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J. N. LOUGHBOROUGH, }
M. G. KELLOGG, M. D., } *Editors.*
C. P. BOLLMAN, }

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LET fancy fly, but judgment should walk.

BEWARE of the first cross word in the morning.

It is much easier to be critical than to be correct.

DON'T poke the fire until you have coals to put on. It is too much like criticism, it kills instead of kindling.

You must have interesting occupation in vigorous old age. Continue to keep the brain active. Rest means rust.

THE first advertisements known in England were in the shape of small bills affixed to the door of St. Paul's Church.

THE skeleton of a man weighs from twelve to sixteen pounds, and the blood, twenty-seven or twenty-eight pounds.

"It is better to dwell in the corner of the house-top, than with a brawling woman and in a wide house." Prov. 25 : 24.

THE art of paper-making has reached a point where a growing tree may be cut down, made into paper, and turned out as a newspaper, all within thirty-six hours.

BOOKS and papers were formerly sold only at stalls, and the dealers were, therefore, called stationers. In time a certain class of goods so sold came to be known as stationery.

FOOD AND NUTRITION.

THE object of partaking of food is not simply for the momentary gratification of taste. It is not for the pleasure that may be experienced while the food is passing the palate. Food properly prepared and made agreeable to the taste causes an extra flow of the saliva, and thus its insalivation and digestion are facilitated; food illy prepared, and insipid in taste, may create disgust, and can only be "forced down." It does not follow, however, that food must be highly seasoned, or filled with condiments hurtful to the organs of digestion, in order to be palatable and welcomed by the system.

I do not know why in selecting food for human kind we should not be as particular as he that would properly care for dumb animals. If a man wishes his horses, cattle, sheep, or even poultry to be in fine, slick trim he studies the nature of these animals, inquires diligently what food is best adapted to the nature of each, and in what condition and quantity it should be fed to them. These same persons, if you speak to them concerning their diet, and the diet of their families, will say, "Oh! it don't make any difference what I eat, my stomach will digest almost anything." It is true that the human stomach does for a time in some way dispose of almost anything; the question is, Does it properly digest it? The physical organism of man is so constructed that it may adapt itself to a condition of things which is not the best. It may devise means of disposing of articles which are not the most proper food without the individual experiencing at once the physical effects of their indiscretion; but, sooner or later, the result must come. In this case it may be true that, because sentence against an evil work is not executed speedily, their heart is fully set in them to do evil. A lack of proper nourishment of the body by failing to furnish it with real food elements must sooner or later show its effects.

I call to mind a circumstance which occurred in the fall of 1868. I had then been in California only four months. I had been adhering to a fruit and grain diet for five years, discarding the use of pepper and spices of all kinds. I was staying for a few weeks with a family in Sonoma County, who claimed to be in good health, and who used the argument that it did not make any difference with them what they ate. The man was almost forty-five, and the wife about forty years of age. With proper habits of living they looked as though they might live to sixty or seventy. All the food they partook of highly seasoned, and strongly peppered whenever that article could be used. They also indulged in the use of strong tea and coffee. They argued that in this climate it was necessary to use all of these things, and that I would surely fail on my simple diet of fruits, grains, and vegetables, without the use of pepper, spices, tea, and coffee. On the other hand I told them I thought I could perceive in their cases a bracing up of the system against these improper articles, but I feared they would sooner or later experience a general breakdown of the digestive organs and the nervous system. How has the case terminated? In six months from the time of this conversation the lady's nervous system failed to do its work, her stomach failed to digest, and even refused food, and in about eight months from the time she predicted that I would soon "fail up" under my plain diet, but that her diet would sustain her many years, I attended her funeral. Soon the man began to experience difficulty with his stomach, and within another twelve month we followed him to his grave. As for myself, I am in my fifty-eighth year, free from pain, with good digestion as ever, and strong nerves, and with the exception of one or two slight chills, by exposure in malarious districts, I have not had an hour's sickness from that day to this. I have tried to follow the Bible instruction of "eating for strength," and the strength I have received. I will quote a few thoughts relative to food from the excellent work of J. H. Kellogg, M.D., on Digestion and Dyspepsia:—

"The demand for food is created by the wearing out of the tissues by the vital activities in which they are employed. Every vital action, no matter how slight, is performed at the expense of certain portions of the living tissues. New material is constantly required to supply the want created by this

waste. As there is a great diversity in the character of the several tissues of the body, it is necessary that the food should contain a variety of elements in order that each part may be properly nourished and replenished. Classified according to their relation to the digestive organs, the elements of food may be divided into the following classes: (1) Farinaceous and saccharine; (2) albuminous; (3) fatty; (4) indigestible. These elements are sometimes found in an isolated state; but ordinarily they are combined in varying proportions. Nearly all food contains a larger or smaller proportion of each."*

Physicians are beginning to realize more and more the importance of diet in treating the sick. Why not? If the disease of an organ of the body arises from derangement in the structure, or failure in the nourishment of that organ, why not supply the system with just the food that can be appropriated by the system in repair of said organ? I will quote a few words on the point from the *Journal of Reconstructives*, 1887, now called *Dietetic Gazette*:—

"The day of dietetics has arrived.' Hand in hand with the medication which is to combat disease, goes the reconstruction of the wasted tissues. Not only year by year, but month and day by day more attention is being given to this subject.

"The leading professor of materia medica at Bellevue Hospital, in a recent conversation said: 'The importance of dietetics cannot be overestimated. Every term I lecture upon this subject, and I lay great stress upon it, even at the risk of undermining my own chair. We dislike to give medicine—though we have to do it. We dislike especially to give it to children. If I had my choice between treating disease with foods and treating it with medicine I should hesitate.'

"This is not all. Dietetics is the science of reconstruction, not only reconstruction for the sick, but reconstruction for the robust as well, according to the ages and sexes and the idiosyncrasies. A prominent physician in Boston writes us a letter so admirable and so pertinent to this point that we cannot refrain from printing a portion of it here:—

"I cannot see why, for the benefit of physicians as well as of the laity, experience should not be interchanged and chronicled in dietetics as well as in drugs.

"We want to know by what healthful method of feeding, flesh may be added as well as decreased.

"We want the line upon line in regard to the best food for children to promote growth and maintain health.

"We need more knowledge in regard to the best

*Pp. 20 and 21.

dietetic régime for students who have still to maintain growth as well as to sustain brain activity.

“We want to know what foods are best suited to brain workers.

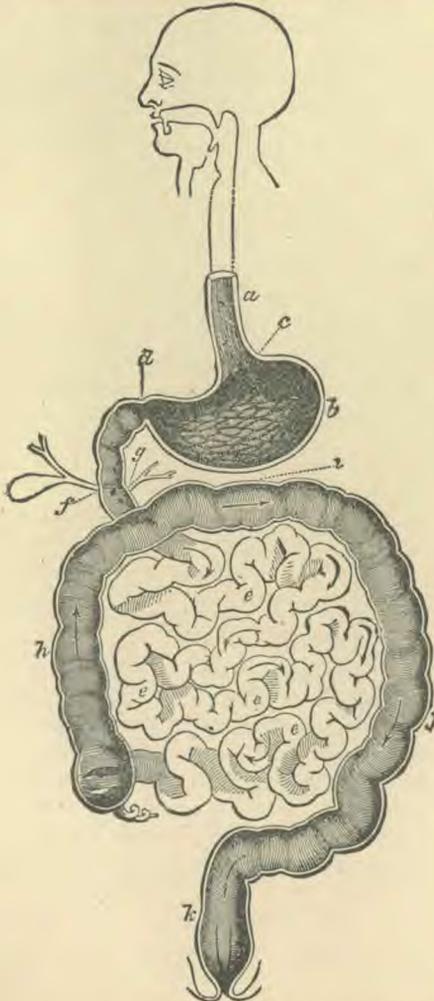
“What foods and how prepared will keep the machinery of body and mind in the best condition after one turns the shady side of sixty years.

“We need much more positive knowledge in regard to the administration of food and in the preparing of the same in most diseases.”

In Dr. Kellogg's "Digestion and Dyspepsia"* we read:—

“Contrary to the ancient view, it is now understood that the stomach is only one of a series of organs which take part in the work of digestion, each of which has an important function to perform, as necessary in its place as that of any other.”

In the cut which accompanies this article we have an illustration of the alimentary canal. The



alimentary canal is divided into mouth, œsophagus, stomach (*b*), small intestine (*c*), large intestine (*d*). Each of these have a peculiar part to act in the digestion of food, as each have peculiar secretions of digestive fluids that act a part in the digestion of different kinds of food. It is the application of this fact which has led dietetic practitioners, on finding one portion of the digestive apparatus wearied with its labor, to shifting the labor to another part of the canal by supplying partly digested foods, or foods not requiring taxation of the worn member, thus giving it a good opportunity to rest.

J. N. L.

THE COLOR OF CLOTHING.

IN former articles in the JOURNAL I called attention to some of the reasons why woollen clothing should be worn instead of cotton or linen. The ideas therein taught are taken largely from the printed works of Dr. G. Jaeger. In the same works I find some very important truths concerning the effects of different colors upon the health and strength of the wearer. Want of space forbids an exhaustive discussion of the subject, consequently I shall give little more than conclusions in regard to the matter.

Injuries arising from improperly colored clothing we find are of three different kinds. First, such as owe their existence to the natural relation between colors and heat; secondly, those which depend upon the volatile nature of some coloring materials; thirdly, those which arise from the fact that the coloring matter is so often deposited on, instead of in, the fabric.

It is well known that all light-colored objects reflect the light and heat of the sun, while dark-colored objects absorb light and heat. The very marked increase of comfort that anyone may experience by substituting a light-colored hat for a black one on a hot summer day is at once an illustration and a proof of the fact that in hot weather black clothing increases the heat, and, hence, the discomfort, of the wearer. All who have lived in cold climates will remember that after a fall of snow the first ground to become bare is the recently plowed field. The plow leaves this uneven with clods. The sun melts the snow until these clods are bare, and then the increased absorption of heat by these melts the remaining snow so rapidly that the snow is all gone from the plowed field in some instances several days before it is melted from the

adjoining stubble or pasture field. The explanation is that the clouds absorb, while the snow reflects, the heat of the sun. White, gray, and light brown are found to absorb less heat from the sun than other colors.

Most colors that fade readily are volatile. All colors are poisonous. Thus it will be seen that the atmosphere surrounding one who wears clothing dyed with fading colors is constantly impregnated with poisonous vapors, to be inhaled with the breath or absorbed by the skin. Aniline dyes, logwood, and all dyes mixed with arsenic, are to be avoided. Cochineal, madder, and indigo are the dye-stuffs which are found to be least harmful, because they are, if pure and properly applied, least volatile. But it often happens that in anything but the very best goods, the coloring is not performed in such a manner as to cause the dye-stuff to enter the fibers of the goods; it only becomes entangled in the meshes of the threads, or among the fibers of which the threads are composed. As would be expected, such goods will "crock." The coloring matter rubs off in solid form, soiling the skin, the clothing, and whatever may chance to touch it. Such goods will nearly always color the water in which it is washed. Serious cases of poisoning are on record as the result of wearing such goods. If the skin is slightly injured, as from a pimple, the dangers are very much increased.

A lady made her feet sore by dancing all the evening. Soon after it was found that through the wounds in the skin her system had absorbed so much coloring matter from her stockings that it was necessary to amputate her feet to save her life. Another lady was knitting green wool. She noticed a small blister on the thumb, which she pricked with a needle, and continued her work. Soon the thumb and hand became swollen, and then the entire arm became affected. She finally lost her life as the result of the absorption of poison from the colored yarn through the wound.

From all this we are forced to the conclusion that undyed garments are most wholesome. If we are left free to choose we should always select undyed clothing or "fast" colors in light shades. In underclothing there need be no hesitancy, we can always wear the under-garments in white or natural colors. Our choice of colors, then, is to be confined to the outer clothing. Of all colors black is to be most avoided. Close observers have said that strength and endurance are greater in light-colored

clothing than in black, other things being the same.

One experimenter tested his powers of physical endurance in different-colored suits. In a brown suit he ran as far as he could ten times. The distances were from 900 to 2,600 yards. On three occasions he ran in an indigo suit, and could not get beyond 900 yards. In a logwood suit he says he was completely exhausted at 600 yards.

One man felt stiffness and rheumatic pains. He soon noticed that at night and whenever he wore an old white shirt instead of his new logwood colored one, he was free from the pains mentioned.

This is a subject which has received but limited attention. I should like to invite correspondence on the subject of those observers who have had an experience in these things.

J. E. CALDWELL, M. D.

Healdsburg, Cal.

THE DELECTABLE SAUSAGE.

SAUSAGE was formerly, and is now among farmers, made almost exclusively of pork; and among those who use flesh meats indiscriminately, there are few who do not prefer this highly seasoned viand. But many do not eat pork. On the part of some, their condition of health will not permit; on the part of others, it is discarded from their dietary from principle, as being in the nature of the case unfit for food. They judge rightly. For this reason, its use was prohibited in the Jewish theocracy. But in the desires of many who have repudiated the swine, there still lurk earnest longings for the flesh-pots of Egypt. They remember the ham, and the spare-rib, and the sausage, and their souls loathe the vegetables, the fruits, the grains.

