claims it to be much less than previous years. He speaks of the sanitary condition of Bombay, and says: "The municipal act affords little or no protection against the erection of the most unsanitary dwellings, some of which are dark, unwholesome dens, into which light of day never penetrates, and which must of necessity breed disease and pestilence. A privy is occasionally built inside a house and overhanging a well; on another occasion a similar structure is built within three feet of a well of drinking water, and a drain is constructed to carry sewage within a foot and a half of the same well; a privy is built or rebuilt underneath inhabited rooms." And yet no one thinks these things are the cause of their diseases in Bombay, except those few who are striving to bring the people up from their gross ideas.

This, however, is almost as sensible as some of the operations in our own enlightened America. I call to mind a circumstance that happened during the winter of 1883, in the month of January. I was riding one day with a young man from Central Square to Roosevelt, Oswego County, N. Y. As we were rising a little hill, he pointed to our left, and said: "The man in that house has lost his wife and two children with the diphtheria, and all the child he has left is expected to die

with it." As we got past the house, I said to the young man, "Stop a minute, I want to look at that house; it don't seem as though they ought to have the diphtheria situated on a hill, as they are there." But what was my surprise, on taking a careful survey of the premises, to see on a rise of ground back of the house, a barn, and barn-yard sloping toward the house. Next stood a water-closet, still further down toward the house, and between these and the house stood the well for the drinking water of the family. I said, "You may drive on now; I can account for all their diphtheria." I trust the readers of this journal, as they desire health, will give careful attention to the purity of their premises, especially the surroundings of their dwellings.

J. N. L.

RURAL HEALTH RETREAT ASSOCIATION.

THE annual meeting of the stockholders of this association was held in the gymnasium of the Retreat, April 29. Of the 1,315 shares of the association, 1,075 were represented in the meeting, either in person or by proxy. Elders R. A. Underwood, of Ohio, E. W. Farnsworth, of Michigan, and J. O. Corliss, late from Australia, and C. H. Jones, manager of the Pacific Press, were with us, and took part in the deliberations of the meeting.

The financial report made by the treasurer, showed that during the twenty-three months since the present opening of the institution, its net value has increased from \$5,322.76 to \$21,372.64. This has been brought about by increase in stock, donations, and, in part, as the result of the workings of the institution. And yet during the same time, the association has given away treatment to the amount of \$3,280.78. During the past year \$14,000 has been expended in improvements.

By vote of the stockholders, the time of the annual meeting was changed from the second Tuesday in April to the first Friday after the fourth Monday. The Board of Directors elected for the ensuing year was; J. N. Loughborough, W. C. White, J. D. Rice, W. A. Pratt, and A. B. Atwood; and soon after the election of this Board, they proceeded to elect the following officers: President, J. N. Loughborough; Secretary, Geo. H. Heald; Treasurer, W. A. Pratt; Auditor, Mrs. A. M. Loughborough; Superintendent, J. D. Rice;

Matron, Linnie E. Heald; Physician-in-Chief, J. S. Gibbs, M. D. It was also decided to employ Drs. W. H. and Mrs. Hattie Maxson, of the Sanitarium at Battle Creek, as associate physicians.

Elders Underwood, Farnsworth, Corliss, and C. H. Jones made remarks, speaking commendingly of the care taken in building only what seemed to be necessary, and would bring in immediate returns. They were surprised to find so large and flourishing an institution, and expressed great satisfaction in reference to its financial standing. They also spoke in the highest praise of the natural advantages of our location, the beautiful scenery, etc. They expressed the hope that the HEALTH JOURNAL would be continued.

It was voted by the stockholders to continue the JOURNAL, and that after January 1, 1888, it be a monthly, thirty-two pages, with a cover. It was also voted that the editors of the JOURNAL for the year be J. N. Loughborough, E. J. Waggoner, and A. T. Jones.

HEAT AND FLESH-FORMING FOODS.

It has been advocated by many persons that, in order to have the body properly warmed in cold weather, and to have it properly kept in flesh at all times, it is necessary to eat fatty and oily foods. It is true the body needs a certain amount of carbonaceous substance to be burned in it to keep it at a proper temperature, but it does not necessarily follow that this carbon can only be obtained from the fat of flesh foods. The daily supply of carbon required by an adult man to keep up the heat of the body and supply proper muscular power, is stated by many physicians to be 4,900 grains. This quantity can be obtained from other food than the fat of animals, and that, too, in a condition free from the liability of being filled with the humors and diseases of the greatly diseased animals of this time. To show that what we state here is correct we will give a table of a few of the foods that contain those elements necessary to the production of flesh and heat. Our readers will see at a glance that it is not needful to partake of the fat of animals to obtain these elements, because the same elements are contained in other food, and that, too, in larger proportion than in fat meats.

The following table will show the relative amount of heat and flesh-forming material in a certain kind of food. The number of ounces in each kind of

food indicates the proportion to the pound of the heat or flesh-forming material in a pound of the article given.

Name.	Heat Product.	Flesh-forming Material.
Oatmeal.....	12 oz.....	2½ oz.
Wheat Meal.....	11 oz.....	1¼ oz.
Barley.....	11 oz.....	2 oz.
Peas.....	8½ oz.....	3¾ oz.
Lentils.....	8½ oz.....	3¾ oz.
Beans.....	8½ oz.....	3¾ oz.
Walnuts.....	6½ oz.....	2 oz.
Mutton.....	6 oz.....	2 oz.
Fat Beef.....	5 oz.....	2½ oz.
Herring.....	1 oz.....	1½ oz.

From the above table it appears that oatmeal contains twice as much heat-producing element as fat mutton or fat beef, and that it contains just as much flesh-forming material as either the beef or mutton. Other comparisons may be made with all the articles in the table. Even though the articles of flesh and grains might be equal in heat, and flesh, and force-producing elements, think of the liability to disease by living so largely, as many do, on the flesh of animals. Only a few days since, in one of our principal cities on this coast, one of the Jewish inspectors condemned sixteen out of seventeen sheep, and six beef creatures out of seven examined, because they were all diseased in some of the vital organs, and were not fit for human food. Although they were condemned as unfit for the Jewish market, they were sold to Gentiles, who probably may have thought them uncommonly tender and sweet to their taste.

THE GREAT QUESTION OF THE DAY.

THE late Dr. Samuel D. Gross, the father of American surgery, used the following words in an address delivered at the dedication of the McDowell monument:—

“Young men of America, listen to the voice of one who has grown old in his profession, and who will probably never address you again, as he utters a parting word of advice. The great question of the day is not this operation or that, not ovariectomy or lithotomy, or a hip joint amputation, which have reflected so much glory upon American medicine, but preventive medicine, the hygiene of our persons, our dwellings, our streets; in a word, our surroundings, whatever or wherever they may be, whether in city, town, hamlet, or country, and the establishment of efficient town and State boards of health, through whose agency we shall be more able to prevent the origin and fatal effects of what are known as the zymotic or preventable diseases, which carry so much woe and sorrow into our families, and often sweep like hurricanes over the

earth, destroying millions of human lives in an incredibly short time. The day has arrived when the people must be roused to a deeper and more earnest sense of the people's welfare, and suitable measures adopted for the protection, as well as for the better development, of their physical, moral, and intellectual powers. This is the great problem of the day, the question which you, as the representatives of the rising generation of physicians, should urge, in season and out of season, upon the attention of your fellow-citizens—the question which, above and beyond all others, should engage your most serious thoughts, and elicit your most earnest co-operation. When this great object shall be attained; when man shall be able to prevent disease, and to reach, with little or no suffering, his threescore years and ten, so graphically described by the psalmist, then, and not until then, will the world be a paradise.”—*Scientific American*.

GOOD APPETITE, GOOD FOOD.

FOOD, to be perfectly digested, must be taken only in such quantities as the system demands; and if we take only natural food, in which is the appropriate mixture of necessary elements, the appetite can always be trusted to interpret the demands of the system, and in that case we should never eat too much. But, eating as we do, flour, butter, and sugar, which have but a part of the elements required, these articles can only be digested as they are eaten with food deficient in the elements which they contain, and these are very few. Consequently these redundant articles in just about the proportion in which they are eaten, remain undigested in the stomach and bowels, causing flatulence and derangement of the secretions of the stomach, mouth, and all the digestive organs, causing bad taste in the mouth, foulness of breath, fastidious appetite, etc., which they always have who live on these concentrated carbonaceous articles.

PURE WATER.

FOUR-FIFTHS of the human body is water. How important, then, for the health of the body, that this water supply be pure. On the subject of water supply, one of our exchanges says:—

“Nowhere lurks so much danger in the water we drink, as in our fancied pure well supplies—supplies obtained by sinking a well, or, more properly, pit, into the earth's surface only a sufficient depth to reach ‘hard-pan,’ and tap the first accumulation of water that has easily filtered

through the loose alluvial soil or sand nearest the surface. In nine cases out of ten, if the water is submitted to a correct chemical analysis, although it is clear and sparkling and inoffensive to the taste, it will be found to contain chlorine, organic matter, and myriads of germs that do infinite mischief to living beings, to whose blood they may find their way. Nearly all cases of fevers, diphtheria, and other similar diseases are directly traceable to the use of this water drained from the surface through privy vaults, cess-pools, and barn-yards."

It may not be easy to obtain water entirely free from organic or mineral substances. The organic may be separated by passing the water through sand and charcoal. Boiling the water will drive off the carbonic acid, and leave the lime, iron, or lead deposited in the boiling kettle, and destroy all animalculæ.

APPLES.

THE apple takes first rank among fruits; it is the most nutritious, being the richest in sugar and albumen, and is adapted to almost all climates. The mealy apples are the most nutritious, while the juicy ones are more digestible. A good apple is digested in about an hour and a half, and with wheat constitutes the best possible food. Its nutritious value is unquestionable. It does not contain as high a percentage of the chemical element of nutrition as wheat, but it supplies what the wheat lacks; so, as wheat is the chief of the grains, the apple is the chief of fruits. In those families where much fruit is eaten, especially apples, the children, and indeed all, are distinguished by their hearty appearance, red cheeks, and cheerful tempers. In the country, apples and other fruits often constitute the almost exclusive food of children; in the city they are less used, as they are often an expensive luxury; but it is better to eat less meat and more fruit. As a first course at breakfast, there is nothing better than uncooked apples; then there are baked apples, either for breakfast, or those pared baked, and served with whipped cream for dinner. In paring apples, always put them in cold water at once, as they darken so rapidly. In selecting apples the color is the evidence of ripeness; the deeper it is, the riper the apple. Red apples should be very dark; the lighter sort should have a soft, yellow tint, and green apples have usually reddish spots when completely ripe.—*Household*.

USEFUL HINTS.

FOR CROUP.—Powder a piece of alum the size of a marble, and mix with a little molasses. This gives instant relief.

In cleaning paint, obstinate spots that will not wash off with soap and water, will often yield to a gentle rubbing with a damp cloth dipped in soda.

INDIA rubber bands slipped over the body of bottles that are to be packed in cars for transportation, will prevent breakage, and save considerable in packing material.

BED-BUGS.—In a house infested with bed-bugs, fill every crack and crevice in the wall or floor with soft, newly-made hard soap. It is said the bugs will immediately leave. This is a remedy always at hand.

COD-LIVER OIL.—We would suggest to anyone advised to take cod-liver oil, that sweet cream will take its place quite as well; while the oil is hard to digest, the cream is more easily disposed of than any of the fats.

LIME IN A TEA-KETTLE.—Boil a piece of alum as large as a walnut in the kettle full of water for half an hour or more. It will soften the lime so that it can be easily scraped off; then put an oyster shell in; it is said to attract the lime to itself.

WHEN TO WORK.

Most people allow that early rising is advantageous, but there are, it is to be feared, comparatively few brain-workers who adopt the habit. They allege, and with some reason, that they can work best at night, because the surroundings are quiet, and there is freedom from disturbance. When they state, however, that they themselves feel better fitted for work, they are, as a general rule, misinterpreting their own sensations. They feel quiet because they are tired; one part seems fit for work because the other is too weary to protest. A recourse to tea, coffee, or alcohol helps the mind for a time, but the effect of these *stimuli* upon the wearied organism is only to increase the penalty that must sooner or later be paid in the form of sleeplessness and other evidences of nervous disturbance. Morning is the time for work.—*Fortnightly Review*.

FOR cramp in the feet, press the hollow of the foot against something hard and round; a broom handle is the best thing.

Household.

THE SECRET TOLD.

O BIRD, warbling your passionate trill,
Bearing your burden to forest and rill;
Speed away! on your swift, rapturous wing
Take to dear hearts the message you bring:

"Some duty God giveth,
To great and to small,
And none of us liveth
For self, but for all."

O wind, caressing the springing grass,
Sweeping up valley and o'er hill as you pass;
Whisper to all the refrain so dear,
And its sacred meaning reveal most clear:

"Some duty God giveth,
To great and to small,
And none of us liveth
For self but for all."

O brook, whose voice is heard in your rippling water,
Being seen, or all unseen, yet dost not falter;
Keep singing and repeating in your wanton glee,
The secret told by your melodious plea:

"Some duty God giveth,
To great and to small,
And none of us liveth
For self but for all."

—Helen M. Winter.

WHAT IS THE USE?

A GROUP of girls were talking one day of a girl acquaintance whose acquirements were uncommon for her age and sex. As someone named over the list of languages, ancient and modern, in which this young woman was versed, one of the listeners exclaimed: "Well, what is the use of it all?" Various replies came: "The same use that your flower painting is;" "Because she likes it," and so on. The questioner was silenced, yet scarcely satisfied. Many another girl, the writer inclines to think, might put the same query, which needs and deserves a fuller answer than it received on this occasion; for the particular question immediately suggests the larger one: What is the use of any intellectual pursuit? To the questioner the girl linguist's occupation seemed strangely uninviting and profitless. By her own crewel work and China painting she not only pleased herself, but, as she believed, gave pleasure to others, who could appreciate these reproductions of the lovely forms and colors of natural things. What pleasure could anyone either take or give by delving among the

roots of language? To answer her in a word, one might say: My dear girl, the pleasure and the profit of all mental effort is in the effort itself; in the fact that by it the mind grows as it was meant to grow, expands to the full measure of its own capacity. You may take it for certain that, just as the muscles of your body would become lifeless and useless if you should cease to work them, in the same way any of your mental or spiritual faculties will become paralyzed if they are not actively used. The mind seldom *wears* out from overwork; it often *rusts* out from want of work. Nothing that is worth having can be had without labor. There is no royal road to learning; neither is there to any other thing one cares to possess. If one wants to be loved, he must himself love, and give, if he wishes it to be given to him, of material or immaterial goods.