But sausage is not easily made; so a resort is had to the butcher shops, which now not only keep fresh meats, but "corned-beef," boiled corned-beef (we have forgotten the technical names), bologna, and hamburg sausages. "Made of good beef?" asks the customer. "Oh, yes; bought from a reliable dealer; and then we never keep only that which is good here," says the bland, ruddy-faced butcher. And the peppered and salted and saged and savored, delectable sausage is purchased, sent home, fried, eaten—prolific seeds of indigestion and dyspepsia, providing that the ingredients which enter the wonderful composition are normal and healthy. But, O sausage-lover, pause awhile to learn and meditate upon what the ingredients of that delicious dish of yours is composed.

For some time past the *Examiner*, of San Francisco, has been, metaphorically speaking, ventilating the butcher-shops and slaughter-houses of that city; and for this we freely commend this enterprising journal. In its issue of February 19, it reveals, what many who have given the matter investigation have known for a long time, the kinds of meat used for sausages. We give a *little* of the testimony:—

“Inspector Crummey recently said: ‘There are not nearly so many of these little calves coming into the city now as there were some months ago, as I have made a number of seizures, and the dealers are becoming a little wary. But while I am watching on the wharves for unhealthy meat, diseased dairy cows are coming in from other quarters. Meat is being sold in the butcher shops of the city which is really unfit for dogs to eat, rotten sausages are being manufactured, and the law against selling unhealthy meat violated in every quarter.’

“‘A great part of the diseased meat sold to-day is disposed of in the shape of sausages. Of course, after meat is chopped up there is no way of telling whether it is healthy or not without a microscopical examination, and so if condemned at all, it must be before it gets to the factory.’

“‘One of the oldest butchers in San Francisco was interviewed by a reporter, and said:—

“‘I have been in the meat business in San Francisco since 1849, and therefore know something about it. The *Examiner* is right when it says that thousands of pounds of diseased meat are sold in San Francisco every day. I know this to be a fact from my own experience, both as a butcher and as a meat inspector. I have seen dozens of cattle in one drove in the corrals of Butchertown with their heads swelled entirely out of shape from “big jaw.” I have seen the same kind of cattle, in fact, cattle from the same band, dressed and hung in the slaughter-house for sale. They are sold to whoever will buy them—often to men who think they are perfectly healthy. But an experienced butcher can tell every time whether they are diseased or not from the general appearance of the carcass more than any peculiar manifestation of the disease.

“‘Hundreds of cattle, killed during transportation and trampled and bruised by the other cattle, until they are a lacerated and bleeding mass, are taken from the cars, hauled in wagons to Butchertown, where they are dressed and sold. Their destination then depends altogether upon their appearance. If in fair condition, they are bought by retailers and contractors; but if *badly bruised* or *decomposed* they are taken to the *sausage factories*. These places are filled with the *worst quality* of meat.

“‘All of the refuse from butcher shops and slaughter-houses, all of the diseased meat which

cannot be otherwise disposed of, and, in fact, everything that has the appearance of meat, is bought by the sausage factories. Here it is dragged around upon the dirty floor or in filthy boxes, chopped up in machines which are never cleaned, stuffed into casings which were never cleaned, smoked in the filthiest vapors, polished up with the greasiest and dirtiest kind of rags, and finally sold as something choice.

“‘This isn’t the worst of it, though. It is the class of cattle they kill that is so nefarious. They are the worst old dairy cattle that can be found, and are literally rotten with consumption. They are killed and then peddled around the city to retailers and sausage factories.

“‘Enough diseased meat comes from Butchertown to poison the whole city, and much of it is sold in the best markets of San Francisco, and you needn’t think the butchers are so green they don’t know what they are selling. I was passing through one of the best markets in the city the other day, when I saw hanging on the hooks, exposed for sale, what the butchers call a “stiff,” that is, the carcass of an animal which was never butchered, but which died a natural death. Any butcher can tell these as far as he can see them. I remarked to the proprietor of the place, “That is a stiff there.” He answered, “Yes, but I ain’t going to cut it up.” But I would be willing to wager all I possess that it was cut up just the same, and, furthermore, sold to some of the best families in the city.”

Those whose appetite is strong and whose will is weak, whose fastidiousness is only shocked at what they absolutely see and know, will, in spite of this revelation, continue, we suppose, to partake of the bruised, diseased, putrid meat-sausages, bologna or otherwise; but he who regards life and health and the eternal fitness of things will dispense forever in wish or act with the abominable food. After all, who could desire more than nature has provided in this climate in vegetables, grains, fruit, milk and eggs, without the taking of life.—*M. C. W., in Signs of the Times.*

GIANTS.

It may be a matter of interest to our readers to peruse the statements below relative to men and women of the past who attained great stature. The following appeared in the *San Francisco Daily Call*, October 30, 1870:—

“In one of his recent lectures, Professor Silliman the younger alluded to the discovery of the skeleton of an enormous lizard of eighty feet. The Professor inferred, as no living specimen of such magnitude has been found, that the species which it represents had degenerated. The verity of his

position he rather singularly endeavored to enforce by an allusion to the well-known existence of giants in old times. The following list is the data upon which the singular hypothesis is based:—

"The giant exhibited at Rouen, in 1370, the Professor says, measured nearly eighteen feet.

"Garapius saw a girl that was ten feet high.

"The giant Galabra, brought from Arabia to Rome under Claudius Cæsar, was ten feet high.

"Fannum, who lived in the time of Eugene II., measured eleven and a half feet.

"The Chevalier Scrog, in his voyage to the Peak of Teneriffe, found in one of the caverns of that mountain the head of the Gunich, who had sixty teeth, and was not less than fifteen feet high.

"The giant Farragus, slain by Orlando, nephew of Charlemagne, was twenty feet high.

"In 1500, near Rome, was found a skeleton whose skull held a bushel of corn, and who was nineteen feet high.

"The giant Racart was thirty-three feet high; his thigh-bones were found in 1703 near the river Moderi.

"In 1633, near the castle in Dauphine, a tomb was thirty feet long, sixteen feet wide, and eight feet high, on which was cut in gray stones these words: "Keutolochus Rex." The skeleton was found entire, twenty-five and a fourth feet long, ten feet across the shoulders, and five feet from the breast-bone to the back.

"Near Palermo, in Sicily, in 1316, was found the skeleton of a giant thirty feet high, and, in 1559, another forty-four feet high.

"Near Mazarino, in Sicily, in 1815, was found the skeleton of a giant thirty feet high. The head was the size of a hog's head, and each of his teeth weighed five ounces.

"We have no doubt there were giants in those days, and the past was more prolific in producing them than the present. But the history of giants during the olden time was not more than that of dwarfs, several of whom were even smaller than the Thumbs and Nutts of our time."

In one of our late exchanges we find the following:—

"Pliny mentions the giant Gabbara, who was nine feet nine inches tall, and two other giants, Poison and Secundilla, who were half a foot taller.

"Garpolus tells of a young giantess who was ten feet high.

"Lecat speaks of a Scotch giant eleven feet six inches in height.

"A giant eight feet high was exhibited at Rouen in 1755.

"A Swedish peasant, cited by Buffon, was eight feet and eight lines in height, and the stature of the Finnish giant Cujanus was the same, while Frederick William, King of Prussia, had a guard of nearly equal stature.

"The giant Gille de Trent, in the Tyrol, and one

of the guards of the Duke of Brunswick, was more than eight feet four inches in height.

"The Grecian giant Amanab, now eighteen years old, is seven feet eight inches tall.

"The Chinese giant Chang, eight feet three inches.

"The Austrian giant Winckelmeier, who was recently exhibited in Paris, measuring eight and one-half feet, may be regarded as a specimen of the highest stature attained by the human species.

"At the opposite extremes may be found numerous dwarfs not more than twenty inches, and some even as little as sixteen and even twelve inches in height; but such dwarfs are only monsters with atrophied limbs, whose age is usually exaggerated by their Barnums."

A REMEDY FOR NAUSEA.

EVERYONE will call to mind circumstances under which nausea becomes very annoying, if not distressing. Some are subject to periodical sick-headache, in which nausea is a part of the affliction. There are a great number of diseases in which this annoying condition is present. Many years ago the writer, although never suffering from it personally, was led to investigate the causes of nausea and what might relieve it. It is a pathological fact that all pains and most effects of disease are felt in or make their impress on the brain. Thus, the seat of nausea is in the brain and not in the stomach. The spinal cord leading from the base of the brain (medulla oblongata) ramifies to all the principal organs of the body, including the stomach. The sensation is thus in the brain, and not in the particular organs supposed to be affected. The common fact is remembered, that persons having had a leg amputated still occasionally feel a pain apparently in the big toe of the foot lost. The writer was led to believe that cooling off the back base of the brain would relieve nausea at once, and experiment proved this to be true.

He tested this thoroughly in the case of sick-headache, bilious colic, cholera morbus, and in numerous other cases, and never met a failure. The cold is applied to the base of the brain and back of the neck at the occipital bone. This cools the nerve centers and deadens sensation. Common well water, poured in a small stream on the back of the neck, will accomplish the object. This is often done by holding the head over a kitchen sink or tub, and pouring a small stream on the back of the neck, as indicated, which runs off, but soon cools the part and relieves nausea. But

when the patient is in bed, the cold may be applied in the form of an ice-cap placed on the occipital bone and back of the neck. This will produce relief usually in three minutes. The ice-cap is made by placing small bits of broken ice between the folds of a towel; a very convenient way of applying it.

One of the most severe tests of this remedy was for nausea caused by cancer in the stomach. This kept up a constant irritation and constant nausea, so that the patient could get no sleep, but, on the application of the ice-cap, she fell asleep in a few minutes, and it continued to give complete relief from nausea, until the cancer finished its deadly work. This must be considered as severe a test as can be imagined, and would be successful even in seasickness, in which I hope it may be tried.—*E. W. S., in Albany Cultivator.*

THE COMPLAINING DYSPEPTIC BOARDER.

WHO of us that has ever "boarded" in the usual way has not been at some time afflicted with the society of the complaining dyspeptic boarder? The malady is too prevalent for us always to escape her, though it doesn't follow that she must be a disagreeable stamp of invalid. By no means. But there is one specimen which haunts public tables, whether at home or abroad, that we would all like to have suppressed by fair means or foul. You ask one of these dyspeptics, "Will you have some white bread?" and she replies with the air of a candidate, "No, I don't eat anything made of white flour. It seems to swell up inside of me." "Shall I help you to some ragout of veal?" "No, thanks," this time she speaks with angelic sweetness, "I love it but it doesn't love me!" such an original remark!—"the last time I ate veal I was up all night," and then she folds her hands resignedly under the table. "Cheese?" "No, thanks!" this dyspeptic kind of a woman always says, "Thanks, it does not agree with me; my husband's father was a doctor, and he told me never to eat cheese with my stomach," and so on, and so on.

Then she will be sure to recommend certain dishes to the assembled guests; and to her daughter, if she has a daughter, it is, "Susie, dear, eat only the stone fruit, and a great deal of it; it is so good for you, dear." Or it is, "Susie, remember your stomach was out of order yesterday, don't eat

that!" until you have a succession of internal and infernal pictures, as a delightful sauce for your dinner, breakfast, and lunch conversation. The beauty of it is, this chronic sufferer consumes more food than a person of healthy appetite with perfect digestion. You can't blame anybody for having a disordered *pate de foie gras* liver, but it is rather distressing to continually hear about it. As a bright creature said not long ago after being thrown into the company of this pronounced type of dyspeptic, "Why, I'd just as soon darn my stockings between the courses, or manicure my nails, or do anything of that sort at the table, as to talk of the uproarious, rebellious interior organs, and yet I have had to listen to a running commentary on them for six weeks!" It is a question if a chapter on this American trait should not be added to a certain little manual on etiquette and table manners, that some of us would like immediately answered in the affirmative.—*Home Companion.*

IS SALT AN EMERGENCY?

THE question of the need of salt as essential to health is being widely discussed by scientists and medical men. It has been claimed by many to be good for the blood and to aid digestion. A scientific writer now says that this is not so, and that the importance of salt has been very much overrated. He claims that instead of preventing scurvy the excessive use of salt produces scurvy. Then he shows that there are many places in the world where salt is not known, and yet the inhabitants are all very healthy. In South Africa salt is very scarce, and only the very wealthy can afford to have it on their tables. The poorer people who have never tasted salt are all strong and healthy. Previous to the discovery of this country the Indians never used salt, and in the present day salt is not in use in Siberia. Many say that the wholesomeness of salt is proved by the way in which animals eat it. In parts of the world where salt is not known antelopes abound in great quantities, and instances are on record where cattle and sheep have been raised very successfully without the use of salt. Dogs, cats, and other carnivorous animals are not at all fond of salt.—*Cincinnati Commercial.*

Do nothing without a good reason.

PRAISE no man too liberally before his face, nor censure any man severely behind his back.

Disease and its Causes.

THE STOMACH'S PLEA.

OH! give me not more work than I can do,
Or, by the laws that rule this kingdom, man,
As sure as you're alive, I'll punish you,
Embitter and abridge your mortal span.

First, I'll protest, rebel; in spite of that,
If you load me with more than I can bear,
The superflux I'll have put down in fat,
And spoil your figure for you; so beware;

I'll send redundant blood throughout your frame,
And stuff you, pury, panting with distress;
Repletion shall suffuse your eyes, inflame
Your cheeks, your laboring heart and lungs oppress.

Too much, too rich, yet go on taking in,
And I will brand you so that men may see,
I'll throw out, in eruptions on your skin,
The messes you've ingested into me,

Headaches, vertigo, noises in the ears,
Congestion, causing pressure on the brain,
And palpitations, qualms, and spasms, fears
Of worse, for which all physic will be vain.

For these infictions, and for more than these,
If you keep on overworking me, look out;
Expect particularly that disease
Known as the stomach's great revenge—the gout.

At length, unless you put on me no more,
But to my last remonstrances attend,
There's dropsy or paralysis in store;
There's apoplexy for you—and the end.

—Punch.

THE APOSTASY OF SOLOMON.

The Mount of Offense.

BY MRS. E. G. WHITE.

In the days of Christ there were still to be seen on the opposite side of the Kidron, on the southern eminence of the Mount of Olives, huge stones, and relics of heathen temples and altars. The *débris* was in sight of the temple of God, and seemed to defiantly confront it. King Solomon had built those heathen sanctuaries during the time of his departure from God, and though they had subsequently been destroyed, their remnants were still remaining as memorials of his apostasy. During Josiah's reign, unsightly blocks of wood and stone were to be seen peering through the myrtle and olive groves.

Josiah had read to priests and people the book of the law found in the side of the ark in the house of God. His sensitive conscience was deeply stirred as he saw how far the people had departed from the requirements of the covenant that they

had made with God. He saw that they were indulging appetite to a fearful extent, and perverting their senses by the use of wine. Men in sacred offices were frequently incapacitated for the duties of their positions, because of their indulgence in wine.

Appetite and passion were fast gaining the ascendancy over the reason and judgment of the people, till they could not discern that the retribution of God would follow upon their corrupt course. Josiah, the youthful reformer, in the fear of God demolished the profane sanctuaries and hideous idols built for heathen worship, and the altars reared for sacrifice to heathen deities. Yet there were still to be seen in Christ's time the memorials of the sad apostasy of the king of Israel and his people.

Solomon, at the age of eighteen years, commenced his reign upon the throne of his father David. He felt his need of strength from God. He asked for it humbly, and it was given to him. When he, at this early age, assumed the reins of government, he was cautious and distrustful of himself. He placed great confidence in the men who had wisely sustained his father, and deferred to their council. He did not feel competent to fill so responsible a position without the aid of wiser and more experienced heads.

God perceived the desire of Solomon to walk with integrity before him, and to deal justly with his people, and, in a dream, asked what he should give him. And Solomon, after recounting the goodness of God to him, and to his father David, answered the Lord, saying, "I am but a little child; I know not how to go out or come in. And thy servant is in the midst of thy people which thou hast chosen, a great people, that cannot be numbered nor counted for multitude. Give therefore thy servant an understanding heart to judge thy people, that I may discern between good and bad; for who is able to judge this thy so great a people?"

The Lord was pleased with Solomon's answer, because, instead of asking any personal favor for himself, he asked for power to guide his people aright. God said to Solomon, "Behold, I have done according to thy word: lo, I have given thee a wise and an understanding heart; so that there was none like thee before thee, neither after thee shall any arise like unto thee. And I have also given thee that which thou hast not asked, both riches, and honor; so that there shall not be among the

kings like unto thee all thy days. And if thou wilt walk in my ways, to keep my statutes and my commandments, as thy father David did walk, then I will lengthen thy days."

Solomon's youth was illustrious, because he was connected with Heaven, and made God his dependence and his strength. God had called him Jedediah, which, interpreted, means the beloved of God. He had been the pride and hope of his father, and well beloved in the sight of his mother. He had been surrounded by every worldly advantage that could improve his education and increase his wisdom. But on the other hand, the corruption of court life was calculated to lead him to love amusement and the gratification of appetite. He never felt the want of means by which to gratify his desires, and never had need to exercise self-denial.

Notwithstanding all these objectionable surroundings, the character of Solomon was preserved in purity during his youth. God's angel could talk with him in the night season; and the divine promise to give him understanding and judgment, and to fully qualify him for his responsible work, was faithfully kept. In the history of Solomon we have the assurance that God will do great things for those who love him, who are obedient to his commandments, and trust in him as their surety and strength.

Many of our youth suffer shipwreck in the dangerous voyage of life, because they are self-confident and presumptuous. They follow their inclinations, and are allured by amusements, and indulgence of appetite, till habits are formed which become shackles, impossible for them to break, and which drag them down to ruin. Their once brightened hopes and prospects are wrecked, and they are held in the veriest bondage to Satan. If the youth of our day would, like young King Solomon, feel their need of heavenly wisdom, and seek to develop and strengthen their higher faculties, and consecrate them to the service of God, their lives would show great and noble results, and bring pure and holy happiness to themselves and others.

Those who do not make God their trust, but indulge their animal passions and appetites, are gradually overcome entirely by their evil propensities; their moral powers become enfeebled; they are unable to discriminate between right and wrong; and Satan takes advantage of this to lead them into carrying forward his work. Thus God is

robbed of the service due him, and society is deprived of the benefits which would follow the proper use of the endowments which God has bestowed upon them to use to his glory. This debasement of the higher qualities of the mind to the slavery of appetite and passion is a bondage more to be dreaded than prisons or fetters.

God made man in his own image for high and noble purposes, such as are the delight of angels. If he connects with Heaven, the wisdom of Heaven will be given him, as in the case of Solomon in the years of his youth and purity. Continual dependence upon God, and obedience to him, will prevent man from imitating the example of Solomon in his mature years, when evil associates and unsanctified connections led him into apostasy and sin. If the youth are connected with Heaven they will be able to discern evil from good, and to penetrate the specious appearance with which vice hides its hideousness. They will carefully consider every step they take, realizing that it can never be retraced, and that when they are once led astray by the deceitful device of sin, they are weakened in principle, and are in double danger of again becoming the victims of temptation.

The thought of our responsibility to God should be the strongest safeguard to finite minds. It is a solemn thought that our individual being is inseparably bound to the infinite God. Christ, our Saviour, has, by the sacrifice of his own life, brought to man, who was feeble in moral power, divine strength, that, through his name and merits, man might become, even in this life, little less than the angels of God. Whatever course we may choose to pursue, so long as we possess our reason we can never cease to be responsible to God for our words and deeds.

It is the basest ingratitude to accept the favors and blessings of God with the indifference of dumb brutes, without making any acknowledgment of his goodness, or meeting the claims he has upon us. Our faculties are given us to be used in the work of God; and if we answer this purpose of our existence, still more important work will be intrusted to us; we shall be co-laborers with the Creator of the universe, and ambassadors for Christ. We shall be elevated above the taint of selfishness and moral defilement; and the thought that we are living for a grand and noble purpose, fulfilling the design of our being, will make us earnest, cheerful, and strong under all discouragements and difficulties.

The mental and moral powers of Solomon in his early life were unequaled by those of any king that ever sat upon an earthly throne. His wise rule was the praise of all the nations; and his purity and goodness enshrined him in the hearts of all his people. The fear of the Lord, and a right connection with him, does not disqualify men for dealing with people of different minds and temperaments, but, on the other hand, does much toward qualifying them for the most important posts of responsibility in this life.

God was glorified through Solomon, and he loved him, and favored his servant with the highest prosperity. His dominion extended from the Euphrates to the river of Egypt. He built a magnificent temple for God. He hearkened to the word of the Lord, and was so closely connected with him that the Lord gave him all the directions for building his temple.

Solomon, under all his honors, walked wisely and firmly in the councils of God for a considerable time; but he was overcome at length by temptations that came through his prosperity. He had lived luxuriously from his youth. His appetite had been gratified with the most delicate and expensive dainties. The effect of this luxurious living, and the free use of wine, finally clouded his intellect, and caused him to depart from God. He entered into rash and sinful marriage relations with idolatrous women.

This was contrary to the special directions of God, who had forbidden the Hebrews to intermarry with the heathen nations around them, lest their wives, having been reared in idolatry, should draw the hearts of the people away from the living God, the Creator of the heavens and the earth, and they themselves become worshipers of idols. If they should thus separate from God, their wisdom and power would be no higher than those of the heathen nations around them. God was ever leading his people upward and onward if they would submit to his guidance.

Solomon was ruined by intemperate habits; had it not been for them, his latter years would have been as illustrious as his earlier ones. In following his own inclinations he separated himself from God. He commenced to follow his own judgment, step by step, seeking less and less the wisdom of God, which would have kept him pure. At length God was forgotten, and his only care was for pleasure and self-gratification.

After his unsanctified alliance with many idolatrous women, Solomon, in his desire to please them, was led away from God, and into idolatry, in proof of which the ruins we have mentioned still remained in the days of Christ. In the decline of life, this great king plunged into sinful indulgences, and the grossest excesses. The wonderful intelligence and ability which had once been devoted to God, and to his glory, were now employed in devising means by which he could best gratify his carnal desires for pleasure and his own glory. God did not, however, utterly forsake him who had once been his faithful servant. His moral powers which had become benumbed through dissipation and lasciviousness, were mercifully aroused; and in proof of his reformation, we have the relation of his experience given in his inspired writings.

TOO MUCH HUGGING AND KISSING OF CHILDREN.

It is precisely in that natural aptitude for emotion, in that type of mind which is exquisitely sensitive to impressions, and generously swayed by sympathetic feeling, that one of the great dangers to the perfection of womanhood, physical and mental, may be said to reside. Many and varied influences tend to increase this emotional excitability, until it often becomes a fixed habit of mind as undue sensibility of the supreme centers to emotional ideas is created, which can only be maintained at the expense of sound health of body and of mind. First among these are certain home influences that are brought to bear upon a little girl from her earliest childhood, which foster in her self-consciousness and introspection. Dr. Taylor says: "In my large practice among children I am certain that scores are literally killed by the excessive amount of emotional excitement which they are forced to endure. All this hugging and kissing and talking to them is to excite responses of the same emotional nature in the child for the pleasure and gratification of the parents and friends." And again he says: "I believe that three-fifths of the spinal diseases which occur in children are directly traceable to mental overaction. And this because a large proportion of these cases get well without other treatment than a withdrawal from the exciting cause of emotional disturbance."—*Popular Science*.

WORK is the wooing by which happiness is won.

FROM "THE HOUSEWIFE."

THERE is a decided movement setting in towards freedom in the dress of women; the corset is doomed. A well-known physician in London, whose practice is large, and *clientèle* exceedingly fashionable, has set himself to reform the manner of women's dressing, and first of all insists upon his patients getting rid of their corsets, and wire or padded "improvers," before he will treat them. Miss Mary Anderson, who has developed a magnificent physique, wears no corset, or bustle of any kind, not even with her most elaborate evening dresses. She rows and plays tennis a great deal during her vacation, and her usual dress is a loose wool vest or shirt, rather long, a divided skirt (Lady Harberton style) of fine Jaeger wool, a flannel gown of blue, or blue and white, with blouse bodice, a white "Thames" or sailor hat, and white or blue flannel jacket lined with silk. Her day dresses at home are the simplest possible. Muscular exercise and healthful dressing have given her magnificent arms and shoulders, and her long, steady stroke with the oars, and power of persistent "pull," are the admiration of experienced oarsmen.

In the meantime, while the majority are not yet ready to go the "whole length" of dress reform, by getting rid of corsets, a strong general impression is beginning to prevail that women wear too many clothes; that a tight, heavily-formed corset is not only hurtful, but wicked, and that much cannot be expected from women until they are less heavily handicapped by their dress. These are facts which sensible girls should bear in mind, for they will affect their future. Let them make up their minds that the more they cultivate their own dress on simple, permanent lines, the better for them, and at the same time acquire all the little arts of beautifying it, the embroidery, the smocking, the use of folds, of fine tucking, which make simple materials beautiful.

CONTENTMENT produces, in some measure, all those effects which the alchemist usually ascribes to what he calls the philosopher's stone; and if it does not bring riches, it does the same thing by banishing the desire for them. If it cannot remove the disquietudes arising from a man's mind, body, or fortune, it makes him easy under them.—*Adison*.

ENOUGH is as good as a feast.

PECUAIAR ACTION OF DROWNING PERSONS.

THE following paragraphs from the *Detroit Tribune* might be of service in one's effort to rescue a drowning person:—

Edwin Horn, of the ferry company, and the man who has saved sixty-four lives, musingly said: "I believe I can tell just by the clutch how many times a drowning person has been down. The first time he sinks, he reaches for you with a firm, decided clutch that means he still knows what he is about. The second immersion causes a shaky, uncertain grip, which can be easily broken if you so choose. It is the last time down that the grasp becomes a convulsive, bewildered one; and but few swimmers can save a person after he has descended the third time. The last time the drowning man sinks, he will almost invariably seize his preserver by the legs. It seems to be a law of nature, and one I cannot account for.