Think for a moment what you are, or, rather, what your Creator intended you to be. You are a mind, a soul, a heart; your body is not you, but yours. A thinking, feeling, willing person—that is what you are; and, unless you are ready to remain a nonentity in God's universe, you would like to think, feel, and will to some purpose, not feebly and aimlessly, but strongly, fully, nobly, gladly.

To be less than what we were meant to be, to consent to stay a smaller, more insignificant creature than we might be, who wants that? God meant us to be a good deal, and so many of us are content to be so little. It is as though some one came and said to us: Look! Here is a spacious palace. You are free to wander through its countless rooms and enjoy its splendid treasures of art; from its broad windows you may gaze over the vast surrounding domain and delight your soul with its never failing, never wearying abundance of beauty. And some of us reply: Thank you, but I am content to stay where I am, in my one dark little room. It is rather plainly and scantily furnished, it is true, but then, you know, I am used to it and its bareness doesn't distress me. Open wide every window of the soul, if you want to know what living means and the highest enjoyment of your life. Every added interest that can be brought into our lives, interests for the heart and for the mind, adds a new reason for living. What is the use of living as the animals do, to eat, to sleep, to work when they are driven to it, to stumble through the days in stupid, senseless fashion?

We are not all born alike. We have our differ-

ing gifts and tastes. We need not all labor for the same things; only labor for something, enjoy something. If you prefer not to study languages, but to do something else, you are free to choose; but do not ask what is the use of such study. It is the opening of another window for the mind. No doubt there is some difference in the value of various tastes and pursuits, and some are nobler, finer, more truly satisfying and elevating than others; but the main thing, after all, is to care for something that feeds the mental and spiritual life. The greater the variety of our tastes the more possibilities of enjoyment we have, and we were meant to enjoy all that can be enjoyed in a pure, unselfish way. The more we labor, whether in one direction or in several, the greater will be our ability to work; and the more of a man or of a woman we become, the less of an unintelligent animal. To think of how much there is to enjoy and how careless we are of our happiness; of all there is to know and how little we, in this life, attain to; how much to do; how little gets done, with all our effort—the thought might sadden and discourage if we had no hope of a continued life beyond, of learning, doing, and enjoying.—*Miss Lousie Henry.*

LET THE BOYS HELP.

WHY is it that boys are allowed to sit around a house doing nothing, while their overworked mother is struggling against nature and fate to do about half the work waiting for her hands? Only the other day we saw three large, able-bodied boys lounging about the house, not knowing what to do with themselves, while their mother, tired and pale, was trying to do all the work for a large family and company, alone. Not a boy's work to help about the house? Why not? Is there anything about washing dishes that will injure him, or which he cannot learn to do well? or about making beds, or sweeping, or setting the table, or washing, or ironing, or cooking a plain meal of victuals? On the contrary, there is much to benefit him in such work, the most important of which is the idea that it isn't manly to let the "weaker vessel" (?) carry all the burdens, when it is possible for strong young hands to help. Most boys would gladly help in the house if they were asked to do so, and were taught how to do the work properly. Many a smart boy wants to help his tired mother, but doesn't know how, beyond bringing in the wood and water, and shoveling a path through the

snow. That done, she tells him to go and play, while she plods wearily on. Not a boy's work! For shame! It is a positive harm to a boy's moral character to allow him to think it right to be idle, while his mother is staggering under her burdens. Let the boys help, and those who cannot get help "for love or money," as they often write us, will see their troubles disappear.—*Housekeeper.*

LONGEVITY OF THE QUAKERS.

THE Society of Friends was founded on the great principle of temperance. They advocated temperance as a producer of a higher spiritual life. Although they did not advocate it from a health standpoint, yet the benefits they derived healthwise from their habits of life soon became very marked, and a matter of comment to others.

The following, published at the commencement of the present year, will speak for itself:—

"The longevity of Quakers is shown by statistics kept by a member of the monthly meeting of Friends of Philadelphia. The membership of that meeting at the first of the year was 680. The average number of members per annum for the past twenty years was 630. During that period there have been 263 deaths, or a little more than thirteen a year. Of the 263 members who died (all infants are included in the statistics) only twenty-three died below the age of ten years. The average length of life was sixty years. Forty-three men and eighty-four women lived to be over seventy; fifty-four of them reached ages over eighty, and one attained the age of one hundred years."

NEVER reprimand a child in the presence of others. It may shame and mortify him for a few times, but he will soon become hardened; and a hardened child is about as good as lost, from the standpoint in which you view him. And, another thing, it is disastrous for one parent to criticize the method of other parents in dealing with a child, in the presence of the child himself. Reserve such matters for private and kind consideration.

A SUBSCRIBER inquires for the analysis of salt. Common salt is simply chloride of sodium. Equal parts of chlorine and sodium.

AT the annual meeting of the Rural Health Retreat, it was decided to extend the present volume of the HEALTH JOURNAL to January. Accordingly this is No. 7.

HEALTHFUL COOKERY.

POTATOES.—In winter and early spring there is no vegetable so much used as potatoes. Sweet potatoes roasted in the ashes without peeling, have a nice, peculiar taste. Brush off the ashes, remove the skin, and eat with sweet cream or milk gravy. Irish or sweet potatoes placed in the oven and baked are very good.

BAKED BEANS.—Put your beans in cold water on the back of the stove to simmer; when the skin cracks, pour off the water; put them in an earthen bean-pot or crock; for each quart of beans put in one teaspoonful of molasses; slightly salt to your taste; fill up the crock with cold water; bake very slowly for half a day or more, until they are a nice light brown. When the water has evaporated, if the beans are not done, add more water.

POTATO OMELETTE.—Take three or four steamed potatoes, mash, season, and add a little cream; then stir with this the yolks of six eggs and the whites of two. Fry till browned on one side, fold, and serve at once.

SPONGE CAKE.—Take three eggs, beat one minute, then add one and one-half cups of sugar, and beat five minutes; then one cup of flour and beat one minute; add two teaspoonfuls baking powder in one more cup of flour, one-half cup of cold water, and beat one minute. Flavor to taste.

BOILED GREEN BEANS.—The common garden, kidney, and lima beans are all excellent dishes, prepared by simply boiling till soft, without destroying the shape of the seed. A little milk or cream may be stirred in when they are cooked sufficiently, if any seasoning is required. They usually require boiling an hour and a half.

YOUTHFUL DEPRAVITY.