"It would be easier to save a whole riverful of men than one drowning woman. The odd feature of the latter's struggle in the water is that she will seize your hands if she can get hold of one or both of them. A woman will drown quicker than a man from the fact that she opens her mouth at the time she first strikes the water, and does not close it, thus losing her senses more easily.

"I saw one person die of strangulation while we were under water together. His eyes were wonderfully fascinating as he stared helplessly at me. They shone like two balls of fire."

HIS EXPLANATION.

LITTLE Alfred Hopcraft became unruly at home, and his mamma wishing to get him out of the way, lifted him over into a great woodbox in the kitchen and bade him stay there. An older brother came in soon after, and, seeing him there, said: "Well, Alfred, what have you been doing now?" "Oh, nawthin'," was the reply; "only mother's been having one of her bad spells!"

Is it the ambition of your life to greatly bless your fellow-man? This may be more easily accomplished than you perhaps think; begin with yourself, live purely, unselfishly, nobly, and so far as you do this your purpose is fruited. Do more if you can, but to govern *one* kingdom will require diligence!—*Nettleton*.

Temperance.

WE REAP WHAT WE SOW.

FOR pleasure or pain, for weal or for woe—
'Tis the law of our being—we reap what we sow,
We may try to avoid them—may do what we will;
But our acts, like our shadows, will follow us still.

The world is a wonderful chemist, most sure,
And detects in a moment the base or the pure;
We may boast of our claim to genius or birth,
But the world takes a man for just what he's worth.

We start in the race for fortune or fame,
And then, when we fall, the world bears the blame;
But nine times in ten, it is plain to be seen,
There's a "screw somewhere loose" in the human machine.

Are you wearied and worn in this hard earthly strife?
Do you yearn for affection to sweeten your life?
Remember, this great truth has often been proved:
We must make ourselves lovable, would we be loved.

Though life may appear as a desolate track,
Yet the bread that we cast on the water comes back;
This law was enacted by Heaven above,
That like attracts like, and love begets love.

We make ourselves heroes and martyrs for gold,
Till health becomes broken, and youth becomes old;
Ah! did we the same for beautiful love,
Our lives might be music for angels above!

We reap what we sow. Oh! wonderful truth!—
A truth hard to learn in the days of our youth;
But it shines out at last, "as the hand on the wall,"
For the world has its "debit" and "credit" for all.

—Selected.

CALIFORNIA WINES.

THE following terse yet just comments were made by the *California Prohibitionist* of March 7, upon the report of the Assembly Committee for Viticulture:—

"The first fact that is patent from the proceeding is that there is an *oversupply* of wine. "There is wine in abundance, but there is no outlet for it," says Mr. McIntyre. And how is it proposed to remedy this state of affairs? Ordinarily, a surplus of any commodity is rectified by curtailing the production. But such political economy as this is not to the taste of the wine producers. "*A market must be developed.*" How? By transforming the vine into some more useful and desirable commodity? Not at all; such methods may do for ordinary economists, but the master mind of

Hon. Charles Wetmore, Viticultural Commissioner, rises above such mediocre plans of thought and action, and proposes a plan which shall be both heroic and effective. "*The people will have to be educated to drink wine.*" The sunny slopes and verdant valleys of our fair State are to be prostituted by unscrupulous or unthinking men to the base use of producing an article which degrades and debases all who use it, and then when the people of the State and the country refuse to respond to the wiles of the wine maker, they must forsooth be compelled to do so, under the guise of being "educated."

And how are the people to be thus educated? Do the wine makers propose to themselves bear the expense of providing missionaries and preachers of their "grape gospel"? By no means. They cannot afford it, poor fellows, in the face of an over-supplied market. But what they are not willing to do for themselves, they want the people of California, through their representatives, to do for them. "Mr. McIntyre laid particular stress upon the *necessity for legislative aid to the wine men.*" Mr. Portal also "*called attention to the need of legislative assistance by the wine men.*" Mr. Wetmore also spoke of "*the need of legislative assistance.*" And for what? To remunerate them for destroying their vineyards? No; to sustain a State saloon, where people may be "educated to appreciate wine," and to pay Miss Kate Field, "who is doing so much good on the lecture platform in the East." And for this purpose at least \$30,000 a year is required.

The English language fails to supply words of sufficient force to fitly characterize the brazen and unblushing impudence and effrontery of men who could be capable of making such requests on such grounds. They have gone into a business, hoping to profit from the debased appetites of their fellowmen. But in their greed for gain they have produced more than the demand justified; and now, instead of bearing the results of their own grasping policy, they whine and cry for legislative assistance. And what does that mean? Why, that every man, woman, and child in our State, no matter if they are not addicted to the use of wine themselves, no matter if they have pledged themselves before God to touch not, taste not, handle not, must help to make a market for the crime-causing products of a class of grasping pets of the commonwealth. Out upon such men, and such legislation! Let the sober, clear-thinking citizens of our State protest so loudly and longly and emphatically, at

home, through the press, and at the polls, against such an abominable iniquity as Stateaid to the wine makers, that the Viticultural Commission will be abolished, the State saloon closed, and Kate Field and her ilk, who are willing for hire to debase the appetites of a nation under the mask of temperance, will be relegated to the obscurity where they belong.

A VICTIM OF BRANDY.

BUT three years have passed since Mr. Paul Felix Labarriere was leaning back in a comfortable easy-chair in the inner room of a law office. The quiet of a tranquil city made a pillow for his existence, which was each day rendered more delightful by the liberality of his numerous clients. His office was a remunerative one, and he possessed a handsome fortune.

To-day Paul Felix Labarriere is sitting upon a dirty bench in the eleventh tribunal of the Seine. His cheeks are sunken, his brow is wrinkled; he recounts his past, babbling in his speech, now pleading for mercy, now weeping for his lost honor.

What, then, has made so vast a difference in only these years?

A very small matter truly, only a few bottles of brandy!

Brandy has transformed the successful lawyer, the employe of Government, into a malefactor.

The lawyer drank; his business forsook him. Having sold out the office where his credit had failed he went to Paris. He persevered in his worship of the genius of the wine bottle. He sought for work.

A merchant who employed him observed the depth of his potations and dismissed him.

Another acquaintance took pity on him and delayed to some degree his ruin. But anon Labarriere became a thief. He discovered in the desk of his patron certain sums of money, and he appropriated them. When his deadly thirst increased on him he must have brandy. His own funds were expended; he stole money for drink. Grown desperate, he took his employer's silverware and pledged it at the brandy seller's. And now behold him leaving the police court in charge of two constables!

Consider to what depths he has descended. Felix Labarriere is thirty-six. Hitherto his family name was unstained.

In his abasement he has not lost consciousness of the shamefulness of the deeds he has committed.

He turns as he leaves the bar and begs pardon. "My appetite," he says, "was too strong for my will."

But the law cannot condone his offenses, and with a long groan he hears his sentence, and turns away to meet the penalty he has dared.—*Selected.*

WHAT TOBACCO CAN DO.

YEARS ago, when I lived in Eastern New York, this sad occurrence happened in my county: There lived some miles away from home two young men of respectable families, with whom I was acquainted. They were naturally fine young men, but, like many others, they got to thinking that to smoke was manly and smart. These young men started out for a ride and a jolly good time; they filled their pockets with cigars, and commenced to smoke. They came into the village where I resided, smoking as they came; they stopped for a time, bought a new supply, and passed on to the next village, keeping up their continual smoking. They returned in the evening, having kept up their smoking through the day, arriving at their homes late in the evening. What was the result?—The next morning one of these young men was a corpse, and the other's life was saved only by the efforts of a skillful physician.

I have a neighbor who is an inveterate smoker, and he has three sons. They became smokers also. The wife and mother, though rather delicate, was compelled to live and breathe in the midst of their smoke, besides inhaling the stench of the clothing of her family. She grew feeble and pale, but no one seemed to know what was the trouble. The elder son married a beautiful young lady, and brought her into the family; but both the mother and her daughter-in-law (good Christians, I believe) now lie in their graves, while the remainder of the family look pale in countenance, and are an offense, from the smell of tobacco smoke and the scented garments they wear, at church, or wherever they go; and neither preacher nor physician dare tell them the cause, lest they be offended.

Another case in point: On the same street on which I live resides a man who always has a pipe or cigar in his mouth when about the house. He also has two sons, and they have the same habit, and keep the house filled with tobacco smoke.

The father has a tobacco and cigar store, and when he is not in the house he is in the store amid the fumes of the tobacco poison. When father and sons meet at the house, it is the same old story,—smoke, smoke, smoke. The wife and mother, naturally a clever and hardy woman, who doubtless earned the largest part of the family's living, began to grow feeble and look haggard in countenance, but no one seemed to know the nature of her disease, and all hope of her recovery seemed to disappear. Then she was sent to the sea-shore as the last hope of her recovery. But she is pickled through and through with this narcotic poison, and nobody dares tell them the trouble, because it is the fashion to smoke, and they might be offended!

The elder son, though lean and haggard in look, married a young wife. They lived in the house with her father, and he being an inveterate smoker, he and the son-in-law kept things blue morning, noon, and night with smoke. A child was born to the young couple, but it partook of the haggard look of its parents, and died before it was three years old.

These are fair samples of what this tobacco habit is doing all over America; and this is taking place daily among professed Christian men. When will men learn wisdom, and learn not to "defile the temple of God"?

ETHAN LANPHEAR.

WHAT IT COSTS TO SMOKE.

LAST year the losses by reported fires in the United States reached a total of \$120,000,000, or an average monthly loss of \$10,000,000. This is regarded as an enormous waste, and is largely due to incendiarism and carelessness. How to reduce the amount so lost is a matter of constant study. Legislatures, local government and insurance companies, make regulations, and exercise the greatest care to prevent fires. And yet the loss they occasion is \$60,000,000 per annum less than the amount paid by the consumers for cigars, and \$86,500,000 less than the total cost of tobacco consumed in smoke. Last year, tax was paid upon 3,510,898,488 cigars. The average smoker is content with a cigar worth \$30 per 1,000, or one that retails at five cents. On that basis, there annually goes up in smoke \$180,000,000, or \$15,000,000 every month—half a million dollars

every day. In addition boys waste on cigarettes \$6,500,000, and those who prefer a pipe a further sum of \$20,000,000. How many smoke? If we deduct from the total population as non-smokers all children under fifteen, constituting forty per cent of the total population of 60,000,000, it leaves 36,000,000, of whom one-half are females. Deducting these gives a male population, above the age of fifteen, of 18,000,000. If six out of every ten males above the age of fifteen smoke, it means that 10,800,000 persons consume 3,510,898,488 cigars, or an average per smoker of 325 cigars per annum. This is less than one cigar a day. The average smoker, however, is not apt to be contented with a daily allowance of one cigar, demanding at least two. If the latter basis is the nearer correct, the army of cigar smokers would be 4,809,449, being eight per cent of the total population above the age of fifteen. Whatever the number of smokers, it is a moderate estimate to place the cost of smoking to the people of the United States at \$206,500,000. If the cost of chewing tobacco is added, the total expenditure for tobacco reaches \$256,500,000; that is, a sum that represents a *per capita* tax of \$3.44 per annum.—*American Grocer*.

THE CIGARETTE EVIL.

A BILL was recently introduced into the Michigan Legislature to prohibit the sale of cigarettes, cigars, and tobacco to minors, and in order to collect facts to be urged in its support the woman's club of Lansing, acting with Professor Howell, superintendent of the Lansing schools, sent out circular letters to all the prominent educators of the State, persons whose daily contact with the young would enable them to observe the extent and effects of the tobacco habit. Between two and three hundred replies were received, and two-thirds of them—notably those from the cities and larger towns—reported a startling increase in the use of cigarettes by youths.

In answer to the question, "Can you cite instances of serious disease or failure in school work caused by the use of cigarettes?" nearly all replies noted serious failure in the work, and many gave answers similar to the following:—

One young man seriously dwarfed physically.

One boy in this school only eleven years old is almost an idiot from the use of tobacco and beer.

One boy recently lost two weeks' work from throat trouble caused by the use of tobacco.

Another reports two very serious cases where the whole nervous system was seriously deranged. The expressions, "Lost his mind from the use of tobacco," "A total wreck," occur frequently in the testimony of the teachers. One prominent superintendent wrote:—

"The death of two boys formerly in my school is to be attributed to this villainous habit, and at least a dozen others have impaired their physical and mental growth fully one-half."

In answer to a question relative to the evil effects of the habit noted upon health, progress in study, and morals, the general drift of the replies state that it intensifies nervous diseases, causes diseases of the throat, brain, heart, ears, and eyes, epilepsy and fits and muscular debility, stunts the growth of body and mind, and leads to failure of memory. As to its effect on progress in study, all are agreed in having noted incapacity, lack of animation, and inability to do successful work, and that it is directly antagonistic to morality. The list of teachers who responded includes professors in the University, Normal School, Agricultural College, Alma and Hillsdale colleges, and the public schools of all the principal cities.

A statement to the effect that the use of tobacco by minors should be prohibited on the ground of health and morality and the welfare of the commonwealth has been signed by President Angell and a large number of the university professors, by Superintendent of Public Instruction Estabrook, the professors of nearly all the colleges, many teachers in the public schools, and others, making a list of fully seven hundred names.