WHAT Samuel Smith, in the London *Times*, says of youthful depravity in Great Britain is not confined to that country. It is just as true of "young America" as of the old mother country of Great Britain. He says: "There are hundreds of thousands of children in Great Britain at present between the ages of twelve and sixteen going to ruin as fast as it is possible to do so. They learn no useful trade, are under no discipline, are habituated to foul amusements, and, above all, are poisoned with impure and criminal literature. Their slight education does little beyond enabling them to read the vicious journals that have multiplied like the

plague of locusts in recent years. The detestable records of the divorce courts, now reported in all their bestial repulsiveness by the lower class of newspapers, are devoured by these children. Their faculties are cultivated only on the worst side, and the time soon comes when they are past redemption."

SIGNS OF THE TONGUE.

THE tongue is the indicator of the system. A white-coated tongue indicates febrile disturbance; a brown, moist tongue indicates disordered digestion or overloaded *primæ viæ*; a brown, dry tongue indicates depressed vitality, as in typhoid conditions and blood poisoning; a red, moist tongue indicates debility, as from exhausting discharges; a red, dry tongue indicates pyrexia, or any inflammatory fever; a "strawberry" tongue, with prominent papillæ, indicates scarlet fever or rotheln; a red, glazed tongue indicates debility, with want of assimilative power of digestion; a tremulous, flabby tongue indicates delirium tremens; hesitancy in protruding the tongue indicates concussion of the brain; protrusion at one side indicates paralysis of the muscles on that side.—*Sel.*

WHOSE HOUSE ARE YOU SHINGLING?

Wife.—"I wish that man would go home, if he has one to go to."

Landlord.—"Hush! hush! he'll call for a drink directly."

Wife.—"Wish he would make haste about it then, for it is time every honest man was in bed."

Landlord.—"He is taking the shingles off his house and putting them on ours."

At this time James came to his right senses, and commenced rubbing his eyes, and, stretching himself as if he had just awoke, said, "I believe I'll go."

"Don't be in a hurry, James," said the landlord.

"Oh, yes; I must go," said James, and he started.

After an absence of some time the landlord met him, and accosted him with: "Hello, Jim; why 'aint you been down to see us?"

"Why, I had taken so many shingles off my house it began to leak; so I thought it time to stop the leak, and I have done it," said James.

The tavern-keeper and his wife were astonished. James is now a happy man, and his wife and children are happy too. Young man, whose house are you shingling?—*Irish World.*

HEALTHFUL FOODS.

HAVING lately added to the facilities of our Health Retreat a revolving oven, and first-class cracker machinery, we are now prepared to furnish the foods advertised below, at their respective prices. These foods are especially adapted to those suffering from digestive ailments, but are also excellent for all persons who wish food free from lard and all other deleterious shortening. None but the purest and best articles are used in the manufacture of these foods.

OATMEAL BISCUIT.—These are about twice the thickness of an ordinary cracker, are slightly sweetened and shortened, and made light by yeast, exceedingly palatable. They are recommended for constipation, if the person is not troubled with acidity or flatulence; per lb. 12 cts

MEDIUM OATMEAL CRACKERS.—Made about the same as the above, only they are not fermented; per lb. 10 cts

PLAIN OATMEAL CRACKERS.—These are neither fermented, shortened, nor sweetened. They have an agreeable, nutty flavor, and are crisp and nice; per lb. 10 cts

NO. 1. GRAHAM CRACKERS.—Slightly sweetened, and shortened. Just the thing for persons with fair digestive powers and inactive bowels; per lb. 10 cts

NO. 2. GRAHAM CRACKERS.—Shortened but not sweetened. Very palatable; per lb. 10 cts

PLAIN GRAHAM (DYSPEPTIC) CRACKERS.—These crackers contain nothing but the best graham flour and soft water, yet by the peculiar preparation of the dough they are as crisp as though shortened. If by exposure to dampness they lose their crispness it may be restored by placing them in a hot oven for ten or fifteen minutes; per lb. 10 cts

WHITE CRACKERS.—These are made of the best patent flour, shortened. But they are not mixed with lard or any other deleterious substance; per lb. 10 cts

WHOLE WHEAT WAFERS.—Composed of flour and water. Made especially for dyspeptics, and those of weak digestion; per lb. 12 cts

GLUTEN WAFERS.—Especially good for those troubled with acid or flatulent dyspepsia; or those suffering with nervous exhaustion, and who wish to restore nerve power speedily. Such as have to live largely on meat, because they cannot digest vegetable food, will find in these wafers a valuable substitute; per lb. 30 cts

ANTI-CONSTIPATION WAFERS.—Composed of rye meal and whole wheat flour. Crisp and palatable. Persons suffering with painful dyspepsia, or tenderness at the pit of the stomach, should use whole wheat crackers in preference to these. For all other forms of dyspepsia or constipation, these are just the thing; per lb. 12 cts

PASSOVER BREAD.—Made from patent flour. Neither shortened nor fermented. In the form of wafers. Is very light, thin, crisp and toothsome; per lb. 12 cts

FRUIT CRACKERS.—The best varieties of foreign and domestic dried and preserved fruits are used in the preparation of these crackers. They are exceedingly wholesome for those of normal stomachs, but are not recommended for confirmed dyspeptics; per lb. 20 cts

CARBON CRACKERS.—These are especially intended for cases of dyspepsia in which there is acidity of the stomach, heartburn, and flatulence of stomach or bowels. The black color of the cracker is due to the presence of pulverized carbon, which acts as a preventive of fermentation, and is an absorbent of irritating gases resulting from indigestion; per lb. 15 cts

WHEATENA.—This is a preparation of wheat which is subjected to a process by means of which it is partly digested, and rendered readily soluble in the digestive juices. Good for persons suffering with slow digestion and constipation; per lb. 12 cts

AVENOLA.—This is some like the preceding in the mode of its preparation, except that it has also the finest oatmeal with the wheat in its combination. It contains a large proportion of bone, muscle, and nerve-forming material. It is a good food for infants, and for all invalids of weak digestion; per lb. 13 cts

GRANOLA.—This is a preparation from various grains, and combines all the qualities of the preceding preparations. There is no farinaceous preparation in the market that will compare with granola. This is the verdict of those who have given it a fair and impartial trial; per lb. 12 cts

DIABETIC FOOD.—This is a form of bread deprived of its starchy and saccharine elements, but retaining all the other palatable and nourishing elements of the flour. By the use of this food, and the observance of careful dietetic rules, this obstinate disease (diabetes), may be kept at bay for many years, and cured in cases where a cure is possible. It is prepared with great care, and has been thoroughly tested; per lb. 40 cts

GLUTEN FOOD.—This article is a perfect substitute for animal food in cases of nervous debility, and is to be used in the same cases as those for which the gluten wafer is recommended; per lb. 40 cts

INFANTS' FOOD.—Most of the foods offered in the market as infant's food contain too much starch for the digestive power of the infantile stomach. The article here offered will often be digested when other articles of food cannot be eaten without producing serious derangement of digestion; per lb. 40 cts

SOME of the goods here offered may be higher priced than those shortened with lard, etc., but you may rest assured of securing, in these foods, pure, healthful articles, conscientiously prepared. Directions for using these foods will be sent with the goods.

FOR fifty cents you may receive, post-paid, a sample package of these foods, and thus decide what to order in larger quantities. Give them a trial. Address,

RURAL HEALTH RETREAT, ST. HELENA, CAL.

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 Corded	2 50
EMANCIPATION WAIST	1 75
FORM (BOSOM)	50
DR. GRAY'S ABDOMINAL SUPPORTER	2 50
DR. GRAY'S “ “ WITH HOSE	
SUPPORTER (extra large)	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 BRACE Button (Ladies')	50
NO. 18 HOSE SUPPORTER, Daisy Clasp (Misses')	40
NO. 19 “ “ “ (Childrens')	35
NO. 7 “ “ Shoulder, Button (Ladies')	60
NO. 8 “ “ “ (Misses')	50
NO. 9 “ “ “ (Child'n's)	40
NO. 10 “ “ “ “	35
CORSET HOSE SUPPORTERS (especially for Hygienic Corset).	35
HYGIENIC SAFETY SUPPORTER (monthly bandage)	50
SKIRT-SUPPORTING HOOKS, double set of four	25
“ SWIVEL, set of four	20
CORSET LACES (Elastic)	10
CLASPS FOR SUPPORTERS	5
COMBINATION SUIT PATTERNS	40
FOUNTAIN SYRINGE, Glass Tubes	{ No. 1. \$2 00 No. 2. 2 25 No. 3. 2 75
FOUNTAIN SYRINGE, Metal Tubes	{ No. 1. 2 25 No. 2. 2 50 No. 3. 3 00
FOUNTAIN SYRINGE, Hard Rubber Tubes	{ No. 1. 2 50 No. 2. 3 00 No. 3. 3 25
SYPHON SYRINGE, Glass Tubes	3 50
RUBBER WATER BOTTLES, 1 quart.	2 25
“ “ “ 2 quarts	2 50
“ “ “ 3 quarts	2 75
“ “ “ 4 quarts	3 00

RURAL HEALTH RETREAT, ST. HELENA, CAL.

REGARD FOR LIFE.

A most refreshing exhibition of primitive frankness of character is found in the case of a colored man who had slipped off from the army near Fort Donelson, and making his way on board a passing steamboat, was found beside a smoke-stack, sitting on a bundle of dilapidated homespun, trying to warm himself.

"Were you in the fight?"

"I had a little taste of it, sah."

"Stood your ground, did you?"

"No, sah, I runs."

"Run at the first fire, did you?"

"Yes, sah, an' would have run soonah, had I know'd it was comin'."

"Why, that wasn't very creditable to your courage."

"Dat isn't in my line, sah; cookin's my perfes-shun."

"Well! but have you no regard for your reputation?"

"Reputation's nuffin to me by de side of life."

"Do you consider your life worth more than other people's?"

"It's wuff more to me, sah?"

"Then you must value it very highly."

"Yes, sah, I does; more dan all dis world, more dan a milyun dollars, sah; for what would that be wuth to a man wid de bref out of him? Self-preservashun is the first law wid me."

"But why should you act upon a different rule from other men?"

"'Cause, sah, diff'rent men sets diff'rent value upon derselves; my life is not in de market."

"But if you lost it, you would have the satisfaction of knowing that you died for your country."

"What satisfaction would dat be to me, when der power of feelin' was gone?"

"Then patriotism and honor are nothing to you?"

"Nuffin' whatever, sah."

"If all our soldiers were like you, our Government might have been broken up without resistance."

"Yes, sah; der would have been no help for it. I wouldn't put my life in de scales 'gainst any gub'nment dat eber existed, for no gub'nment could replace de loss to me."

"Do you think any of your company would have missed you if you had been killed?"

"May be not, sah; but I'd a missed myself, and dat was de pint with me."

"Then patriotism and honor are nothing to you?"

"Nuffin' whatever, sah; I consider them as among de vanities."—*Half's Health Maxims.*

THE AMERICAN SENTINEL,

AN EIGHT-PAGE MONTHLY JOURNAL,

DEVOTED TO THE DEFENSE OF AMERICAN INSTITUTIONS, THE PRESERVATION OF THE UNITED STATES CONSTITUTION AS IT IS, SO FAR AS REGARDS RELIGION OR RELIGIOUS TESTS, AND THE MAINTENANCE OF CIVIL AND RELIGIOUS RIGHTS.

It Will ever Be Uncompromisingly Opposed to Anything Tending Toward a

UNION OF CHURCH AND STATE,

Either in Name or in Fact.

It is well known that there is a large and influential association in the United States bearing the name of the "National Reform Association," which is endeavoring to secure such a

RELIGIOUS AMENDMENT TO THE CONSTITUTION

Of the United States as will "place all Christian laws, institutions, and usages on an undeniable legal basis in the fundamental law of the land."

While there are many persons in this country who are opposed to, or look with suspicion upon, this movement, there are few, outside of the party, who realize what the influence of this Amendment would be. The object of the *American Sentinel* will be to

VINDICATE THE RIGHTS OF AMERICAN CITIZENS,

Which, we believe, are threatened by this association. It will appeal to the very fundamental principles of our Government, and point out the consequences which would be sure to follow should they secure the desired Amendment to the Constitution.

Every position taken will be carefully guarded and fortified by sound argument. Due respect will always be paid to the opinions of others, but

The Rights of Conscience will be Fearlessly Maintained.

TERMS.

Single Copy, per year, - - - - - 50 cents.

To foreign countries, single subscription, post-paid, 2s.

Specimen Copies Free.

Address, AMERICAN SENTINEL, Oakland, Cal.

GOOD HEALTH.

A MONTHLY MAGAZINE.

GOOD HEALTH is emphatically a Family Journal, being cheap, plain, and practical, qualities which have won for it the largest circulation of any Health Journal in America. It is devoted to all reforms, but is ultra in none. It is unpartisan and unsectarian. Its only creed is nature's laws. It treats of Health, Temperance, General Literature, Science, and many other interesting and practical subjects; it is a live journal, and every way adapted to the wants of the family. There is something in it for everybody. Price, \$1.00 a year.

Address, GOOD HEALTH, Battle Creek, Mich.

HISTORY OF THE WALDENSES.

By J. A. WYLLIE, LL.D.

ILLUSTRATED BY TWENTY FULL-PAGE ENGRAVINGS.

THIS work describes the conflicts waged by the Waldenses and the martyrdoms they endured in defense of their faith and their liberty. Recent events have brought the Waldenses to notice, and thrown a new light upon the grandeur of their struggle and the important issues which have flowed from it. To them are we to trace the Constitutional liberties that Italy now enjoys. In their mountain fastnesses they maintained the faith of the early Christians, and by their untiring missionary labors this faith was diffused to all the nations of Europe, thus preparing the way for the great Reformation.

Contains 212 pp. Price, 90 cents.

Address, PACIFIC PRESS, Oakland, Cal.

OUR GENERAL AGENTS.