All the statements that have been sent in will be compiled and presented to the Legislature, together with a reminder of the fact that the States of Massachusetts, Illinois, Maryland, Nebraska, New Jersey, and New Hampshire have passed laws similar to the Michigan bill.

STILL LATER.

LANSING (Mich.), April 11.—The House to-day passed the Jackson Cigarette Bill, which prohibits the "manufacture, sale, keeping for sale, or giving away of any cigarettes, or any imitation thereof composed in whole or in part of tobacco, or any substance in the form of a cigarette containing narcotic elements, or any rice paper, or any paper designed for cigarette wrappers."

THE USE OF COCOA.

THE total consumption of cocoa is 180,000,000 pounds per annum, supplied mainly from the West Indies and South America. France heads the list, with 26,000,000 pounds; Spain comes next, with 16,000,000 pounds; then follows England, 14,000,000 pounds; and the United States, 8,500,000 pounds. In this last century the use of cocoa has increased more than sixfold since 1860, while that of tea and coffee within the same period has not quite doubled.

WINE, that famous "temperance" beverage, came to the front in a most striking manner at Washington on inauguration-day. The White House servants broke into the wine cellar, and many of them became so *drunken* as to be violent, and had to be forcibly ejected. A regiment of Pennsylvania militia became intoxicated almost in a body, and committed most outrageous indignities on persons and property, until dispersed by a bayonet charge of regular troops. Shame on the public sentiment that will tolerate the existence of a traffic which gives rise to such scenes of private and public disgrace!

CHIEF KHARNES, Benchuanaland's potentate, writing to the British commissioner, declares that he fears brandy more than his most powerful rival chief. "To fight against drink," he says, "is to fight against demons, and not against men. I dread the white man's drink more than all the assegais, which kill men's bodies and is quickly over, but drink puts devils into men and destroys both their souls and their bodies forever."

PEOPLE who think that beer is strengthening will be surprised at a statement made by Baron Liebig, the great German chemist, who says that as much flour as can lie on the point of a table-knife contains as much nutritive constituents as eight quarts of the best and most nutritious beer that is made. Remember that when next you are recommended to drink beer that you may gain strength.

THE *Milling World* is authority for the statement that ninety-six per cent of the corn produced in this country for the last seventeen years found a home market, and that for spirits scarcely one per cent was used, and yet the cry is raised that prices would go down if farmers were deprived of the distillery demand.

Miscellaneous.

THE HUSBANDMAN.

Too happy they, the tillers of the fields,
 If their own bliss they knew! to whom herself,
 Far from the strife of arms, the grateful Earth
 Yields from her lap an easy sustenance.
 If theirs no lofty dome, whose crowded halls
 Pour a broad stream of visitants at morn
 Through its proud gates; if theirs no dotting gaze
 On pillars bright with beauteous shells adorn'd,
 On vestures trick'd with gold, or works of art
 In Ephyrean brass; though not for them
 White wool is darkened with Assyrian drugs,
 Or the pure oil with spice of cassia mix'd,
 Yet peace secure, a life that knows not guile,
 And rich in varied sources of delight,
 To them belongs. Theirs, with the spacious plains,
 Are still retreats, and caves, and living lakes.
 Theirs, a cool Tempe's vale, and lowing kine,
 And the soft slumbers under leafy shade.
 With them are lawns, and dens for beasts of chase,
 Youth with a little pleas'd, enured to toil,
 Gods duly worship'd, sires in reverence held.
 'Tis said that Justice, when she left the earth,
 Took among them her last and lingering steps.

—*Vegetarian Messenger.*

LIFE.

WHEN we consider the human body with reference to soul-life, its intellectual and moral development, we recognize it as a single personality with a single individual consciousness, but when we consider it with reference to its vital organism and the manner in which its structures are associated, and the various functions which they have to perform, we discover the fact that every living cell is by itself a personality, whose life and health must be protected, whose wants must be supplied; otherwise, the general bodily health becomes impaired to just the extent which the diseased cells occupy in the make-up of the whole body. In fact, the health, strength, vitality, and wants of the body are but the health, strength, vitality, and wants of the minute cells of which the body is composed. We speak of being hungry. The sense of hunger is but the language of our cell structures calling for food. The sense of thirst voices their cry for drink, and so it is with all the other wants of the body.

Food and drink are recognized as the first wants of every organized being. In the vegetable only those articles are selected for food which can be readily transformed into plant cell structures.

In the lower forms of animal life the same care in the selection of food is taken, such articles and such only as are adapted to build up animal structures being used; and the same is true of most animals until we come to man. Man in the selection of his articles of diet seems to forget the real object for which food is to be taken into his system, eating and drinking to tickle his palate and gratify his taste rather than to supply the proper building material for his system. This is especially true among the civilized nations. In considering the conditions requisite to life and health, we find, then, that the very first requirement for the maintenance of the life and health of the human body, is that it shall be supplied with proper food. This leads us to the consideration of the question, What is the proper food for man?

This question opens a vast field of thought, and can only be correctly answered after taking a wide observation, and a careful consideration of the structure and function of the human organism, also the structure and habits of many other beings. An examination of the habits of the various beings lower than man, found in the animal kingdom, reveals to us the fact, that, so far as diet is concerned, they are naturally divided into distinct classes; one class being herbivorous, subsisting wholly, when in a natural state, upon plants and grasses, as seen in the various species of cattle, sheep, and some of the birds, as wild geese; another class being granivorous, living upon seeds and grains, as seen in many varieties of birds; another class of animals being frugivorous, subsisting upon fruits and nuts, as the various monkey tribes, and many of the varieties of the squirrel, and numerous members of the feathered tribes; while yet another class is carnivorous in its habits, subsisting upon the flesh of other animals, as the cat, tiger, lion, hyena, vulture, eagle, hawk, etc.; and yet another class is omnivorous in its habits, filling the place of scavengers, subsisting upon offal and garbage of every variety, eating with equal avidity and relish decomposing substances of every kind, whether animal or vegetable. The hog, oyster, clam, and other varieties of shell-fish may be mentioned as typical specimens of the omnivorous class. When we consider the structures of the various classes of animals, we find a natural law existing which seems to have been the governing principle which has controlled and directed in the organization of these various structures; and that law is,

that whatever class of food has been intended as a means of subsistence for any animal, the structures of that animal have been so arranged that it is better adapted to supply itself with, and sustain itself upon, that particular kind of food than upon any other. The lion and other members of the cat tribe have soft and cushiony feet to enable them to approach their victims in a stealthy manner. They have powerful muscles, to enable them to leap upon their prey from a great distance. Their toes are armed with sharp claws with which to tear in pieces their helpless victim. Their teeth are strong and pointed, and with these they cut their food in pieces instead of masticating it; their stomach and the other portions of their digestive apparatus being composed of structures which are capable of secreting just those kinds of digestive fluids that are best adapted to digest flesh food. What is true of one class of the carnivora is also true of all classes of this species of animals. The herbivorous animals possess feet that are hard and horny, enabling them to walk over the hard and sharp projections of the soil, as they gather their food from the plants and grasses which the earth produces spontaneously. They do not approach their food stealthily, therefore do not need the soft and cushiony foot. They do not tear their food in pieces, consequently do not need the claws of the cat species.

The food on which this class of animals subsists is coarse in its nature, containing much woody fiber, and, as all food before being digested must first be dissolved or reduced to a semi-fluid condition, we would expect to find the teeth of this class of animals differing very materially from those in the carnivora and other species; and this, upon examination, we find to be the case, the horse, cow, sheep, and all other members of the herbivorous family, having teeth with broad surfaces, and arranged in such a manner as to enable them to bruise or crush their food. We find, also, a stomach, or digestive apparatus, differing widely from that of other species of animals, the cow, for instance, having four stomachs, to enable it to properly digest the coarse material upon which it subsists.

Whoever will take the pains to carefully observe the various habits of the different species of animals, birds, reptiles, fish, and insects, will find that each and all of these have organisms that are perfectly adapted to enable them to maintain themselves while in life, and in their natural condition,

in the best possible degree of health, strength, and activity; and wherever there is a difference in habits, dietetic or otherwise, there is a corresponding difference in the structural organism. Animals that inhabit the cold regions are protected with warm coats of fur, while those of the torrid regions are generally unclothed, or at best only clothed with a covering of coarse hair; the fish of the sea, on the other hand, are covered with horny scales, which are impervious to water; while the birds which have the power of soaring to colder and higher altitudes must be protected by a covering which is both warm and light. Their bones must also differ from those of both land and water animals, in form and density; otherwise the bird could not raise itself through so light a fluid as the atmosphere. On examination, the bones of birds show them to be light hollow tubes filled with air, combining great strength and bulk with extreme lightness. The feathers, also, when fully matured are but hollow tubes, with extremely fine and light ciliated appendages.

Who is there that can study the various works of God, as displayed in the animal creation, and not be lost in wonder and adoration at the wisdom and power he has displayed in creating each and all of these in that manner best adapted to enable them to carry into execution his designs in respect to themselves. What is true of the lower orders of animals in these respects is also true of man. Man as he came from the hands of his Creator was just adapted to fill the purposes of his creation. Sickness, sorrow, and death need never have entered this world. Man when first created had placed within his reach the means of perpetuating himself in a condition of health, vigor, and activity, but he, through a misuse of his God-given intellectual faculties, has perverted his nature, and entailed upon himself and his posterity pernicious habits, which have lessened his vigor, weakened his constitution, and undermined his health, and brought to him suffering and sorrow, sickness and death. Among these false habits into which man has fallen, none have been so pernicious, none contributed so much to the undermining of his health, none brought with them so great a train of distresses, pain, sorrow, and suffering, none multiplied diseases so rapidly and to so great an extent, as have the wrong dietetic habits of man. Well may we ask, "What is the proper food for man," but the an-

swer to this question we must leave for another article.

M. G. KELLOGG, M. D.

PROFUSE SWEATING FOR THE CURE OF HYDROPHOBIA.

IN 1855 a French physician by the name of Buisson was attending a patient who was suffering from hydrophobia, when some foam from the mouth of his patient fell on a spot where his skin was scratched; "before long he felt frightful pains, and all the symptoms of hydrophobia were presented."

He used all ordinary means of relief in vain. Finding himself growing constantly worse, he finally went into a Russian sweating-bath at a temperature of 124°. Soon he broke out in profuse perspiration, and in a little time he felt better and could drink water. After a good night's sleep, he woke up next day well. "From that time he cured hydrophobia with sweating treatment, and in a short period treated eighty cases with complete success."

He was led to try sweating in his own case, so we are told, by noticing that profuse sweating sometimes cures malaria, and that "the ordinary poison of small-pox does not act when the person inoculated is at once placed in a sweating-bath."

Buisson's own opinion as to results to be expected was as follows: "On the first day cure by means of ample perspiration is certain, on the second day uncertain, and on the third day nearly hopeless."

It is said that to depend upon such simple means of cure as sweating in this grave disease would not be "scientific," and, hence, ought not to be trusted. I have had no experience in the treatment of hydrophobia, but I am free to say that if I were called upon to treat snake bite, scorpion sting, serious bee-sting, or the disease in question, I would not hesitate to employ sweating as an important measure. We know that poisons in the system are thrown off chiefly by the breath, the skin, or the kidneys, or by their action combined. A physician writes as follows: "A woman was bitten on the calf of her leg by an adder, and in spite of medical treatment died after five months. The thigh on the side which was bitten, was swollen and blackened up to the abdomen. Four years later a girl was also bitten by an adder. I heard of it on the following morning,

and found her much swollen on the side affected, and in a state of giddiness. I at once ordered a sweating-bath, and found her quite lively the next day, without any swelling, and she has remained healthy until now, twelve years later. Six years ago a woman was badly bitten by a mad dog, on the upper part of her bare arm. As soon as I heard of it I ordered a sweating-bath, and she became, and has remained, perfectly well. I am of opinion that the sweating-bath is a certain cure for all blood poisoning, however caused."

All who have had much experience with the sweating-bath know that a very great deal of impurity is often thereby taken from the bodies of patients. After sweating in a wet-sheet pack the sheet of a tobacco user is found to smell strongly of nicotine, and even to be stained by the poison.

Poison, no matter how taken into the system, unless injected directly into the veins, is first taken up by the absorbents,—the lymphatic system,—to be poured into the general circulation.

This accounts for the swelling of the lymphatic glands always found on the same side that has been injured. It is entirely reasonable that while poisons are thus freely circulating in the fluids of the body, large quantities of them may be carried off by the pores of the skin.

From the nature of the case, as well as the experience of those who have recorded cases, it would seem the correct practice to drink large quantities of water, and to use all means to sweat profusely. There is little danger of overdoing the matter at such times. Prostration from sweating may occur, but no matter; if successful the crisis will soon be past and ample time can then be taken for recuperation.

J. E. C.

SCARLET FEVER DISTRIBUTION.