Alabama and Mississippi—Eld. C. W. Olds, 520 Sixteenth Street North, Birmingham, Ala.
 Australia—Echo Publishing House, North Fitzroy, Victoria.
 British Guiana and the West Indies—Pastor G. G. Rupert, Georgetown, British Guiana, B. A.
 Canada Tract Society—R. S. Owen, South Stukely, P. Q.
 Colorado Tract Society—Mr. J. W. Rambo, Sec., 167 Clement St., Denver, Col.
 Dakota Tract Society—A. H. Beaumont, Sec., Vilas, Miner Co., Dakota.
 Delaware and Maryland—D. C. Babcock, Frederica, Del.
 District of Columbia—International Tract Society, 1831 Vermont Avenue, N. W., Washington, D. C.
 England—The Present Truth, 72 Heneage St., Grimsby, Eng.
 Florida Tract Society—B. x 232, Jacksonville, Fla.
 Georgia—Charles F. Curtis, 229 South Pryor St., Atlanta, Ga.
 Hawaiian Islands—International Tract Society, Honolulu, H. I.
 Illinois Tract Society—3652 Vincennes Ave., Chicago, Ill.
 Indiana Tract Society—32 Cherry St., Indianapolis, Ind.
 Iowa Tract Society—603 East Twelfth St., Des Moines, Iowa.
 Kansas Tract Society—Box 160, Ottawa, Franklin Co., Kansas.
 Kentucky Tract Society—Elsie Scott, Cecilian, Hardin Co., Ky.
 Louisiana Tract Society—321 Second St., New Orleans, La.
 Maine—Mrs. A. J. Goodrich, South Lancaster, Mass.
 Michigan Tract Society—Hattie Hane, Sec., *Review and Herald* Office, Battle Creek, Mich.
 Minnesota Tract Society—336 Lake Street E., Minneapolis, Minn.
 Missouri Tract Society—2339 Chestnut St., St. Louis, Mo.
 Nebraska Tract Society—1505 E St., Lincoln, Neb.
 New England—N. E. Tract Society, South Lancaster, Mass.
 New Jersey and Long Island—Mrs. E. T. Palmer, South Lancaster, Mass.
 New York Tract Society—J. V. Willson, Sec., Box 113, Rome, New York.
 New Zealand—International Tract Society, Turner St., off Upper Queen St., Auckland, N. Z.
 North Carolina—S. P. Seawell, Bensalem, Moore Co., N. C.
 North Pacific—N. P. Tract Society, Box 18, East Portland, Or.
 Norway—*Sundhedsbladet*, Christiania, Norway.
 Nova Scotia—Elder I. E. Kimball, No 60 Maitland St., Halifax, N. S.
 Ohio Tract Society—L. T. Dysert, Sec., 178 Warren St., Toledo, Ohio.
 Pennsylvania Tract Society—5 Madison St., Wellsville, N. Y.
 Switzerland—*Les Signes des Temps*, 48 Weiherweg, Basel, Switz.
 Tennessee Tract Society—J. H. Dortch, Sec., Springville, Henry Co., Tenn.
 Texas Tract Society—Mrs. Lee Gregory, Sec., Denton, Texas.
 Upp. Columbia—U. C. Tract Society, Mrs. L. A. Fero, Sec., Walla Walla, W. T.
 Vancouver Island—Bernard Robb, Victoria, B. C.
 Vermont—Lizzie A. Ston, South Lancaster, Mass.
 Virginia—L. L. D. Woods, Quicksburg, Va.
 Wisconsin Tract Society—1209 Jenifer St., Madison, Wis.

LABBERTON'S NEW HISTORICAL ATLAS AND GENERAL HISTORY.

"LABBERTON'S NEW HISTORICAL ATLAS AND GENERAL HISTORY;" 1 volume, 4to, cloth; 312 pages, 198 maps, printed in colors. This is the most unique and complete atlas that has ever been issued, giving a map for every period, thus enabling students to find a map for any particular date, each map having over it in figures the year or period it covers. Students and professional men will readily appreciate the importance of this. It contains maps, now made for the first time, of the Chaldean, Elamitic, Egyptian, Kossean, Armenian, Hittite, and Assyrian Empires, based on the most reliable historical works. The American maps (52) show the early settlements, the colonial patents, grants, and foreign claims, State charter limits, and the gradual appearance of the principal cities. Anticipating the coming struggle in the East, it has fine military maps of Trans-Caspia and Afghanistan. The text is brief, but gives in an attractive form the leading events in the history of the world, free from unnecessary details. The schedule of maps covers from 4,000 B. C. to 1886 A. D. Of the East there are 19 maps; Greece, 17; Rome, 26; history of the mid-

dle ages, 35; history of modern times, 49; and history of America, 52 maps.—*Christian at Work*.

This excellent work sent by mail or express, prepaid, upon receipt of price, \$2.50.

Address, PACIFIC PRESS PUBLISHING HOUSE, General Western Agents, Oakland, Cal.

THE NEW S. D. A. HYMN AND TUNE BOOK.

The following are the styles of binding, with prices:

Levant Morocco, gilt edges, round corners,	\$2.75
Fine English Call, gilt edges,	2.50
Turkey Morocco, fine side stamp, gilt edges,	2.25
Extra Russia,	2.00
Library,	1.75
Half Leather, cloth sides,	1.50

WORDS ONLY—WITHOUT MUSIC.

Library or Russia,	\$1.00
Full Turkey Morocco, gilt edges,	1.50

Address, PACIFIC PRESS, Oakland, Cal.

HISTORICAL SKETCHES,

OF THE FOREIGN MISSIONS OF THE SEVENTH-DAY ADVENTISTS.

This book contains reports of the several European Missionary Councils, a narrative, by Mrs. E. G. White, of her visits and labors in these Missions, and a thrilling account of the arrest, imprisonment, and providential release of Elder Richard Conradi, a missionary to Russia. The book contains forty engravings, and has 294 pages. Price, \$1.00, post-paid. Address, PACIFIC PRESS, Oakland, Cal.

FAMILY BIBLE READINGS.

SOMETHING entirely new. Have you seen it? We mean the beautiful Roll of Scripture texts for Family Bible Readings. It is printed on linen paper, 14x23 inches, with large bold-faced type, and is easily read across the room. It contains Readings on fifteen different subjects. This Roll, with the accompanying Key, should be in every home. Price, \$1.00, post-paid. Address, CALIFORNIA TRACT SOCIETY, 1059 Castro St., Oakland, Cal.

SPECIAL TO AGENTS.

We will allow you 20 cts. cash commission on subscriptions to the *American Sentinel* and *PACIFIC HEALTH JOURNAL*. You collect 50 cts. for a yearly subscription to either periodical and send us 30 cts. for each name. Please write name and full Post-office address plainly. Sample copies free. Address, PACIFIC PRESS, Publishers, Oakland, Cal.

WHO CHANGED THE SABBATH?

A TRACT of 24 pages, which fully answers this question, and shows how Sunday displaced the Bible Sabbath. Extracts given from Catholic writers. Price, 3 cents. Address, PACIFIC PRESS, Oakland, Cal.

NEW SUBSCRIPTION EDITION.

THE GREAT CONTROVERSY

Between Christ and Satan

DURING THE CHRISTIAN DISPENSATION.

BY MRS. E. G. WHITE,

Author of "The Life of Christ," "Sketches from the Life of Paul," "Bible Sanctification," and Other Popular Works.

THIS volume presents the most wonderful and intensely interesting history that has ever been written of the great conflict between Christianity and the Powers of Darkness, as illustrated in the lives of Christian martyrs and reformers on the one hand, and wicked men and persecuting powers on the other. Beginning with our Lord's great prophecy given while viewing Jerusalem from the Mount of Olives, in which he outlines the history of the whole dispensation, it sketches the fulfillment. It pictures the siege and overthrow of Jerusalem, and the destruction of the Temple. It calls our attention to the bitter persecutions of the Christians in the first centuries, and notes the rise and growth of the Papacy. It gives a clear conception of the character and influence of the Waldenses, who, through centuries of persecution, maintained the purity of their faith, and by their missionary efforts prepared the nations of Europe for the Reformation.

Brief and life-like sketches are given of the works, the successes, and the persecutions of Wycliffe, Luther, Tyndale, Huss, Jerome, Knox, and other reformers and martyrs. Considerable space is given to the life, work, and influence of later reformers and great religious leaders, such as George Whitefield, the Wesleys, and William Miller, and this is followed by chapters treating upon The Origin of Evil, The Agency of Evil Spirits, The Snares of Satan, Spiritualism, Character and Aims of the Papacy, The Coming Conflict, The Scriptures a Safeguard, Desolation of the Earth, and The Judgment.

The closing chapters give a vivid picture of the warfare of the church, her final redemption, and vividly describe the triumph of the people of God, the destruction of Satan and all his followers, and the renewing of the earth, which ends the awful controversy between the Son of God and the Powers of Darkness. Earnest Christians of all classes and creeds will find in it encouragement and instruction in the delineation of the struggle maintained by men raised up of God in each successive age to preserve the pure and true religion, and they will see that the world has been led to accept one after another of Satan's devices, until her teachers are corrupted with false doctrines and with infidelity.

The period of history covered by this volume, is one of the deepest interest to all classes of readers. The style of the author is clear, forcible, and often sublime, and, although simple enough in its statements to be understood and appreciated by a child, its eloquence calls forth the admiration of all.

Seventh Edition! Contains over 500 pages; 21 full page Illustrations and Steel Portrait of the Author; printed and bound in the very best style.

SOLD ONLY BY SUBSCRIPTION.

Fine English Cloth, red edges,	- - - -	\$2 00
Library Style, marbled edges,	- - - -	2 50
Half Morocco, gilt edges,	- - - -	3 50
Full Morocco, gilt edges,	- - - -	4 50

ACTIVE AGENTS WANTED IN EVERY TOWN AND COUNTY IN THE UNITED STATES.

For Terms and Territory, Address,

PACIFIC PRESS, Publishers,

12th and Castro Streets, Oakland, Cal.

HOW, WHAT, AND WHEN.

BREAKFAST, DINNER, AND SUPPER,

EDITED BY

J. E. WHITE, M. D., AND MRS. M. L. WANLESS.

CONTAINS 450 PAGES. IS HANDSOMELY BOUND AND WELL ILLUSTRATED.

It has a wider scope than its title indicates, embracing as it does, not only the Ethics of Eating and the Etiquette of the Home, but Sanitary Science in relation to the home, with a very suggestive department upon housekeeping. It is a valuable book of reference on HOUSEHOLD ECONOMY AND DOMESTIC HYGIENE.

TREATING IN ORDER:

1. ETHICS OF EATING,
2. ETIQUETTE OF THE HOME,

3. HYGIENE OF THE HOME,
4. HINTS TO HOUSEKEEPERS,
5. HOW TO COOK.

An Invaluable Book for the Study, the Library and the Fireside.

AS a book of art, BREAKFAST, DINNER AND SUPPER excels all books of its class. In addition to the many handsome chapter headings, the book contains over seventy illustrations, many of which occupy a full page. The type work is artistic throughout, and the binding is elegant the cover being embossed in jet and gold.

This book is meeting with a very rapid and unexpected sale, as the reports from our agents will prove. Considering the valuable matter contained, and the elegance of its appearance, this is the cheapest subscription book on the market at the present day, as the following prices will testify:—

English Cloth, Old Gold, Red Edges,	\$1.75
Imperial Green Cloth, Gilt Edges,	2.25
Half Morocco, Marbled Edges.	2.75

In addition to this we have secured from a baker of long experience, who is now general agent for this work, a number of very rare recipes, many of them known only to the trade, some of which have been sold at high figures. It is safe to say that these "bakers' secrets" could not be bought by the housewife for \$25. These are printed on a separate, four-page sheet, and on copy is furnished to every purchaser of the book.



OUR TERMS TO AGENTS

Are liberal, and our outfit is very complete. It consists of a full copy of the work in any binding the agent may desire, an order book for names, in which samples of all styles of binding are shown, a book of instructions to agents telling them how to make the business successful, with circulars, report, and order blanks, etc. These complete outfits we mail at less than the retail price of the book.

CANVASS HOME TERRITORY.

Some who would make excellent canvassers have other duties and cares which prevent their going far from home or employing all their time in the business. Such can put many a dollar in their purse, and add many luxuries to their homes by devoting their spare time to the canvass of their own neighborhood. We shall be glad to correspond with all such.

READ WHAT OTHERS SAY OF IT.

[From "The Signs of the Times," Oakland, Cal.]

The matter of this book interests every household, without exception, and the manner in which the subjects are presented cannot fail to interest every one.

[From Miss Frances E. Willard, Pres't National W. C. T. U.]

Please accept sincere thanks for the valued book lately received, "Breakfast, Dinner and Supper." Was delighted with the thought that you spoke out so truly for total abstinence, a prophecy of the time when we shall have "sweeter manners and purer laws."

[From Virginia Burton, Journalist, Kansas City, Mo.]

I consider it one of the best books, for housekeepers, published.

[From Eld. W. H. Littlejohn, Pres't. Battle Creek College.]

He who is well fed and well behaved is favorably circumstanced to enjoy life himself and prove helpful to others. The work entitled "Breakfast, Dinner and Supper," therefore, is worthy of a place in every library.

[From D. C. Babcock, Sec'y of the National Temperance Society.]

It has not been written for the few who occupy "brown stone fronts"—though it would do them good—but for the great middle class who are, after all, "the better class" of society. My wife and daughters say: "Papa, that is a good book. We are glad you got it." So am I.

[From A. C. Werige, M.D., Internal Revenue Collector, Albert Lea, Minn.]

It should be in the library of every family.

This Book is sold exclusively by Subscription, and in no case will it be found at book-stores. Active, energetic agents, of good character and address, who will canvass closely, will be given specially liberal rates and control of territory. For Sample Copies, territory and terms, address

PACIFIC PRESS PUBLISHING HOUSE,

Twelfth and Castro Sts., Oakland, Cal.

A NEW BOOK.

Man, the Masterpiece;

OR PLAIN TRUTHS PLAINLY TOLD, ABOUT

Boyhood, Youth and Manhood.

BY J. H. KELLOGG, M. D.,

Member of the British and American Associations for the Advancement of Science, The American Public Health Association, Editor of "Good Health," Author of "Home Hand-Book of Hygiene and Rational Medicine," "Ladies' Guide in Health and Disease," and various other works.

HAS CHAPTERS ON

Mystery of a New Life,
HOW TO BE STRONG,
How to Make Life a Success,
Social Ethics,
GETTING A WIFE,
Prescriptions for a Sick Stomach,
SEXUAL SINS
And their Consequences,
Diseases of Sexual Organs,
&c., &c.



Facsimile of Front Cover.