A GIRL aged about eight, living at Fort Monroe, Va., was some months ago attacked by scarlet fever, the disease running a typical course. For a long time no possible source of contagion could be discovered. The child had not been absent from home, had been with no one lately exposed, and no other case was known to exist anywhere in the vicinity. Subsequently Dr. Brooke learned that one of the house servants had nursed a case of scarlet fever in a distant city just about a year before. After the case terminated she packed some of her things, including some clothing then worn, in a trunk and left the place. A year later she had the trunk sent to her, opened it, and took out the contents, the little girl being present and handling the things. Very soon after the latter was attacked, as stated.—*Medical Era*.

THE SLEEPING HABIT.

THE ability to sleep well is one of the most excellent qualifications which can be possessed by a hard worker in any sphere of life. Sleeping is very much a matter of habit, and there is no doubt that the taking of sleep at regular hours is one of the most excellent means of preserving the health; but there are many professions and positions in life which do not admit of absolute regularity in respect to rest or sleep. Physicians, and, in fact, professional men generally, are called upon to discharge duties which necessitate long periods of severe labor and insufficient and irregular sleep. Such persons may to a large degree atone for the transgression of the physical law requiring regularity of sleep, by acquiring the habit of sleeping whenever opportunity affords, even though the hour may not be the one usually devoted to rest. Napoleon and Wellington have often been quoted as persons who took little sleep. It is said of both these men that they rarely slept more than four hours at night. This is unquestionably an insufficient amount to maintain the wear and tear of an active body, and numerous anecdotes support the belief that both Napoleon and Wellington really secured a much larger amount of sleep than is generally supposed.

For instance, it was reported of Wellington that it was not an infrequent thing for him to fall asleep at the dinner table in the midst of a meal. In one instance he fell into a profound slumber in the midst of a repast to which a number of his friends had been invited. Out of deference to the Iron Duke, all the guests suspended eating, and maintained the utmost silence until he awakened. On another occasion his son, while riding with him, was astonished to discover that his father was sound asleep. The horse, a fast trotter, was going at a high rate of speed, and the Duke held the lines. His son was obliged to awaken him to save a disastrous collision, but received no other recognition for his services than the angry exclamation, "Mind your own business, young man!"

Napoleon was famous for "taking forty winks" when riding in his carriage, or whenever opportunity afforded. Both of these men probably managed to get nearly the average amount of sleep. For man whose habits must necessarily be irregular, it is a valuable acquisition to be able to fall asleep at almost any time when opportunity affords,—when riding on the cars, waiting in a rail-

way station, or at any other time when necessarily disengaged, to improve the chance to put in the time in sleeping, provided nature has been defrauded of the necessary amount of time for repair and recuperation. By this means one who would otherwise break down under a constant strain of mental activity, may be enabled to prolong his usefulness, when otherwise he might meet the expectations of his friends in a complete physical break-down.—*J. H. Kellogg, M. D., in Good Health.*

BREATHING.

A BOY fourteen years old, recently imported from Kentucky, handed in the following as a composition on "Breathing." The instruction was "Tell all you can about breathing." He said: "Breath is made of air. We breathe with our lungs, our lights, our liver, and kidneys. If it wasn't for our breath, we would die when we slept. Our breath keeps the life a-going through the nose when we are asleep. Boys that stay in a room all day should not breathe. They should wait till they get outdoors. Boys in a room make bad, unwholesome air. They make carbonic acid. Carbonic acid is poisoner than mad dogs. A heap of soldiers was in a black hole in India, and a carbonic acid got in that there hole, and nearly killed every one afore morning. Girls kill the breath with corosits that squeeze the diaphragm. Girl can't holler or run like boys, because their diaphragm is squeezed too much. If I was a girl, I had ruther be a boy, so I can run and holler, and run and have a big diaphragm."—*Washington Star.*

FEW people stop to think how much of a habit borrowing becomes. If one has a neighbor, it is well enough to borrow and lend back and forth so long as it is kept within reasonable limits; but when it gets to be an every-day matter, it becomes a nuisance that should straightway be abolished. The habit of indiscriminate borrowing is one that cannot be too strictly guarded against.—*Dotty Dimple.*

PROFESSOR FARADAY says: "If families could be induced to substitute apples for pies, cakes, candies, and other sweetmeats, with which children are stuffed, there would be a diminution of doctors' bills sufficient in a year to lay up a stock of this delicious fruit for a season's use.—*Ex.*"

Household.

HASTY WORDS.

AS SPECKS in the sky are germs of the tempest,
As cloudlets of black spring to birth in the blue,
Harsh words will oft drop, in the wrath of a moment,
From hearts that are generous, noble, and true.

Beware! for words hasty, unmeaning, when spoken,
Have severed true friendships in anger and pain;
Ah! if once the sweet links of that gold chain be broken,
No tears, no regrets may unite them again.

No gem was e'er faultless, no joy without sorrow,
No sky without clouds, and no sea without storm;
And it may be that good hearts repent on the morrow
The words that escaped when the temper was warm.

One word brings another, the stream grows a torrent,
The breeze that was slight in a hurricane ends;
Stay wrath at its birth, then, meet half-way each other,
Leave harsh words unspoken, and kiss and be friends.

—Astley H. Baldwin.

BUSY MOTHERS.

NAOMI, in the *Rural New Yorker*, has the following kind words to say to the busy mothers of the land: Is the housekeeper to blame for becoming the household drudge?—Partly, and partly not. Starting out in life with little capital, but with a loving heart and willing hands, she gladly takes up the burden. Joyfully she goes on her way, bravely bearing on her shoulders all the weight that falls to her portion to carry. One responsibility after another is added, as each new-comer lifts up its pleading voice and helpless hands. Conjugal love, maternal love, and love of order, neatness, and plenty, are each separate incentives to continued perseverance. At first, husband being so engrossed in his occupation, and the bodies of the children seeming to be all that require her thought and labor, her mind settles into the channel in which her body moves. To clothe and feed the family, have the home comfortable and orderly, and at the same time save her husband's (?) money, seem to be not the chief end and aim of life, but *the* end and aim.

I do not feel to blame such, for my heart goes out in sympathy to them and their children when I think of the future needs of the hungry minds. Mothers are prone to forget that they have performed but a portion of their duty when they have

ministered to the visible wants of their offspring. Children love to share all things with those who are in sympathy with them. If Mary finds her lesson difficult to understand and the teacher does not see just the point that troubles her, what a help to bring her trouble to mother, who will make it so plain that the morrow will be eagerly anticipated instead of dreaded. But if met with a, "Don't bother me, child; ask teacher, I'm too busy," she is not apt to try it again soon, and an avenue to that daughter's heart is closed to the mother by her own act. Had the mother only shown a desire to help her, it would have been a bond of union between them. But if mother cares only for her house, and Mary only for her books, what common feeling shall unite them?

We should seek to retain our places as companions and helpers to our children. Their footsteps are now led in pleasant paths of knowledge. Ways that were crooked and rough for our feet are made straight and smooth for them, and no wonder if they go so fast that we cannot keep pace with them. We can keep alongside in some things that are of common interest to all who meditate upon the advancement of our generation in science and art and literature. The trouble is that the mental powers become sluggish from inactivity and the great demands upon the body, and it is an almost impossible task to arouse them to action. The children learn to think that mother is too busy to go to a lecture, or read an interesting book, or take a trip with them to visit some natural curiosities, all of which would help mother and children to grow into companionship with one another.

"The recompense of reward!" The loving companionship of our children: sharing their joys and sorrows, advising them in their perplexities, warning them of dangers ahead, gently leading them in ways of truth and uprightness, and all the time knowing that we are the one to whom their hearts will ever turn for comfort in sorrow and for congratulation in joy.

DARE to do right, dare to be true.

IN China the physician who kills a patient has to support his family.

WOULD you hear a sweet and pleasant echo, speak pleasantly yourself.

IF you wish to keep your mind clear and body healthy, abstain from all fermented liquors.

HOME DECORATION.

A WALK through the art department of one of our large city stores, especially on an opening day, leaves only a bewildered idea that decoration and house furnishings consist entirely of delicately tinted draperies, of marvelous embroideries, and plush balls. If the cost of this daintiness and beauty is investigated, it is found to be far beyond the reach of the ordinary purse; and even if one possesses skill with the needle and an artist's eye for the combination of colors and materials, these same materials will be found very costly in proportion to the results.

But there need be no feeling of discouragement on these accounts. Anyone who lives in the country and has access to woods, may have home decorations and adornments at the small cost of a little labor. Nature's work is always preferable to man's. In many a city home, the furnishing of whose parlor has cost more than the homes of some of our subscribers, the occupants would think themselves favored to have some real heads of oats or wheat, for instance, crossed and tied with ribbon and fastened on the walls.

Autumn leaves are at hand for almost everyone, and though the elaborate patterns on walls have disappeared, there are other ways of using them to advantage. Mingled with the feathery grasses which grow in such abundance and variety everywhere, they make effective bouquets and brighten up a room in the dark days of winter. The brilliant leaves of the sumach will also find a sphere of usefulness.

Those who live near pine woods, or where the fir grows, have at their hand the materials for making the fragrant pillows so much prized, and eagerly bought by the pound in the city. Such an article derives additional value if associated with memories of the woods and a delightful day therein.

Every wood has an individuality and treasures of its own. Anyone with a love for nature and an observing eye will come back laden with objects of beauty and curiosity.

Fortunately, the rage for card-board and canvas decoration, so trying to the eyes and confining to the house, has abated. Let the girls take the boys, for they may need their help, to the woods to obtain their home decorations, and be gaining health and strength from the open air at the same time.
—*Farm, Field, and Stockman.*

WHAT OUR BOYS MUST LEARN.

To cultivate a cheerful temper.

To choose their friends among good boys.

To sew on their own buttons.

Not to tease boys or girls smaller than themselves.

To take pride in being a little gentleman at home.

To be polite and helpful to their own sisters as they are to other boys' sisters.

To treat their mother as politely as if she were a strange lady, who did not spend her life in their service.

To feel a noble pride in making their mother and sisters their best friends.

If they do anything wrong, to take their mother into their confidence, and, above all, never to lie about anything they have done.

Not to take the easiest chair in the room, and put it directly in front of the fire, and forget to offer it to their mother when she comes in to sit down.

Not to grumble or refuse when asked to do some errand which must be done, and which otherwise will take the time of someone who has more to do than themselves.

To make up their minds not to learn to smoke, to chew, to drink, remembering that these things cannot be unlearned, and that they are terrible drawbacks to good men, and necessities to bad ones.—*Exchange.*

NO MORE BIRDS IN BONNETS.—Ladies are no longer to wear birds on their bonnets and hats. Thus it has been decreed by fashion. The benevolent edict comes just in time to save the last remaining members of the race of humming-birds and birds-of-Paradise. The great forests of India, Brazil, and the banks of the Mississippi have been ransacked, and have yielded up their treasures of winged jewels to adorn the feminine headgear. Now at last there is to be a truce to the massacre, and the pretty denizens of the woods may sing and fly awhile in peace. To estimate the extent of slaughter perpetrated for the sake of woman-kind's adornment, we may take the statement of a London dealer, who admits that last year he sold 2,000,000 small birds of every possible kind and color, from the soft gray of the wood-pigeon to the gem-like splendor of the tropical bird. Even the friendly robin has been immolated to adorn the fashionable bonnet.—*Ex.*

ECONOMICAL BILLS OF FARE.

Breakfast.—Crushed pearled barley mush with cream; fine flour puffs; graham bread; scalloped potatoes; orange sauce.

Dinner.—Sago soup; new potatoes; green peas; and strawberry short-cake; dessert, ice-cream.

Crushed Pearled Barley Mush.—Prepare the same as wheaten grits or crushed wheat, that is, to one part of the grain take three of the water. Sift the barley through the fingers into the boiling water and cook slowly from thirty to forty minutes. Salt to taste.

Fine Flour Puffs.—To one pint of milk, take one cup of flour, one teaspoonful of baking powder, three well-beaten eggs, two tablespoonfuls of thick cream, a little salt. Stir thoroughly and bake in hot gem-pans.

Scalloped Potatoes.—Take two cups of mashed potatoes, two tablespoonfuls of cream, and a little salt; stir well together. Then add one well-beaten egg and stir again. If the potatoes seem too moist beat in a few bread crumbs. Bake in a hot oven about ten minutes. When taken from the oven the top of the potatoes should be a rich brown.

Orange Sauce.—Pare as many oranges as required. Cut in very thin slices, being careful to remove the seeds, and sprinkle with white granulated or pulverized sugar. In order to slice thin, a sharp, thin-bladed knife is necessary.

Sago Soup.—To two quarts of new milk take half a cup of sago. When the milk becomes hot add the sago, which has been previously cooked in water, a little salt, and a cup of cream. Serve at once.

Green Peas.—Boil a quart of young, freshly-gathered peas in slightly salted water until they are tender. If you desire them to look green put into the water a pinch of soda. Drain off the water by putting them into a colander. Return to the saucepan, and add a cup of thick cream. Some prefer to the cream a lump of fresh butter about the size of a walnut. Dr. Holbrook, in "Eating for Strength," says: "The most important part is to get the peas fresh from the vines. They lose their delicious flavor in a very short time after picking. Wash before shelling, not after. Shell the peas, then select the tenderest pods and put into just water enough to cover them, and after boiling them ten or fifteen minutes, skim out the pods and put in the peas. Boil them slowly twenty minutes;

trim with a little rich cream and salt. They should be boiled in so little water that there will not be more than a half teacupful around them when they are cooked, and this should be seasoned and dished with the peas. Those who must depend upon the market for peas often find them very insipid and tasteless, notwithstanding their care in selecting and cooking. Sometimes a spoonful of sugar will add to their flavor. Boiling the pods adds much to the richness and sweetness of the peas."