CONTAINS

620 Octavo Pages,
30 FULL PAGE
ILLUSTRATIONS,
— AND A —
Manikin, or Dissected Plate
— OF THE —
HUMAN BODY,
A VERY
Unique and useful feature.

A Book for Every Young Man.

This Work is Endorsed by Press and Public.

A chaste but thorough Treatise for Men, and contains much valuable matter not found in any other work published.

Sold by Subscription.

For Full Particulars, Address,

Pacific Press Publishing House,

Subscription Book Department.

OAKLAND, CAL.

AN ELEGANT SOUVENIR OF THE WONDERFUL YO SEMITE.

IN THE HEART OF THE SIERRAS

A COMPLETE HISTORICAL AND DESCRIPTIVE SUMMARY OF THE
Great Valley and Its Marvelous Surroundings.

IT IS BY J. M. HUTCHINGS,

The Old Pioneer and Long Resident of Yo Semite, who Took the First
Sketches of it Ever Taken, and was

THE FIRST TO MAKE ITS MARVELOUS GRANDEUR GENERALLY KNOWN TO THE WORLD.

IT IS A BOOK OF

NEARLY

500 Pages

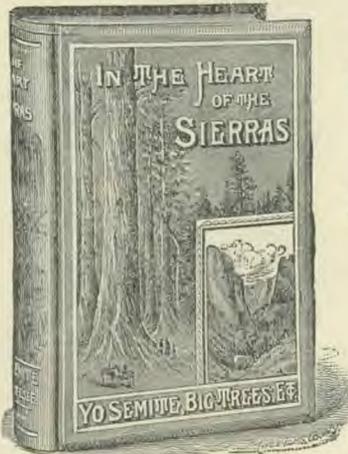
WITH

160 ILLUSTRATIONS

28 OF WHICH ARE

BEAUTIFUL

Full-Page Artotypes



Design of Cover.

FINE

CALENDERED

PAPER,

Clear, New Type,

Elegant Binding,

AND

Artistic * Workmanship
Throughout.

A BOOK OF THRILLING INTEREST

All who have Seen the Volume Pronounce it the Most Elegant and Intensely
Interesting Work Ever Published on the Coast.

AN ORNAMENT TO ANY CENTER TABLE. A BEAUTIFUL AND ACCEPTABLE PRESENT TO A FRIEND.

SOLD BY SUBSCRIPTION,

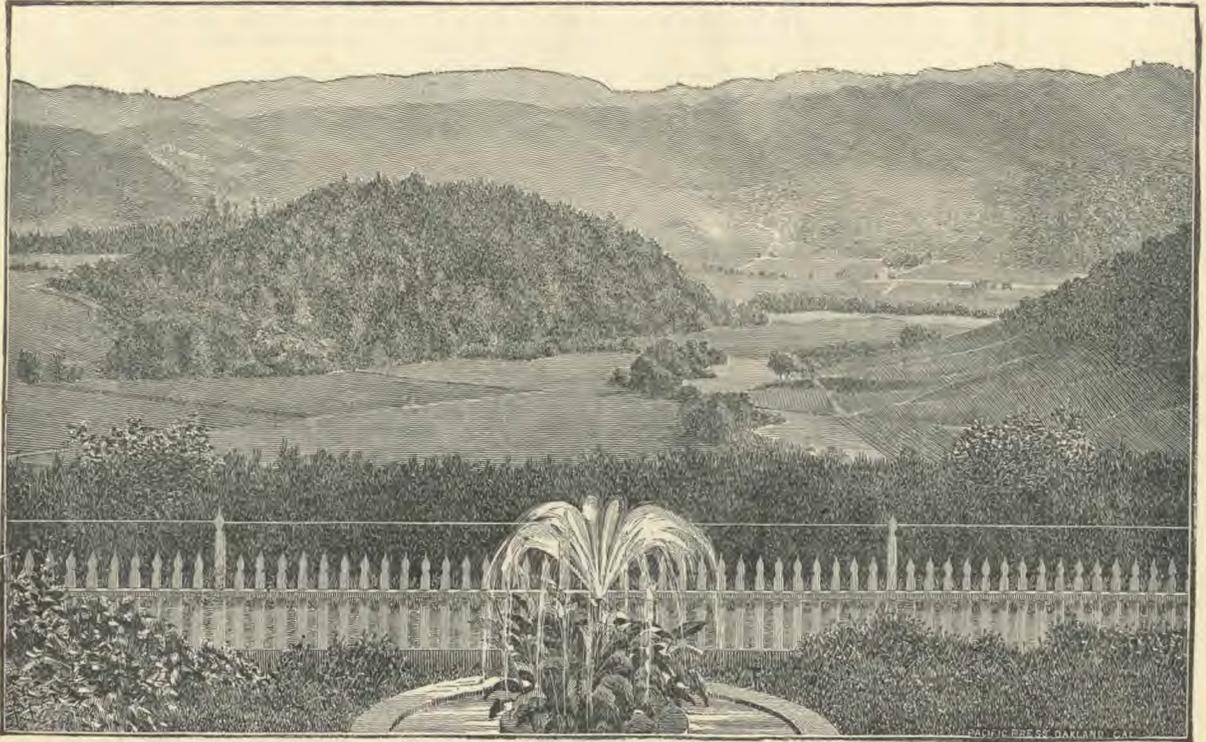
For Terms and Territory, Address,

PACIFIC PRESS PUBLISHING HOUSE,

PUBLISHERS AND GENERAL AGENTS,

12TH AND CASTRO STS., OAKLAND, CAL.

CRYSTAL SPRINGS
 RURAL HEALTH RETREAT,
 ST. HELENA, CAL.



PRATT'S VALLEY—FROM RURAL HEALTH RETREAT, ST. HELENA, CAL.

THIS delightful and popular Summer Resort has been fitted up as a Sanitarium, and offers unrivaled advantages to all classes of invalids. It is situated on the side of Howell Mountain, 1,200 feet above tide level, 500 feet above and overlooking Napa Valley, and two and a half miles from St. Helena, in Napa County. **ITS NATURAL ADVANTAGES** are equal to those of any other health resort. It is noted for its pure water, dry atmosphere, clear and balmy sunshine, even temperature, mild breezes, and the absence of high winds. **OUR REMEDIAL MEASURES** include various forms of Baths, Galvanic and Faradic Electricity, Mechanical Appliances, and exercises for the development of the Lungs, Vital Organs, and Muscular System, the Expansion and Development of the Chest, and the Cure of Deformities.

RATIONAL TREATMENT BY WELL-KNOWN REMEDIAL AGENTS IS EMPLOYED.

Our natural advantages of pure soft water, mild air, even temperature, pleasant and desirable surroundings, are supplemented by thorough and judicious treatment and wholesome diet, and most invalids who avail themselves of these agreeable facilities rapidly recover.

The RETREAT is under a thoroughly competent Director, and patients have the care of a regularly-graduated Physician of several years' experience in practice, who is assisted by two lady attendants having a two years' course in the largest Medical and Surgical Sanitarium in the world, with six years' subsequent practice. All invalids and tourists may feel assured that they will be courteously received and kindly cared for.

For further particulars address

RURAL HEALTH RETREAT,

Send for Circular.

ST. HELENA, CAL.