Strawberry Short-cake.—To one pint of flour take one heaping teaspoonful of baking powder, thoroughly sift through the flour and mix with sweet cream. In the absence of cream use a piece of butter the size of a common-sized hen's egg. Rub through the flour thoroughly and wet with water. Knead but little, and have the dough as soft as possible. Roll about half an inch in thickness and bake in pie-tins in a quick oven. Should bake in ten or fifteen minutes. When done split the cake with a long, thin-bladed knife. Have ready a quart of fresh, ripe strawberries chopped fine and sugared to taste. Spread the under crust with fruit as thick as desired, upon which place the upper part of the cake with the crust on the berries, and cover with the remaining fruit. Good with or without cream.

Ice-Cream.—One pint of new milk, yolks of three eggs, beaten with one teacupful of sugar, and a tablespoonful of corn-starch. Scald till thick, stirring all the time. Set away to cool. Add one cup of whipped cream, and the whites of three eggs beaten to a stiff froth. Flavor to taste, and sweeten more if desired. Put the cream in a tin pail, one small in circumference is best, with a tight cover. Set in the freezer and pack around firmly with two parts of ice broken up about the size of a walnut, and one part of coarse salt. A pint of water to every quart of cream in the pail should be poured over the ice in the freezer. In half an hour the cream will begin to freeze, then take off the cover and stir the freezing cream until it stiffens well.

Repack and cover with a piece of carpet or a heavy woolen blanket. In an hour or so it will be fit to serve. In case you have no ice-cream freezer, put the pail of cream in a large bucket or stone jar, pack with ice, and cover with a woolen cloth.

MRS. A. M. LOUGHBOROUGH.

PEOPLE often want most that which is least adapted to their wants.

NEVER GRUMBLE.

DON'T be a grumbler. Some people contrive to get hold of the prickly side of everything, to run against sharp corners and disagreeable things. Half the strength spent in grumbling would often set things right. You may as well make up your mind, to begin with, that no one ever found the world quite as he would like it; but you are to take your part of the trouble and bear it bravely. You will be sure to have burdens laid upon you that belong to other people, unless you are a shirker yourself; but don't grumble.

If the work needs doing and you cannot do it, never mind about that other who ought to have done it and didn't. Those workers who fill up the gaps and smooth away the rough spots, and finish up the jobs that others leave undone—they are the true peace-makers, and are worth a whole regiment of grumblers.—*Selected.*

ALL HAIL! REFORM.

MRS. HARRISON says she doesn't propose to be made a circus of. Lady reporters with leather belts around their waists and dead birds on their bonnets will not be popular at the White House.—*Atlanta Constitution.*

AT the Rural Health Retreat, great attention is given to the matter of diet in the treatment of the sick. The principle is recognized fully by our physicians, that what will build up and sustain any part of the body in health must be good to restore energy to that part when diseased. With the facilities of a scientifically-conducted bakery and skillful cooks in connection with the institution, the desired articles of food for all classes of sick persons are readily obtained.

CHILDREN are tacitly taught untruthfulness by seeing parents put on a different manner from their ordinary one when guests are present, by being threatened with punishments that are not inflicted, or by exaggeration in incidents that are related. You must be yourselves what you would have your children be.

THERE is no dungeon so dark and dismal as the mean man's mind.

TO-MORROW is the day in which idle men work and fools reform.

HELPFUL HINTS.

QUICKSILVER and white of egg destroys bed-bugs.

FASHION.—Dinner at midnight, and headache in the morning.

A TEASPOONFUL of salt in each kerosene lamp makes the oil give a much clearer and better light.

RUB window glass with a piece of soft linen wet with vinegar, then with a dry cloth, and it will be beautifully clear.

FLY PAPER.—Take paper which is not porous and spread on it a mixture of equal parts of melted resin and castor-oil.

To clean the silver spoons and forks in everyday use, rub them with a damp cloth dipped in baking-soda, then polish them with a little piece of chamois-skin.

OLD lamp burners should be boiled often in strong saleratus water. Let them boil for an hour, polish them, and they will be as good as new, and will not trouble you by causing a smoky light.

TO GET RID OF RED ANTS.—Saturate a piece of sponge or cotton with bisulphuret of carbon; place it in the hole, put a can or pan over it, and in three minutes the work is done. To banish them from the pantry, strew the shelves with whole or ground cloves.

TO KEEP THE BIRDS FROM FRUIT.—Pans of water placed in fruit and berry patches will keep birds from eating the fruit. An English naturalist claims that the reason birds eat cherries and strawberries is because in the blazing heat they get dreadfully thirsty. If the birds can easily get at water, they soon leave off taking the fruit. The experiment is certainly worth trying.—*Pacific Rural Press.*

GLOSS STARCH.—To make a good gloss starch, put two quarts of water into a suitable vessel and place over the fire. When it boils set it back and put in a piece of mutton tallow the size of a hen's egg. Have in readiness one pint of cold water thickened with fine white flour to the consistency of thick cream, smooth and free from lumps. As soon as the water ceases to boil pour in the mixture *very slowly*, stirring briskly at the same time. Blue to suit and use *hot*. The tallow should be rendered in water from clean mutton suet.

Healthful Dress.

SLAVERY.

He's a slave who dares to shrink
From the truths he needs must think;
He's a slave who dare not be
In the right with two or three.

TIGHT LACING AND OTHER DISEASES.

FEW people, I am aware, will agree with me in calling tight lacing a disease, but when a woman has become deluded to the extent of following a "killing" fashion, I consider her diseased, and naming the effect from the cause, we have an old and respectable complaint to put upon the catalogue of the school of medicine.

I lately heard a fine lecture on the subject—not of tight lacing as a disease, that is original—but on the ill health of American women, and its relation to dress. The lecturer was a doctor, and both learned and sarcastic, and I admired the natural as well as acquired ability of the orator. I will "report him," as David Copperfield did Traddle's speech in Parliament, and if I mingle in some quotations of my own, I shall not be different from that renowned reporter—nor any other, for all are apt to quote Shakespeare and the classics in their own language. Apropos to the subject of the lecture, I could face the medical profession with a clear eye and easy conscience, for I breathed not out of constructive whalebone, nor did I *bustle* in under the equally deforming fashion that has taken the place of the once famous Grecian bend.

The doctor began by saying that many causes combined to produce the much lamented delicacy of American women. Chief among these was the system of torture procured through the contrivance called a corset, or corsets. He was always giving hints of this to his lady patients, but had never found one who "laced tight," as they called it. They wore "the thing," they acknowledged, but while gasping for breath would declare, "I can put my whole hand between my waist and corset!" And it would not do to contradict them; he could only intimate his unbelief. He did wonder, he said, where some young ladies stowed away their dinner, for it was a curious fact that as they contracted the space for receiving food, they seemed to enlarge the quantity to be received. It could not, of course, find room inside the whalebone, and so the stomach must be pushed out of place in order to do its work properly, bringing on dyspepsia and its train of miseries. Then the lungs were compressed and the heart pushed out of its proper limits, and a little record of rebellion was kept within the system in place of the beautiful harmonious account of a grand, healthful action of the whole human machinery. There was the backbone made for bending, and how could it be bent while splintered and bandaged like a broken limb? Any part of the body made for action, if not allowed to act, grew weak for want of exercise, and a lady should go through, every day, those graceful undulations of form which keep the spine and limbs in healthful action.

Said he, "I will not pretend to give a name to that disfiguring thing ladies now wear just below the bend of the waist behind, but we know that any part of the body burdened with clothing, becomes overheated and perspires too freely, weakening that part." It was, it seemed to him, a theme for philosophers, the inquiry why women, *en masse*, adopted odious, health-destroying fashions. *He* should be glad of any "woman movement" that could securely take the enemy's works in this regard.

This was not to say that the dress of men was the *sine qua non* of taste or of healthful attire. ("No, for men wear corsets too!" called out one of the strong-minded of the audience.) Perhaps they do, submitted the doctor, but they allow more whalebone to the square inch, and have a nicer art of concealment than their weak sisters; but I hope they'll all die together, and leave the more room for the spread of healthful knowledge. But the generality of men were free agents in dress, while women were not. (I felt not a little pride here in the wide bonnet strings I had worn down the sides of my face all winter, while other women were freezing their ears.) Let a man put on the dress of a woman, and he would feel as if he were in prison.

Another disease of dress (that's my own) was suspending clothing from the waist. Now, the shoulders were made to hang clothes upon, not the vitals! But he had seen women hang the heavy lot of dry goods fashion now obliges them to wear, right upon the parts least capable of sustaining such a weight, and then sigh, "Oh, I have such poor health!" Ah! he advocated the enlargement of woman's "sphere" of usefulness in the world, but he was in favor of contracting the *creature herself*, that was, as far as covering the body was concerned. The idea of putting this beautiful, graceful, springing creature under weights that are odious to a man! There was no more melancholy sight to him than a train of boarding-school girls out for their daily walk. Instead of the hop, skip, and jump, and healthful screech, there was the staid patter of young feet, with weary young faces overshadowing them. How had God and nature borne so long with the stupid list of health-destroying proprieties? And this brings me to the next part of the subject, the disease of staying in the house too much (original).

Open-air exercise, said the doctor, is as necessary for women as for men. We think it dreadful that in heathen lands men coop up their wives and daughters, but in this free country the *better half* of the population coops itself up, even unto death, and nothing is said about it! Most middling class mothers would tell you they had plenty of exercise in-doors, and so they had, and some of them a great deal too much, but however active in this respect, the confined air of a house was debilitating. Now he was not advocating the old-fashioned vice of "spinning street yarn," which had broken the hearts of some, but if you grew a plant in a cellar would it thrive? No, it must have air and sunshine, and a man had no business to grow his wife and children, or, rather, a wife had no business to *grow* herself and "olive plants" in the *shade* of a well-ordered home even, and much less under the hot-house system of heaters, but out in the pure air under the bright blue of heaven!—*Selected.*

"BE clothed with humility."

HOW TO DRESS CHILDREN.

Let Them Wear the Peerless Hygienic Corded Waists
—Beautifully Corded—Superior Shape.



Style 70.

FOR children, misses, and young ladies, unsurpassed for convenience and durability, new patent buttons, secured with a patent tape fastening—can't pull off—and patent cord-edge button-holes. Skirts and stockings supported directly from the shoulder.

Style 20, for children four to seven years of age, made of sateen jean, white and drab, in sizes 20 to 28 inches, waist measure. Retail price, 70 cents.

Style 25, for children four to six years of age, superfine silesia, white and golden brown. Sizes 20 to 28, waist measure. Retail price, 85 cents.

Style 36, misses' waist, button front, for ages six to twelve years. White and drab, with cloth-covered pliable steels, in patent pockets; can be easily removed or replaced. This waist secures an especially nice fit, as it admits of adjustment at the lacing up the back. Misses put it on easily without assistance. Sizes 20 to 28 inches, waist measure. Retail price, \$1.00.

Style 30, young ladies' waist, best sateen, same as style 36, only it has a fuller form, suitable to young ladies, or ladies of a slender form. Sizes 20 to 28 inches, waist measure. Also, style 70 (illustrated in cut above), each \$1.50, post-paid. Address Rural Health Retreat, St. Helena, Cal.

VEILS.

THE fashion of wearing veils has become very prevalent. It is a fashion which should not be encouraged. Its redeeming features are that the veil protects the hair and keeps it well arranged; it protects the forehead from the wind and wards off neuralgia. These two services of the veil can be retained, but the veil should not be worn over the eyes. To them it is very injurious. It is injurious to the mechanical seeing apparatus, since a constant adjusting of muscles and lenses is required, and a striving to obtain a clear image for the retina. It is extremely wearing to the brain, which has a great deal to do with the touching up and finishing off the picture which falls upon the vision, and in making the mental image a perfect one, no matter what the external one

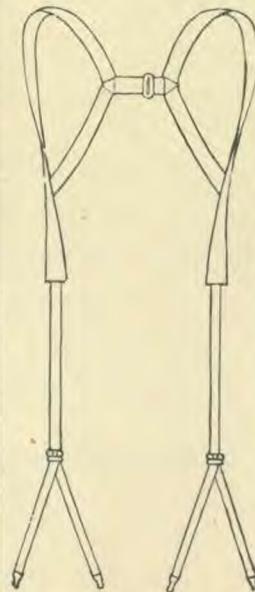
may be. Veils of dotted lace and dazzling white illusions may give rise in a few weeks to an irritable condition of the eyes that years will not remove.—*Grace Peckham, M. D.*

CRINOLINE.

IN 1864, the year in which the modern hoop reached its culmination, says the *Argonaut*, who could have imagined it would in a little less than fifteen years be gradually contracted, and finally thrown aside, with not even the hint of a crinole or bustle to remind the fashionable women of that day what she might expect in another ten or fifteen years? Even in 1881-82, when the pouffe and bouffant drapery at the back near the line of the waist began to assert itself, none but a student of the history and traditions of dress would have ventured to predict that it would have reached its present proportions. Now the lovers of the plastic period, the devotees of the æsthetic school, may wring their hands in despair. The bustle has become crinoline, and crinoline threatens to encircle the whole of the female form divine, below the waist-line at least, and, sooner or later, to become the hoop in one or another form.

PROFESSOR VIRCHOW says that for many years he battled against the diabolical inventions known as corsets and French shoes, but he has given up the crusade as absolutely futile. We do not wonder he feels that way, but we are encouraged to believe that the fashions of deformity are gradually yielding before the arguments of the doctors and the ridicule of high art.—*Ex.*

It cannot be too deeply impressed upon the mind that application is the price to be paid for mental acquisitions, and that it is as absurd to expect it without it as it is to look for a harvest without seeds.



Shoulderbrace and Hose Supporter

By this simple and substantial device the stockings are nicely supported from the shoulder. These are sold at the Rural Health Retreat, as follows:—

- No. 7, Ladies'60 cents
- No. 8, Misses'50 cents
- No. 9, Children's . . .40 cents
- No. 10, for Children
age 3 to 5 years . .35 cents

Sent, post-paid, on receipt of price.

Publishers' Department.

RURAL HEALTH RETREAT ASSOCIATION.

THIS is the name of the corporation managing the Rural Health Retreat, located at Crystal Springs, St. Helena, Napa County, California. This is a philanthropic institution. It is expressly stipulated on the face of the certificates of stock issued to the shareholders, that "this stock bears no dividends, all profits thereon being devoted to increasing the facilities of the association, according to section two, article two of the by-laws." Managers, physicians, and employes at the Retreat gladly take less for their services than is paid for like labor performed in money-making institutions, that the work may be extended, and that the needy and unfortunate may be treated at reduced rates. During the last five years the institution has given away treatment to the amount of over twelve thousand dollars.

The annual meeting of the stockholders of the Retreat Association was held at Crystal Springs on Thursday afternoon and evening, April 25. It was the largest assemblage of stockholders, and the fullest representation of stock, we have ever had in an annual meeting. Of the 1,501 shares of stock already issued, 1,077 were represented in the meeting, either in person or by proxy. The treasurer's report gave as the amount of business transacted by the institution the past year, \$26,552.64, against \$23,535.66 the previous year. On the business transacted there was a net gain to the institution of \$2,476.98. During the year there has been treatment given away to the amount of \$2,188.65. In the same time there has been paid to the institution by friends of the institution, for the treatment of the worthy poor at reduced rates, and which has already been supplied to cases recommended by the "Charity Fund Committee," about \$800.

The following resolutions, after spirited and friendly discussion, were unanimously adopted as the sense of the stockholders:—

1. WHEREAS, The Rural Health Retreat is designed to do good to the afflicted, and not to make money for the stockholders, and during the past year has been prospered more than heretofore; therefore,

Resolved, That in this we recognize the care of God over the institution, and hereby express our gratitude to him for his goodness and blessing bestowed upon this branch of his work.

2. WHEREAS, The object of this association is to assist people to obtain health, and to remain well; and,

WHEREAS, The PACIFIC HEALTH JOURNAL is an effective means of educating upon these points,

Resolved, That the number of its readers ought to be many times what it is, and we will earnestly endeavor to increase its circulation.

3. *Resolved*, That we heartily approve of the action of the directors in purchasing a farm on Howell Mountain, with springs which give us a good supply of water for our elevator and for the irrigation of our grounds.

4. WHEREAS, The Articles of Incorporation of the Rural Health Retreat Association make provisions for establishing and conducting a College of Literature, Science, and Hygiene; and,

WHEREAS, The time has not arrived when we can fully carry out this object; and,

WHEREAS, It is important that we enter at once upon the work; therefore,

Resolved, That the directors be requested to open a School of Temperance and Hygiene as soon as practicable.

5. WHEREAS, There are many persons fitting themselves for various lines of Christian work, who desire instruction in the principles of hygiene and Christian temperance; therefore,

Resolved, That we request the managers of the contemplated School of Temperance and Hygiene to arrange for the holding of a three months' popular course, to begin about the first of September.

6. *Resolved*, That we advise the immediate erection, at Crystal Springs, of a commodious chapel, for religious meetings, and to be used as a class-room for the School of Temperance and Hygiene.

7. WHEREAS, Additional room is needed to accommodate the increasing patronage of the Retreat; therefore,

Resolved, That we advise the immediate erection of two four-room cottages in the edge of the grove south of the main building.

8. *Resolved*, That the directors of this association be requested to employ, as physicians, only those persons who hold licenses to practice medicine issued by the Medical Society of the State of California, and whose conduct is in accord with the code of ethics of the regular profession.

9. *Resolved*, That the physicians employed by the association prepare an annual report to be submitted to the stockholders, setting forth the workings of the medical and surgical departments.

After the adoption of the above resolutions the stockholders elected, by ballot, the following board of seven directors, to serve for the ensuing year: J. N. Loughborough, W. C. White, John Fulton, W. A. Pratt, M. J. Church, John Biter, Joseph Leininger.

SCHOOL OF TEMPERANCE AND HYGIENE.

ALL our readers must have noticed that much is being said in the public prints of late on the diet question, of the diseased condition of animals, of the danger of incurring disease by eating the flesh of diseased animals, diseases contracted by using the milk of diseased cows, etc. Growing out of all this it is advised to, more or less, abandon the use of flesh meats. Such a course demands instruction as to how to properly prepare the cereals and other products of the vegetable kingdom. Cooking schools are already established in various cities of the Union, and skillful cookery is looked upon as a very laudable calling. In many of these schools, however, the basis of the *menu* is flesh-meats, and highly seasoned foods.

A school of temperance and hygiene, in which shall be taught the preparation of truly healthful food, in proper combinations, and free from exciting and stimulating condiments, is what the exigencies of the times demand. The truly hygienic cook, such as is now needed, is one who cannot only prepare wholesome and palatable dishes, but who understands more or less concerning the food elements. One who knows what constitutes proper food, and what kinds of food are suitable to different conditions of the human body. Such principles, and such instruction, will be set forth in the School of Temperance and Hygiene soon to be opened at Rural Health Retreat. We hope there will be many who will avail themselves of the benefits to be derived from this course of practical instruction, especially that to be given in the "popular course," to be opened in September. Of this school, terms for tuition, board, etc., we shall have more to say hereafter.

CALIFORNIA LOVELINESS.

ON the mountain-side at the Retreat we get a view of some of the loveliness of a California May. The late rains have so moistened the soil that the vegetation is of a deep green, and more luxuriant than ever. The wild flowers of the valley are abundant, and exquisitely fragrant, while the flowers of the gardens about the Retreat seem to vie with those in the valley below. Never did it look so delightful to us here before. Patients who are now here are, to use a common phrase, "feasting *hugely* on nature." It does the well ones good to see the sick ones enjoy these lovely surroundings. We wish others to come and reap the benefits of this health-giving climate, and the hygienic remedies of this "Mountain Home."

Though the institution has had a good patronage the past winter, and sometimes its facilities were taxed to the utmost, the managers have been continually making room for more. Now we are happy to report there are good accommodations for those who may come. We say to our readers, and ask them to say to their friends, Come! Come if you need treatment. Come for rest. Come and enjoy this lovely scenery, and balmy mountain air.

DIRECTORS' MEETING.

A MEETING of the newly elected board of directors of the Rural Health Retreat Association was held at the Retreat on April 26, for the purpose of organizing the board. J. N. Loughborough was chosen President, John Fulton Secretary, and John Biter Treasurer. J. S. Gibbs, M. D., was chosen as surgeon and specialist in diseases of women, and M. G. Kellogg, M. D., as house physician. Mrs. A. M. Loughborough was chosen matron of the house, and Mrs. Libbie G. Fulton as matron of the dining and cook-rooms. J. N. Loughborough, M. G. Kellogg, M. D., and C. P. Bollman were chosen as editors of the PACIFIC HEALTH JOURNAL.

Considerable attention was given by the board to the subject introduced by resolution in the stockholders' meeting, that a School of Hygiene and Temperance be opened at the Retreat. The superintendent, physicians, and matrons were appointed a committee to take under advisement plans for the carrying into effect the opening of such a school, and to report such plans at the next meeting of the board of directors.

BILLS OF FARE.

WE receive many words of commendation from the readers of the JOURNAL in reference to the "Economical Bills of Fare," and the different recipes given under that head. We are glad to know that this department is appreciated, and trust it may be made a means of profitable instruction to many. In the future no recipes will be given under this head except those that have first been tested in the culinary department of the Health Retreat. With one or two exceptions, this has been true of those given in the past.

CHRIST AND THE SABBATH: Or Christ in the Old Testament and the Sabbath in the New, by Elder James White. Paper covers, fifty-six pages, sent post-paid for ten cents.

Address, PACIFIC PRESS, Oakland, Cal.

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To at once establish trade in all parts, by placing our machines and goods where the people can see them, we will send free to one person in each locality, the very best sewing-machine made in the world, with all the attachments. We will also send free a complete line of our costly and valuable art samples. In return we ask that you show what we send, to those who may call at your home, and after 2 months all shall become your own property. This grand machine is made after the Singer patents, which have run out: before patents run out it sold for \$93, with the attachments, and now sells for \$50. Best, strongest, most useful machine in the world. All is free. No capital required. Plain, brief instructions given. Those who write to us at once can secure free the best sewing-machine in the world, and the finest line of works of high art ever shown together in America.

TRUE & CO., Box 740, Augusta, Maine.



HEALTHFUL FOODS.

HAVING at our Health Retreat a revolving oven, and first-class cracker machinery, we are prepared to furnish the foods advertised below, at their respective prices. These foods are not only 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. 10 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.

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, heart-burn, and flatulence of stomach or bowels. The black color of the cracker is due to the presence of pulverized carbon, which acts as a preventative 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 preparation. 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 or Gluten 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. It 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. 30 cts.

Infants' Food.—Most of the food offered in the market as infants' food contains too much starch for the digestive powers 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. 30 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.

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.

Orders taken also at Pacific Press, Oakland, Cal.



The Largest Sanitarium in the World.

THIS Institution, one of the buildings of which is shown in the cut, **STANDS WITHOUT A RIVAL** in the perfection and completeness of its appointments. The following are a few of the methods employed:—

Turkish, Russian, Roman, Thermo-Electric, Electro-Vapor, Electro-Hydric, Electro-Chemical, Hot Air, Vapor, and Every Form of Water Bath; Electricity in Every Form; Swedish Movements—Manual and Mechanical—Massage, Pneumatic Treatment, Vacuum Treatment, Sun Baths. All other agents of known curative value employed.

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The managers have permission to refer to leading members of the medical profession. For circulars, with particulars, address, **MEDICAL AND SURGICAL SANITARIUM, Battle Creek, Mich.**

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THE managers of the above Institution have had for several years, in successful operation, an extensive Training School for Nurses, which is carried on in connection with the Sanitarium. The course of training in this school is the most thorough and comprehensive of any in this country, and the graduates of this school readily find good and lucrative employment.

Terms are such as to place the excellent opportunities afforded by this school within the reach of all properly qualified persons who may wish to avail themselves of its advantages. For circulars, address

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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 50
Form (Bosom)	50
Dr. Gray's Abdominal Supporter	2 50
Dr. Gray's “ “ with Hose Supporter	
(extra large)	3 00
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No. 2. “ “	3 00
School-girl Shoulder Braces	50
Skirt Supporters	35
“ “ Silk Stripe	50
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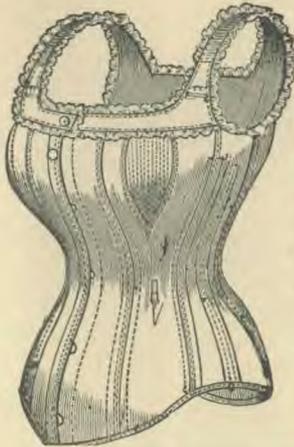
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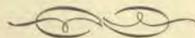
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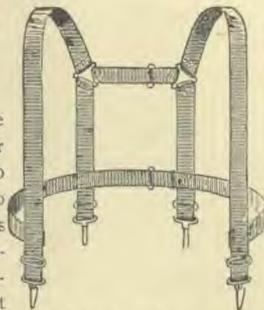
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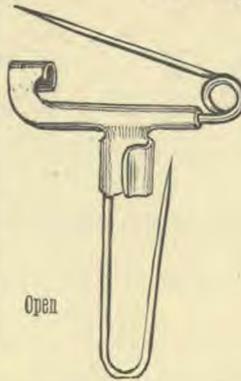
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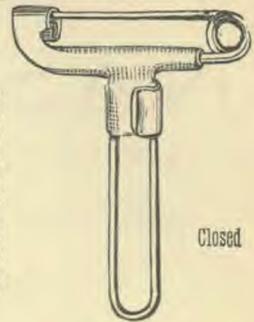
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